

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM



NEW JERSEY SELF-ADVOCACY PROJECT



Communication Frustrations: Improving Social Skills & Boundaries

STAY HEALTHY AT HOME WEBINAR SERIES

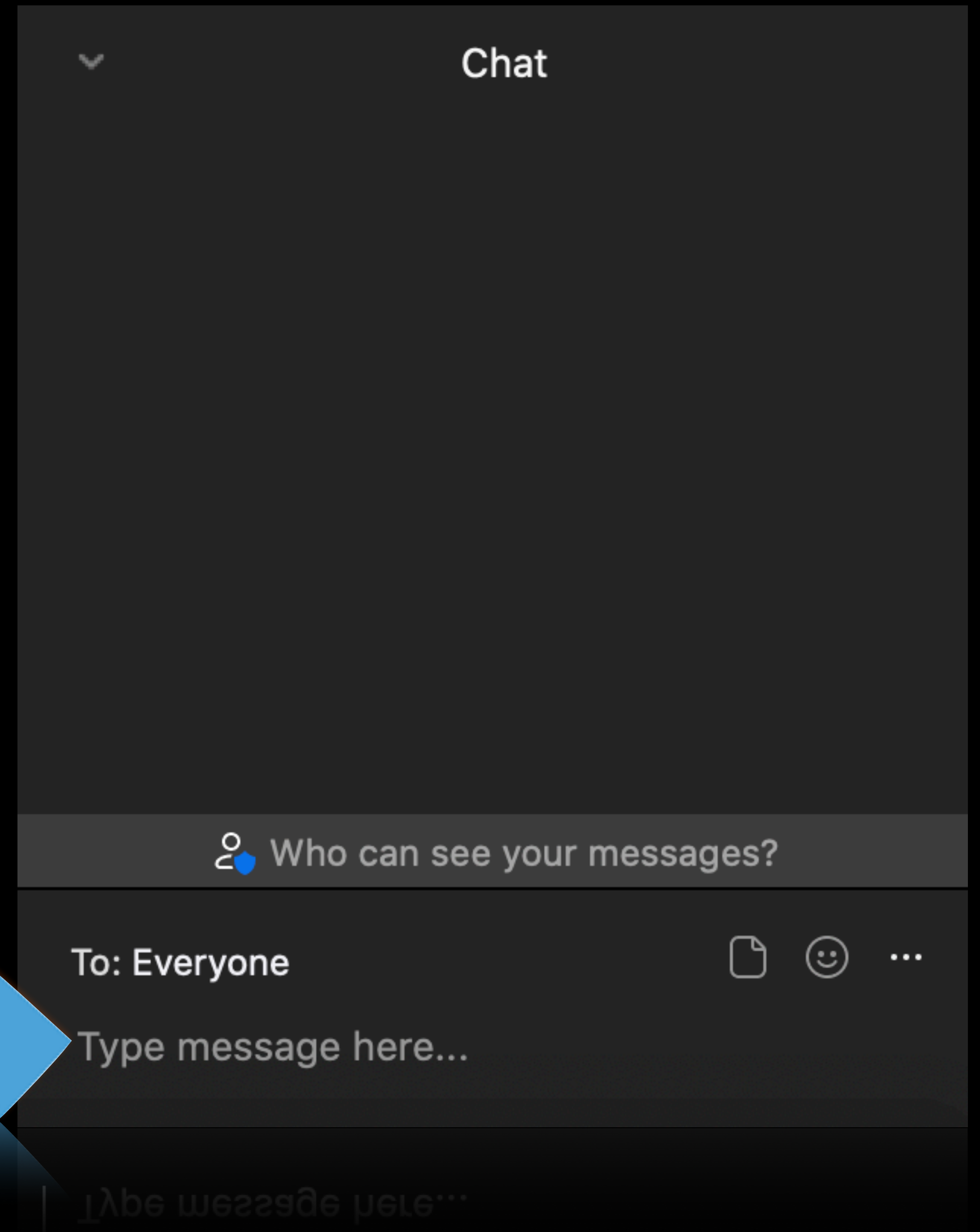
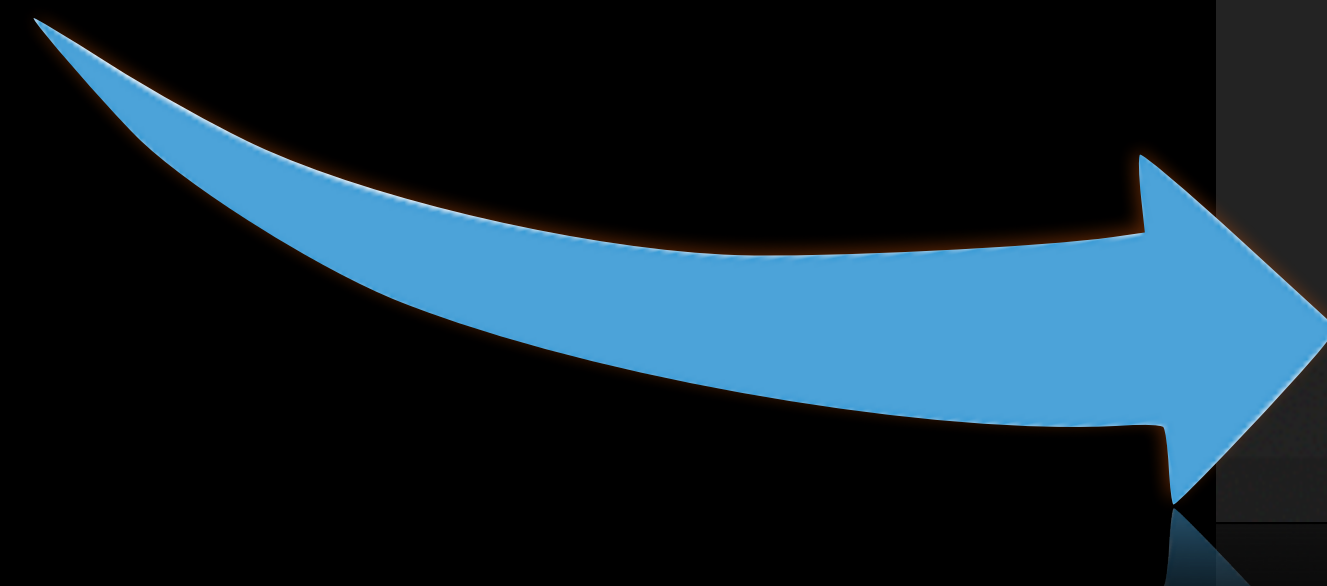
SEPTEMBER 14, 2021 FROM 2 - 3 PM

INTRODUCTION



- ▶ Erin Smithers, Assistant Director of the [New Jersey Self-Advocacy Project \(NJSAP\)](#)
- ▶ NJSAP has been a Division-funded program of The Arc of New Jersey since 1983
- ▶ NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups
- ▶ NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel

TYPE YOUR
QUESTIONS,
COMMENTS,
FEEDBACK
IN THE **CHAT**
BOX



POLL: WHICH PART OF SOCIALIZING DO YOU NEED SUPPORTS IN?

