Social Story

Texting: When, Who and What

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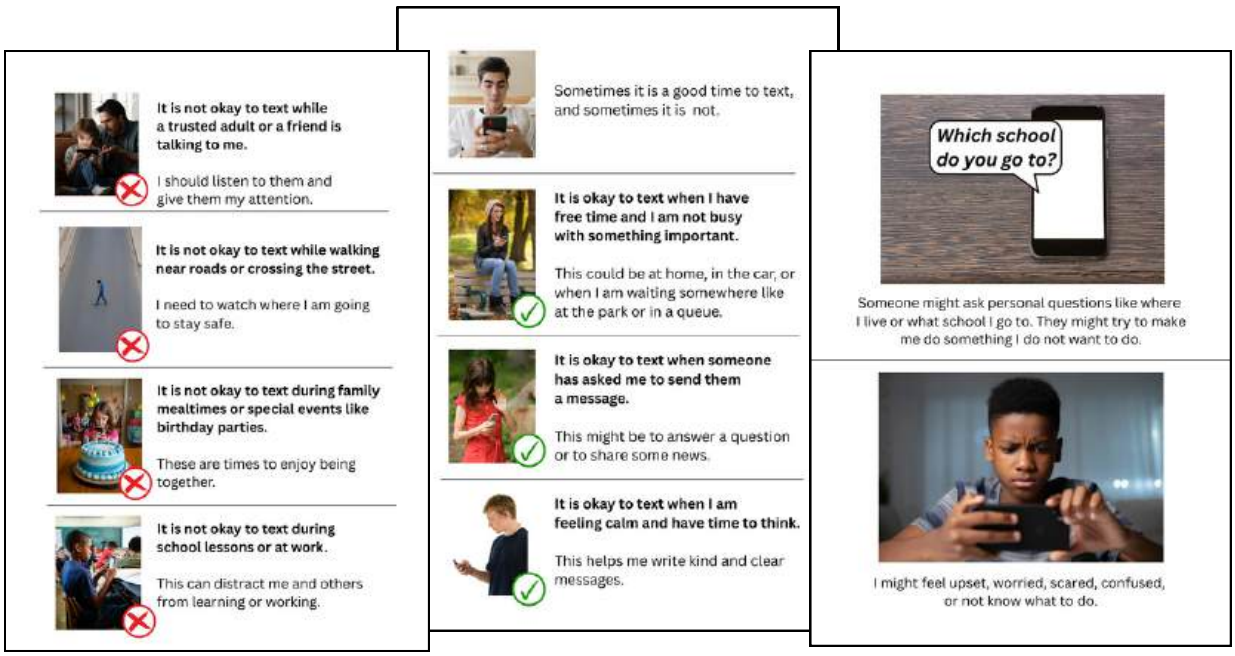
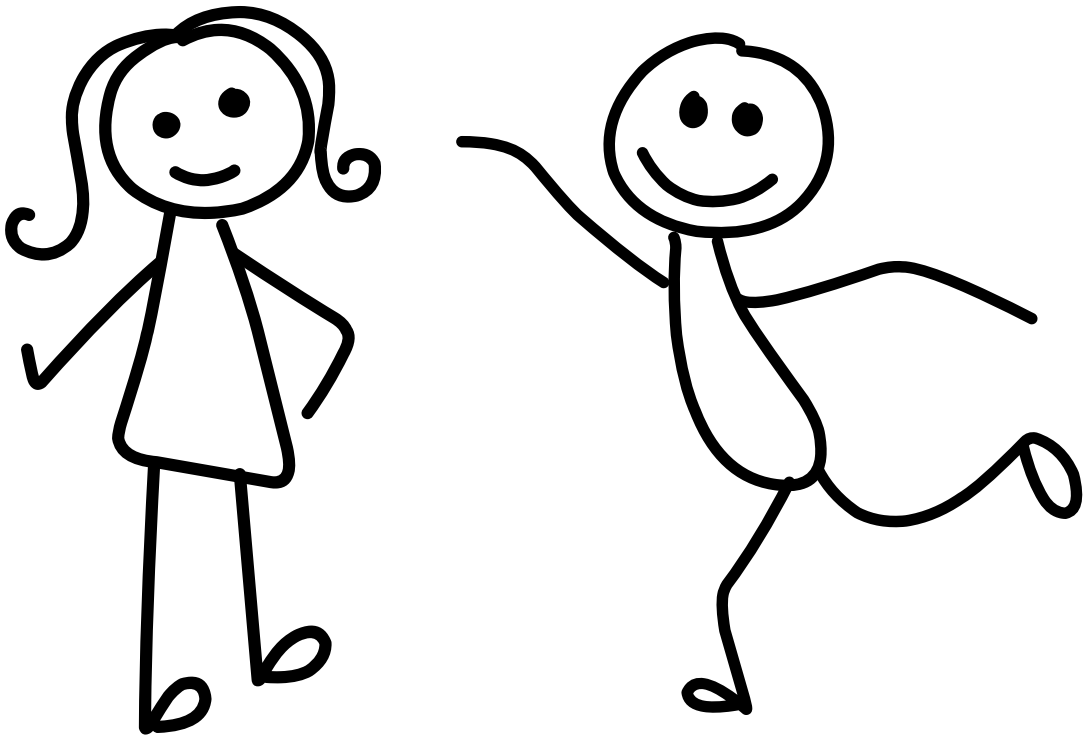


