



Neurodivergence Wales
Parents & Carers
Virtual Advice Sessions

Niwrowahaniaeth Cymru
Sesiynau Cyngor Rhithiol
i Rieni a Gofalwyr

Staying Safe Online

Emma Durman, Outside

Thursday, 14th of November 2024, 10:00am - 12:00pm

About the session

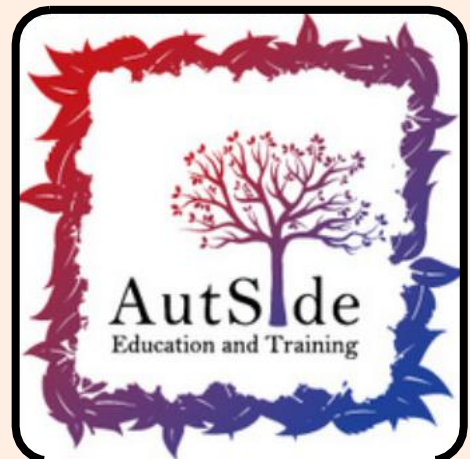
The online world has many benefits for autistic people. However, with these positives come risks. This session will focus on managing those risks and helping parents/carers keep their autistic/neurodivergent young people safe online. The session will include:

- maintaining privacy
- Cyberbullying
- Grooming
- Vulnerability to exploitation
- Setting healthy boundaries



About the presenter

Emma Durman is co-director of Outside Education & Training, a company based in South Wales that specialises in Autism and related conditions. Outside provides a range of training to families and professionals focussed on supporting neurodivergent needs. Emma is a late diagnosed autistic woman who also has ADHD and multiple co-existing conditions. She is also mum to an Autistic teenager who also has ADHD. Emma has a MSc in Autism and related conditions and is co-author of the recently published book 'Supporting Autistic people through pregnancy and childbirth'.



To book your place please use this link:

<https://events.teams.microsoft.com/event/26a99a34-b7fc-4c89-ba96-c3e24ed66cff@6850a7f1-4cc1-4482-a1c1-79439f679966>

(Please note: this session is for parents & carers only)



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Cadw'n Ddiogel Ar-lein

Emma Durman, Outside

Dydd Iau, 14 Tachwedd, 10.00am - 12:00pm

Y sesiwn

Mae gan y byd ar-lein nifer o fanteision i bobl awtistig. Fodd bynnag, mae gan y pethau cadarnhaol hyn risgiau hefyd. Bydd y sesiwn hon yn canolbwyntio ar reoli'r risgiau hynny a helpu rhieni/gofalwyr i gadw eu pobl ifanc awtistig/niwrowahanol yn ddiogel ar-lein. Bydd y sesiwn yn cynnwys:

- cadw preifatrwydd
- Seiber-fwlio
- Meithrin perthynas amhriodol
- Agored i gam-fanteisio
- Gosod ffiniau iach

Y cyflwynydd

Mae Emma Durman yn gyd-gyfarwyddwr Outside Education & Training, cwmni o Dde Cymru sy'n arbenigo mewn Awtistiaeth a chyflyrau cysylltiedig. Mae Outside yn darparu ystod o hyfforddiant i deuluoedd a gweithwyr proffesiynol sy'n canolbwyntio ar gefnogi anghenion niwrowahanol. Mae Emma wedi cael diagnosis hwyr o awtistiaeth ac mae ganddi ADHD a llawer o gyflyrau sy'n cyd-fynd â nhw. Mae hefyd yn fam i blentyn Awtistig yn ei ardegau sydd hefyd ag ADHD. Mae gan Emma MSc mewn Awtistiaeth a chyflyrau cysylltiedig ac mae wedi ysgrifennu llyfr ar y cyd a gyhoeddwyd yn ddiweddar, 'Supporting Autistic people through pregnancy and childbirth'.



I archebu lle defnyddiwch y ddolen hon:

<https://events.teams.microsoft.com/event/26a99a34-b7fc-4c89-ba96-c3e24ed66cff@6850a7f1-4cc1-4482-a1c1-79439f679966>

(Sylwer: mae'r sesiwn hon i rieni a gofalwyr yn unig)