- Talking to new people
- Learning where to meet new people
- Learning proper social cues
- Other
- Not Sure



TODAY, WE WILL DISCUSS:

- How to feel confident in a group of people
- Learning proper socialization techniques
- Understanding new boundaries

CONFIDENCE

**Confidence is not “They will like me.”
Confidence is “I’ll be fine if they don’t.”**

-Christina Grimmie

WHAT IS CONFIDENCE?

"A feeling of self-assurance arising from one's appreciation of one's own abilities or qualities"



GROWING CONFIDENCE

- Get Presentable
- Volunteer
- “Fake it, ‘till you make it”
- Exercise
- Think Positively
- Practice Self-Care



**HOW CAN
CONFIDENCE
HELP YOU
TALK TO
PEOPLE OR
MEET NEW
PEOPLE?**



"A FLOWER DOES NOT
THINK OF COMPETING TO
THE FLOWER NEXT TO IT.
IT JUST BLOOMS."

ZEN SHIN

HEALTHY SOCIALIZATION TECHNIQUES

CONVERSATION TIPS

- Requires More Than One Person
- Ask Open-Ended Questions
- Don't Interrupt
- Stay Away From Offering Advice Unless Asked
- Encourage Others To Speak
- Stay Positive
- Practice Good Manners



POSITIVE CONVERSATION TOPICS

- Hobbies
- Work/School
- Weather
- Food
- Vacations or Trips
- Birthdays or Holidays
- Good News
- Sports



Conversation Topics To Avoid

✿ **Here are some topics to avoid in general conversation:**

Topics that are extremely personal.

Conversation Topics To Avoid

✿ Here are some topics to avoid in general conversation:

Gossip

Conversation Topics To Avoid

✿ **Here are some topics to avoid in general conversation:**

Offensive Jokes

Conversation Topics To Avoid

✿ **Here are some topics to avoid in general conversation:**

Death and Grief

Conversation Topics To Avoid

✿ **Here are some topics to avoid in general conversation:**

Personal Finances

Conversation Topics To Avoid

✿ **Here are some topics to avoid in general conversation:**

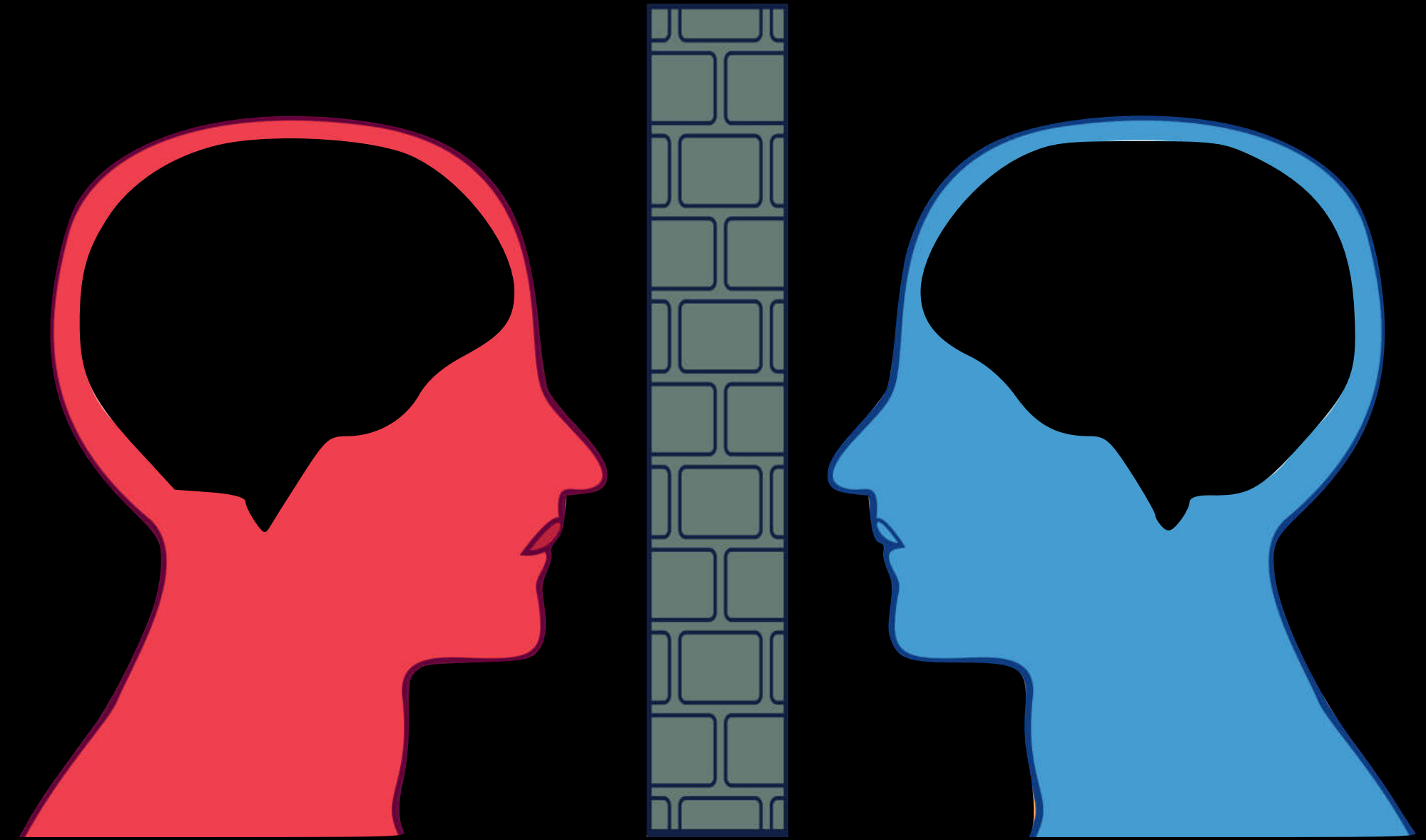
Topics that make others feel uncomfortable