Social Story

I am learning how to text people in a safe and respectful way.



Contents:

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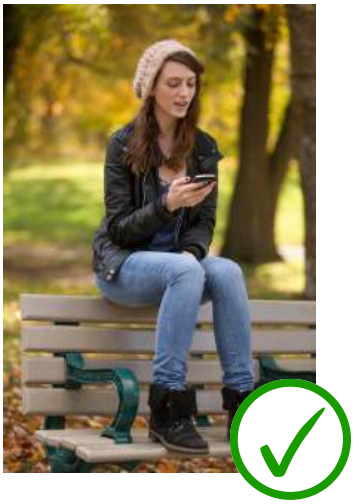
social stories

for children and adults with autism and learning difficulties.

When Is It Okay to Text?

Sometimes it is a good time to text, and sometimes it is not.



It is okay to text when I have free time and I am not busy with something important.

This could be at home, in the car, or when I am waiting somewhere like at the park or in a queue.

It is okay to text when someone has asked me to send them a message.

This might be to answer a question or to share some news.

It is okay to text when I am feeling calm and have time to think.

This helps me write kind and clear messages.

It is not okay to text while a trusted adult or a friend is talking to me.

I should listen to them and give them my attention.

It is not okay to text while walking near roads or crossing the street.

I need to watch where I am going to stay safe.

It is not okay to text during family mealtimes or special events like birthday parties.

These are times to enjoy being together.

It is not okay to text during school lessons or at work.

This can distract me and others from learning or working.

It is not okay to text during bedtime.

Bedtime is for resting, not using my phone.

It is not okay to text when a trusted adult has asked me not to use my phone.