UNDERSTANDING BOUNDARIES

**PLEASE NOTE:
EVERY PERSON IS
DIFFERENT.
EVERY PERSON HAS
DIFFERENT
BOUNDARIES.**

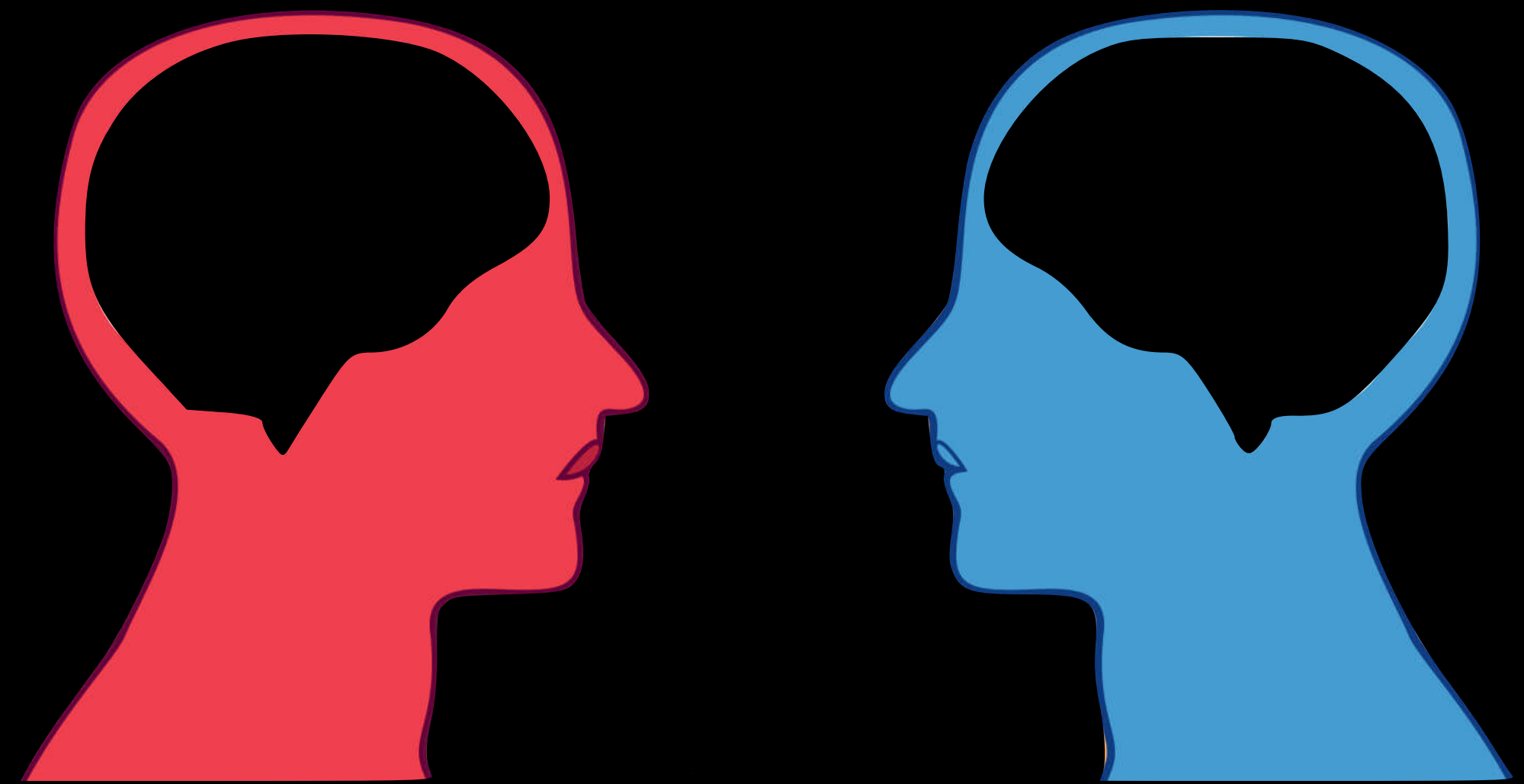
Physical Boundaries

A physical boundary is a naturally occurring barrier between two or more areas. Physical boundaries include land, walls, or space



Personal Boundaries

Personal boundaries are a way to take care of our well being. Boundaries help everyone feel safe and comfortable.



COMMON BOUNDARIES

- Respectful Language
- Taking Without Asking
- Personal Space
- Personal Time
- Physical Contact



IF YOU ARE UNSURE, JUST ASK!

SETTING BOUNDARIES

- Let People Know
- Set Clear Expectations
- Be Specific
- Start Early
- Repeat Yourself Often

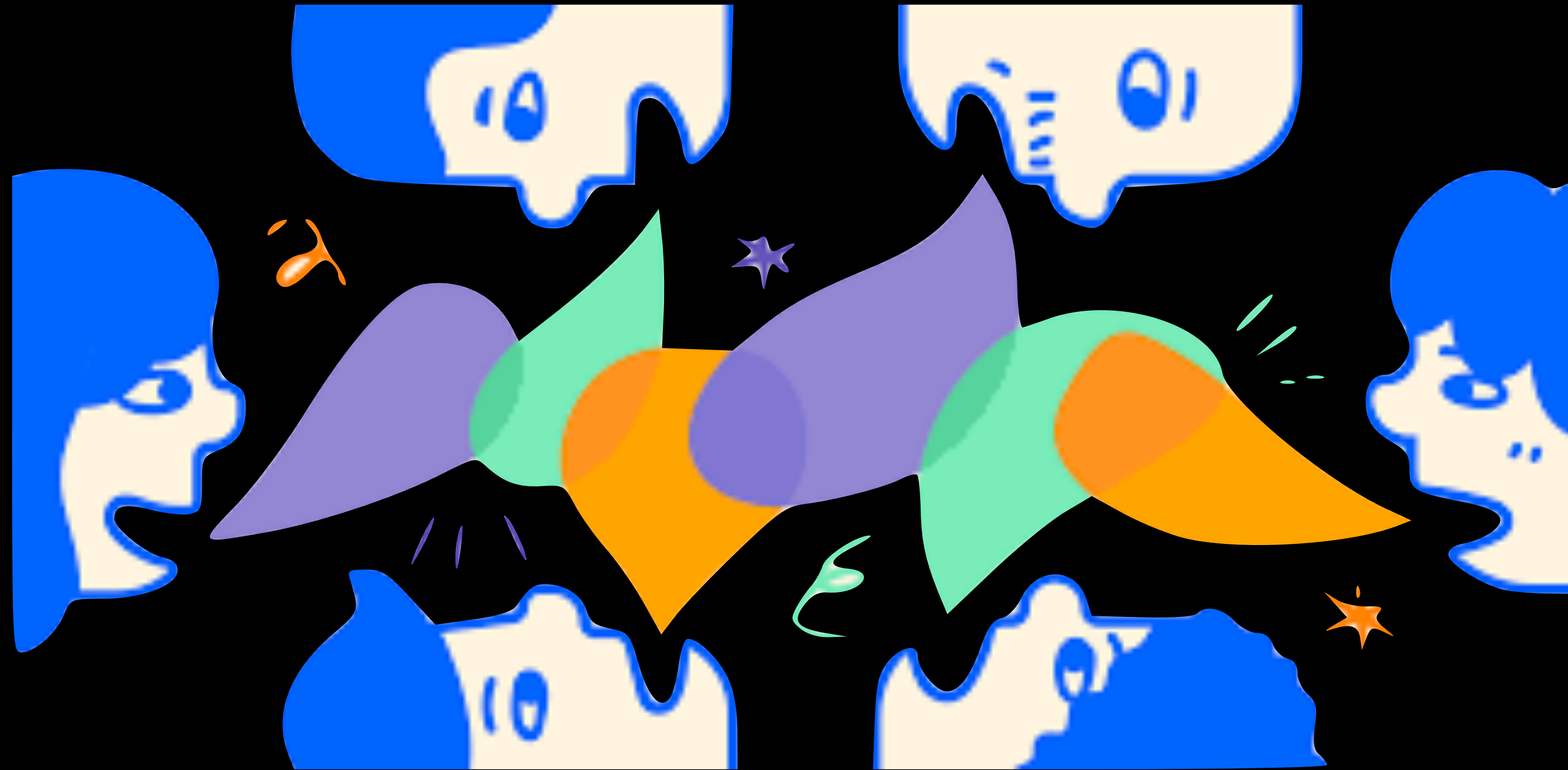


COMMUNICATION

“The imparting or
exchanging of
information or
news.”