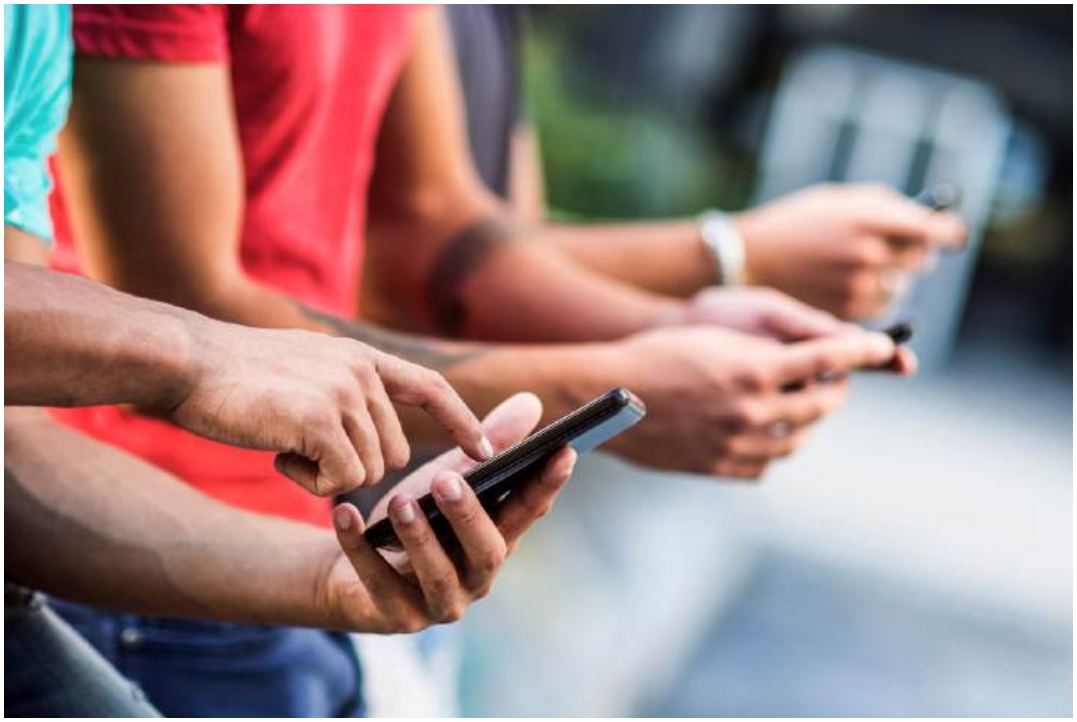
I respect rules set by trusted adults like parents, carers and teachers.

Sometimes I might not be sure if it is the right time to text.

That is okay — I can ask a trusted adult to help me decide.

Learning when to text helps me use my phone safely and kindly.

Who Can I Text?



I can text people I know well and trust, like family members, carers, close friends, or trusted adults.

These are people I see in real life and who are part of my everyday life.

I should not text people I do not know in real life, even if they seem friendly or ask me to.

Strangers or online-only people are not safe to text.

I should not text anyone who makes me feel worried, confused, or uncomfortable.

If that happens, I can stop texting them and talk to a trusted adult.

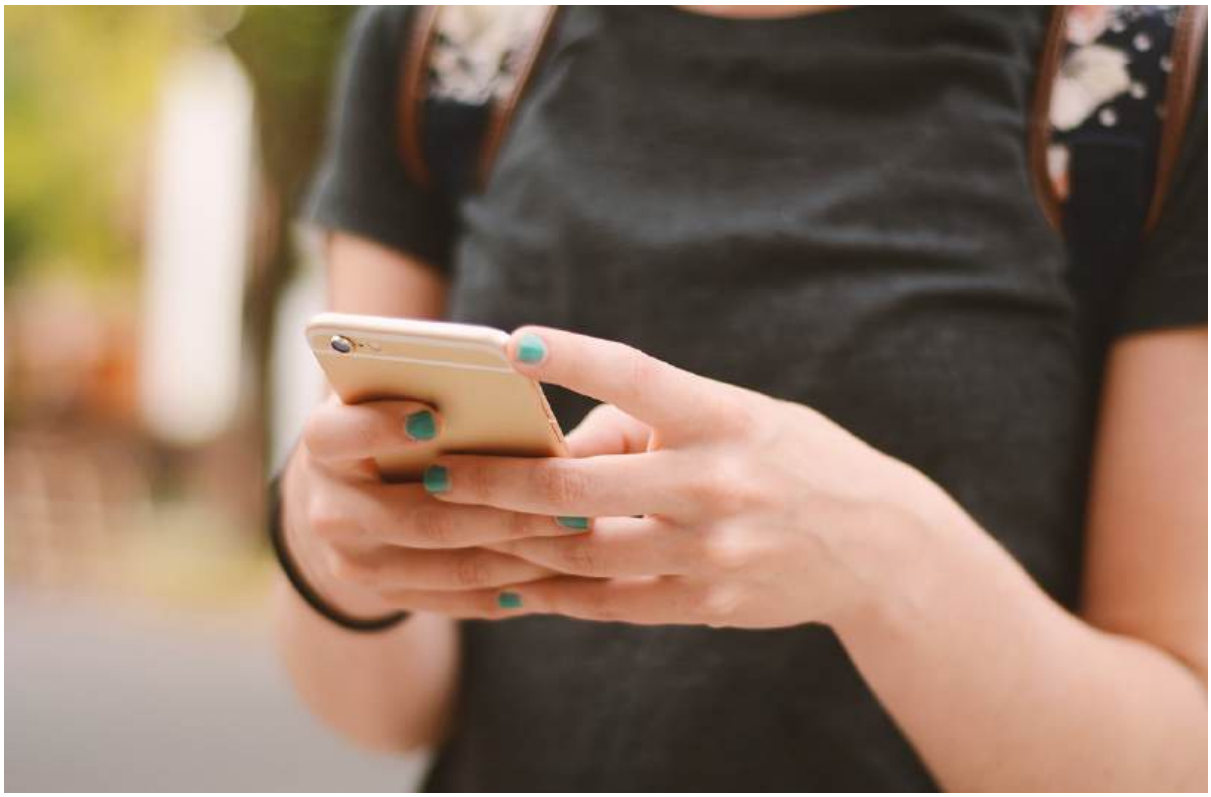
I should only text people who are kind and respectful to me.