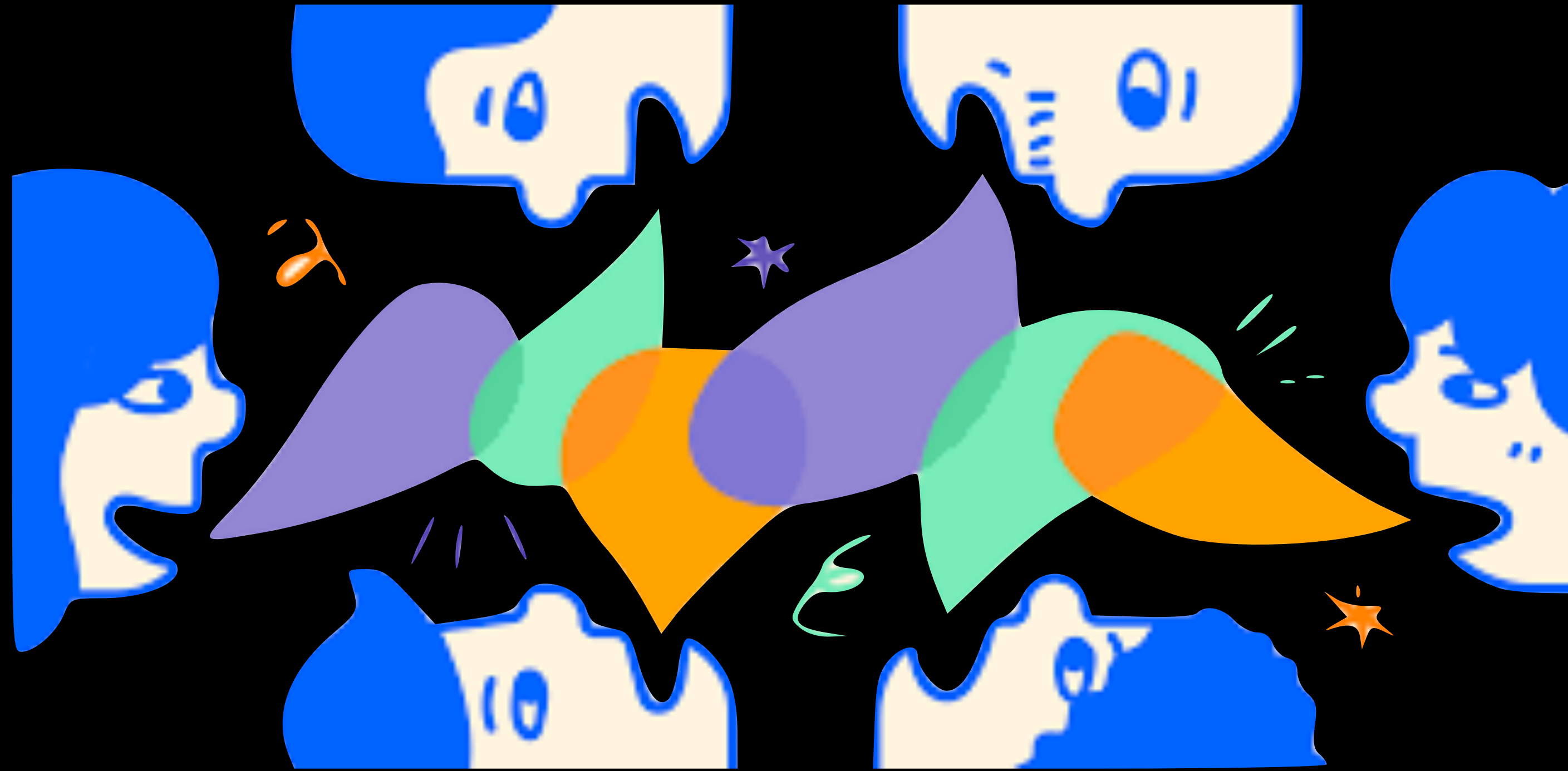


COMMUNICATION INVOLVES



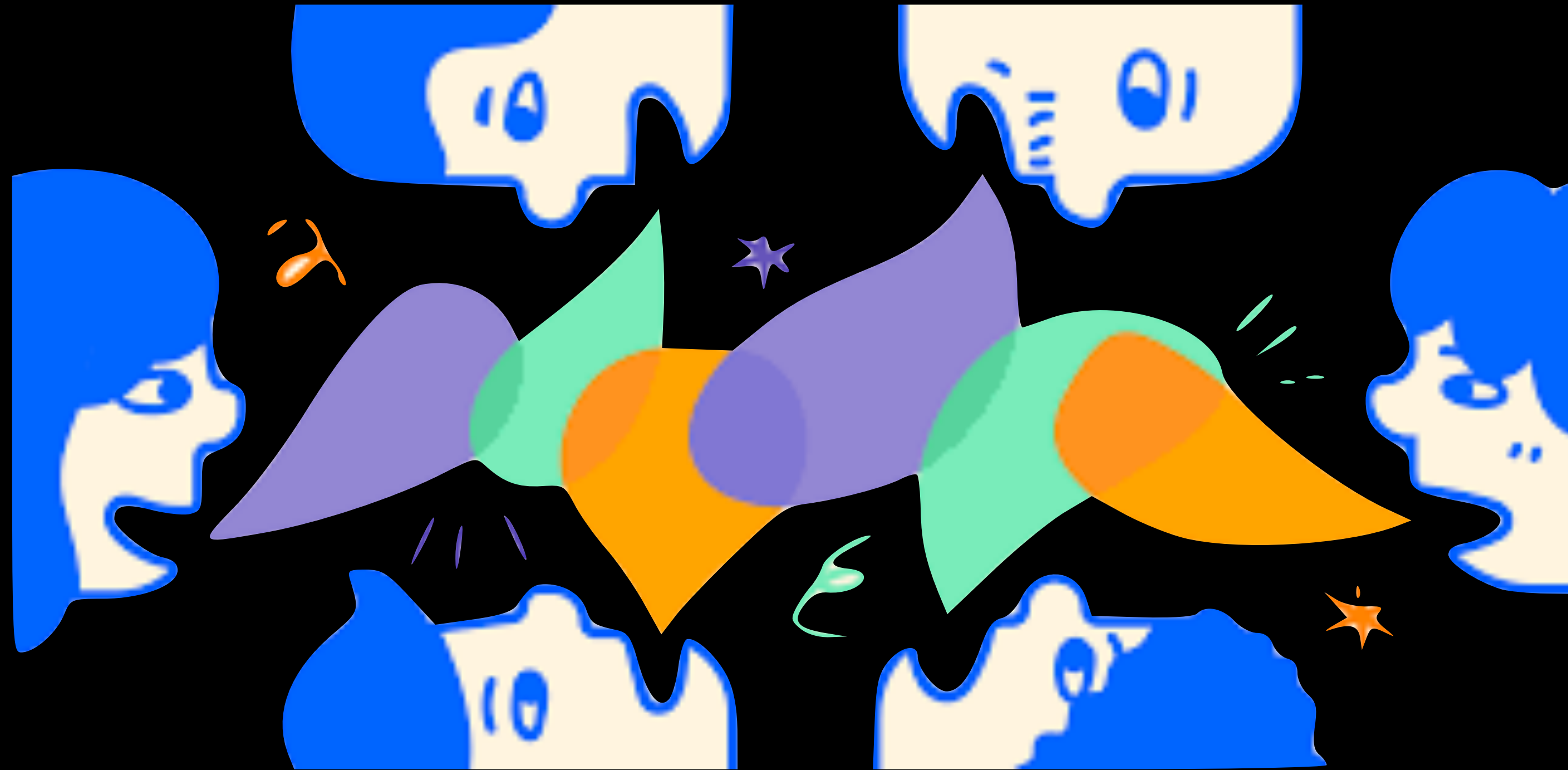
Listening

COMMUNICATION INVOLVES



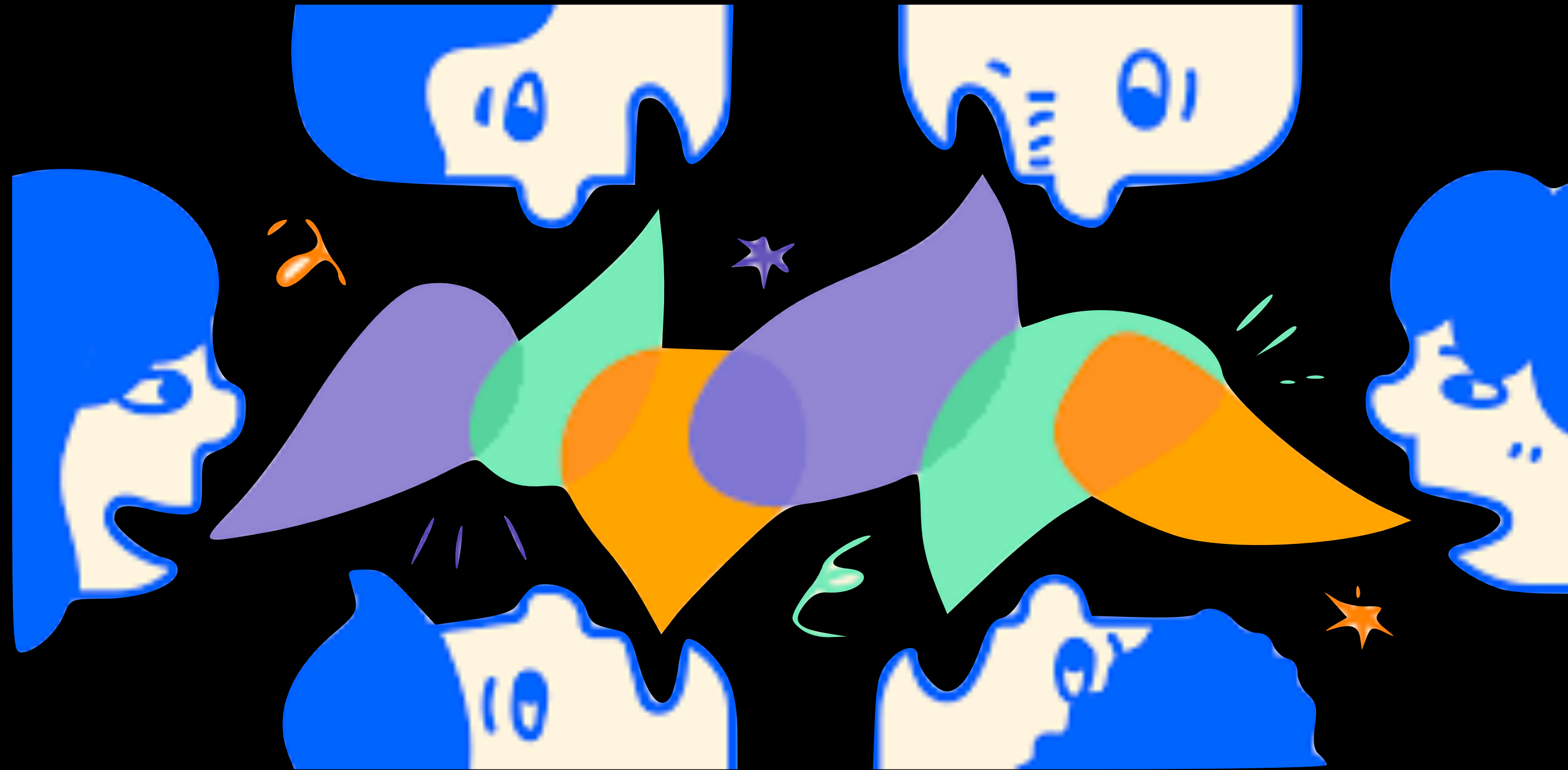
Understanding

COMMUNICATION INVOLVES



Body Language

COMMUNICATION INVOLVES



Time

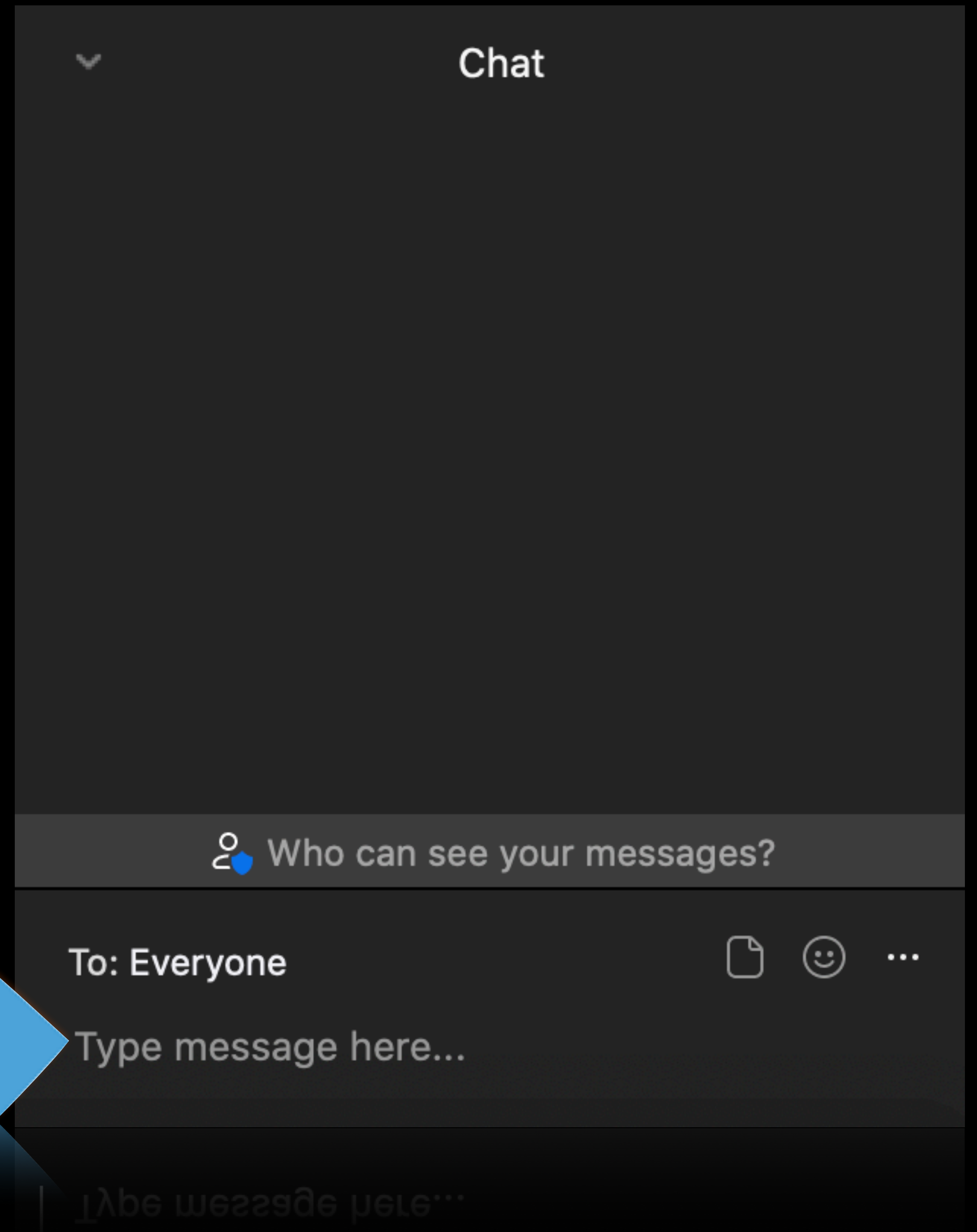
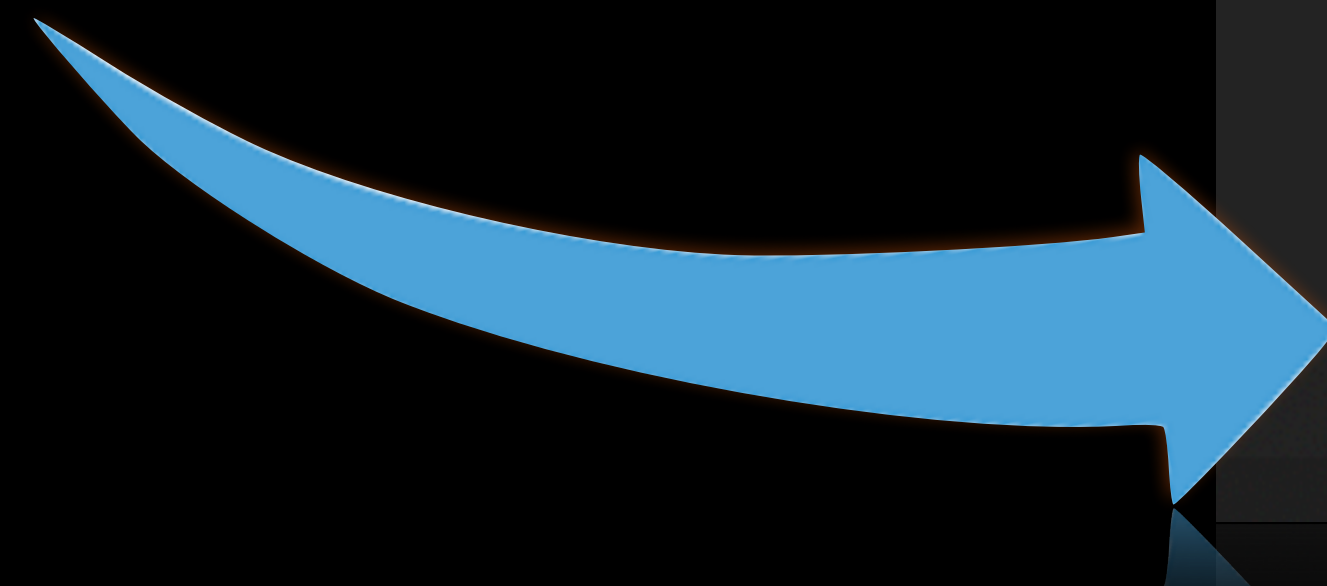
HEALTHY COMMUNICATION

Healthy
communication is not
only being honest
but being effective
and respectful.