This helps me feel safe and enjoy texting.

I can ask a parent, carer or teacher if I am not sure whether it is okay to text someone.

Trusted adults can help me make safe choices about who I talk to.

What Can I Say in a Text?

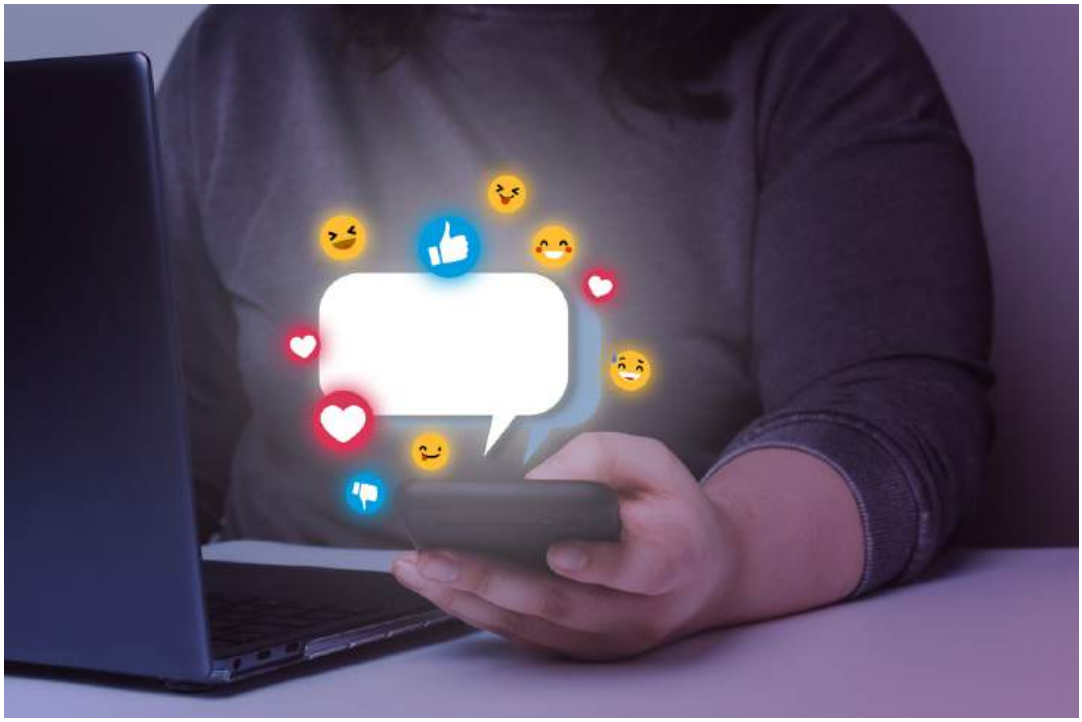


Before I send a message, I stop and think about what I want to say. I need to make sure it is the right kind of message.

I can send kind and friendly messages, like saying “Hi”, “How are you?”, or “I liked seeing you today.”

I can also say “I am fine.” or “Hope you feel better.” These are messages that help people feel happy.

I can use emojis like a smiley face 😀, heart ❤️, or thumbs-up 👍 to show how I feel.