LET'S PRACTICE!

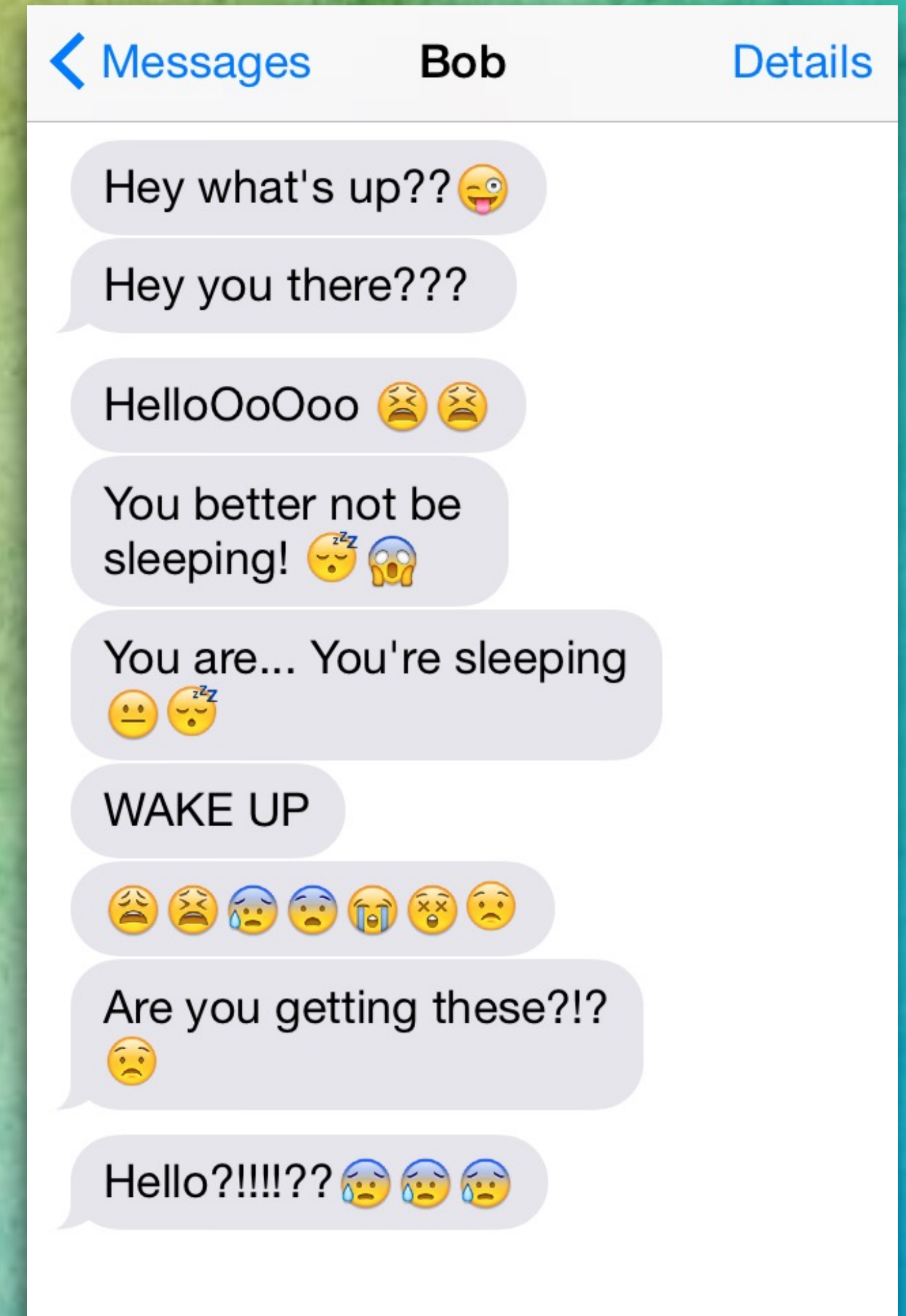
TYPE YOUR
QUESTIONS,
COMMENTS,
FEEDBACK
IN THE **CHAT**
BOX



CASE EXAMPLE #1

**YOU TEXT YOUR FRIEND BUT
THEY DON'T ANSWER RIGHT
AWAY.**

**SHOULD YOU TEXT THEM
AGAIN? HOW LONG SHOULD
YOU WAIT?**



CASE EXAMPLE #2



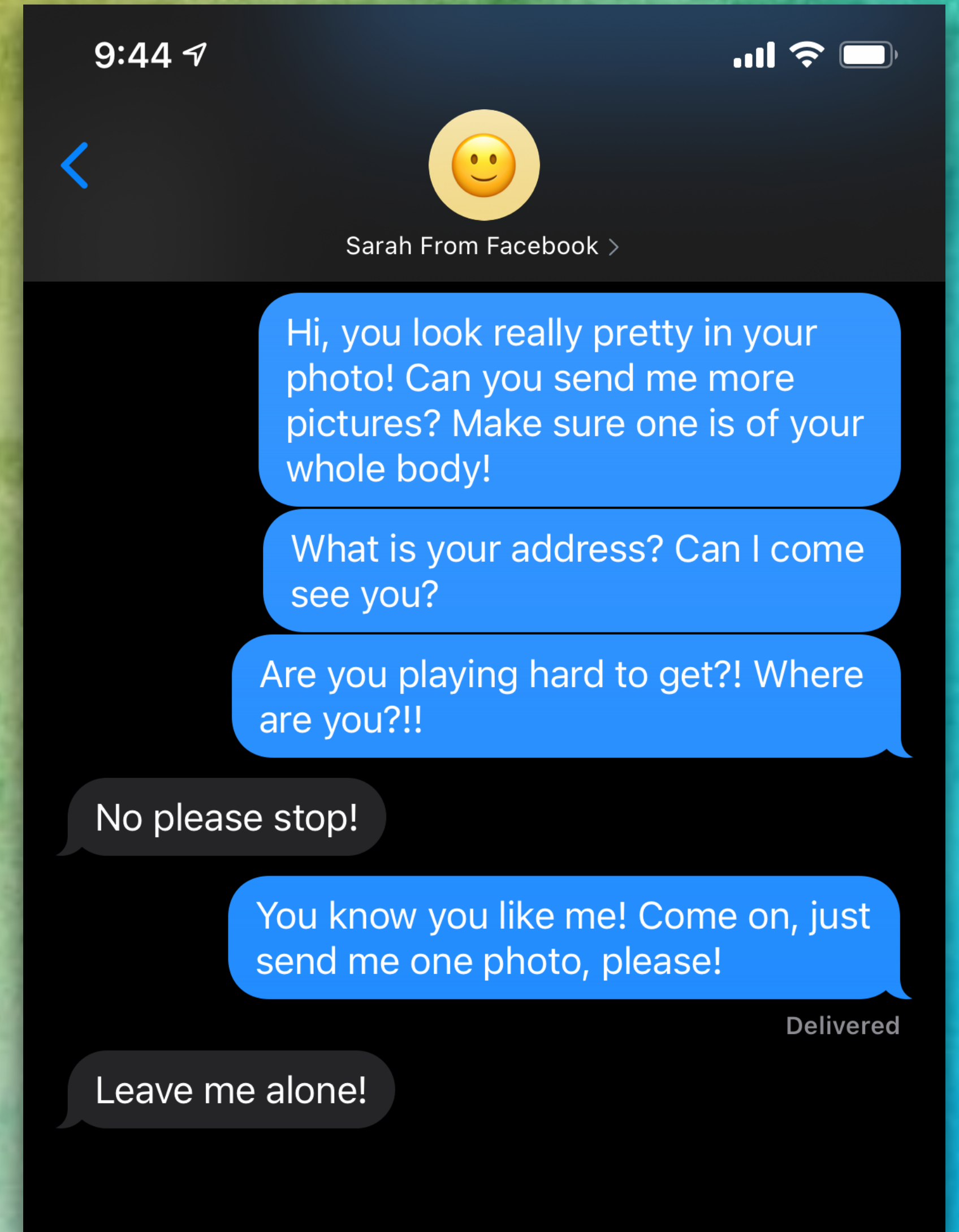
**YOU ARE TALKING WITH SOMEONE YOU JUST MET.
THEY START ASKING YOU ABOUT YOUR BANK ACCOUNT
INFORMATION AND HOW MUCH MONEY YOU HAVE.**