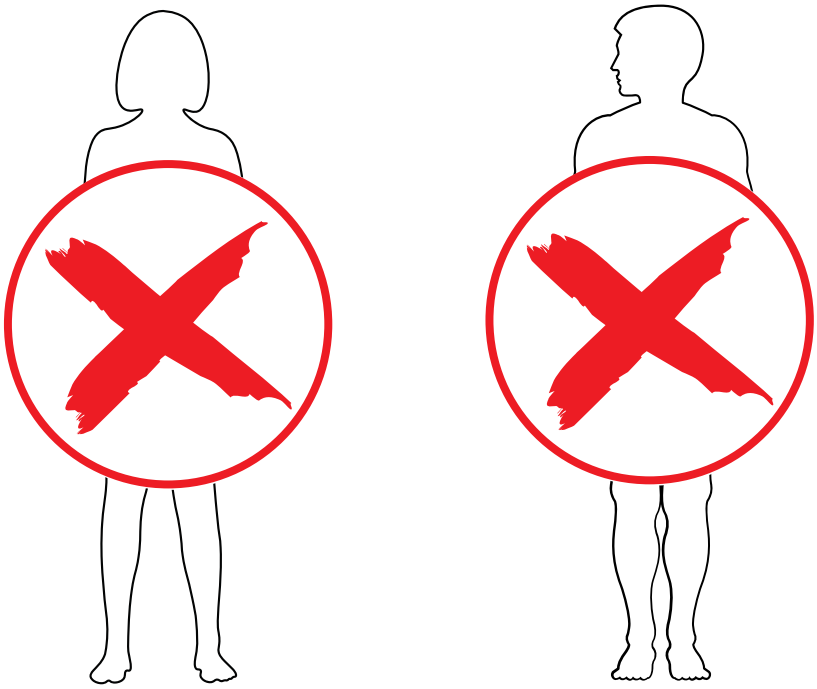
Using one or two emojis is okay, but
I do not need to fill the whole message with them.

I should not send messages that are mean, rude or unkind like “I hate you,” “Go away,” or “You are not my friend anymore.”

These messages can hurt someone's feelings and get me into trouble. I should tell a trusted adult about how I feel instead.

I should not send lots of messages if someone has not answered me yet. I need to wait until they reply before I send another message.

They might be busy, at school or work, asleep, or not able to use their phone.



I must never send pictures of my body with no clothes on.

It is okay to send a photo of my face if a trusted adult says it is safe, but not photos of private parts or naked bodies.

I must not tell strangers things like where I live, where I go to school, my phone number, or my password. These things are private and only for people I know and trust in real life.

If I feel angry or upset, I should wait before texting as I might say something I do not really mean.

I can calm down first, or talk to a trusted adult before I send a message.

If I am not sure what to say, or if something feels wrong, I can ask an adult I trust for help.

This helps me stay safe and use texting in the right way.

What to Do About Upsetting or Unsafe Messages

Sometimes people send messages that are not okay. These might be unkind, like calling me names, leaving me out, or laughing at me.

Some messages might be rude, like using bad words, saying something embarrassing, or trying to make me feel bad.

A message can also be unsafe. Someone might ask me to keep a secret, send a message that feels strange, or talk about private parts.

They might ask me to send a picture of myself without clothes, or send a picture that I do not want to see.

Someone might ask personal questions like where I live or what school I go to. They might try to make me do something I do not want to do.

I might feel upset, worried, scared, confused, or not know what to do.

I do not have to reply to a message like this.
It is okay to stop texting straight away.

I can take a break and give myself time to calm down.

I should show the message to a trusted adult, like a parent, carer, teacher or key worker.

They can help me decide what to do next and how to stay safe. I am not in trouble for telling.

A trusted adult can help me block the person.
This means they will not be able to
send me any more messages.

They can also help by telling the app or website
what happened, so it does not keep happening.

I do not have to deal with upsetting messages on my own.

There are adults who will listen to me and help me stay safe.

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1 WWW.SOCIALWORKERSTOOLBOX.COM

2 WWW.ANXIETYHELPBOX.COM

3 WWW.FEELINGSHELPBOX.COM