WHAT WOULD YOU DO IN THIS SITUATION?

CASE EXAMPLE #3

**ARE THESE APPROPRIATE
QUESTIONS TO ASK
SOMEONE?**

**DOES THIS PERSON SEEM
COMFORTABLE WITH THESE
QUESTIONS?**



CASE EXAMPLE #4



YOU ARE TALKING TO SOMEONE YOU HAVEN'T SEEN IN A WHILE. THEY START TALKING ABOUT THEIR DAY BUT YOU INTERRUPT AND START TELLING THEM ABOUT YOUR VACATION.


IS THIS PROPER CONVERSATION ETIQUETTE?

WHERE TO SAFELY
MEET PEOPLE

In Person

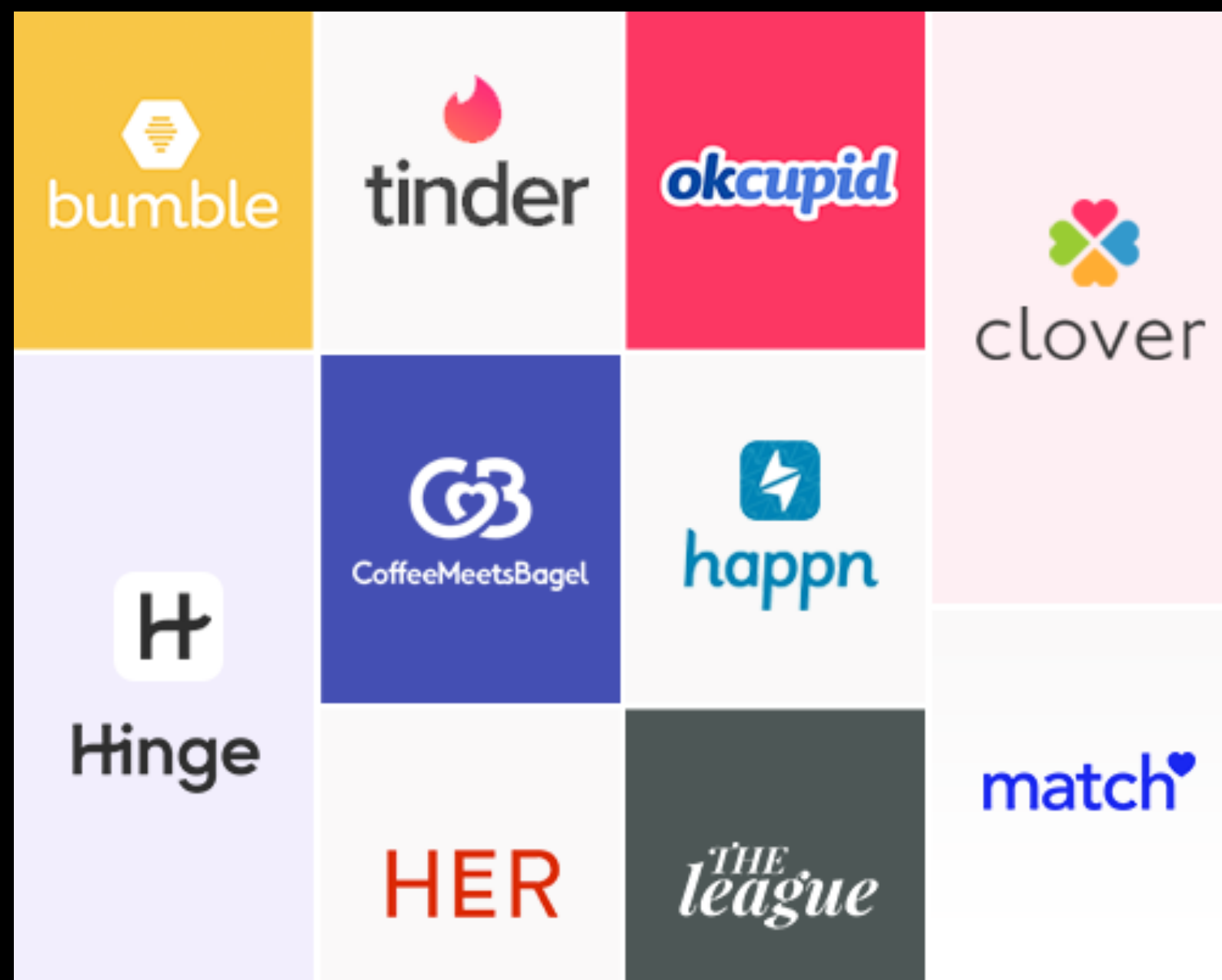
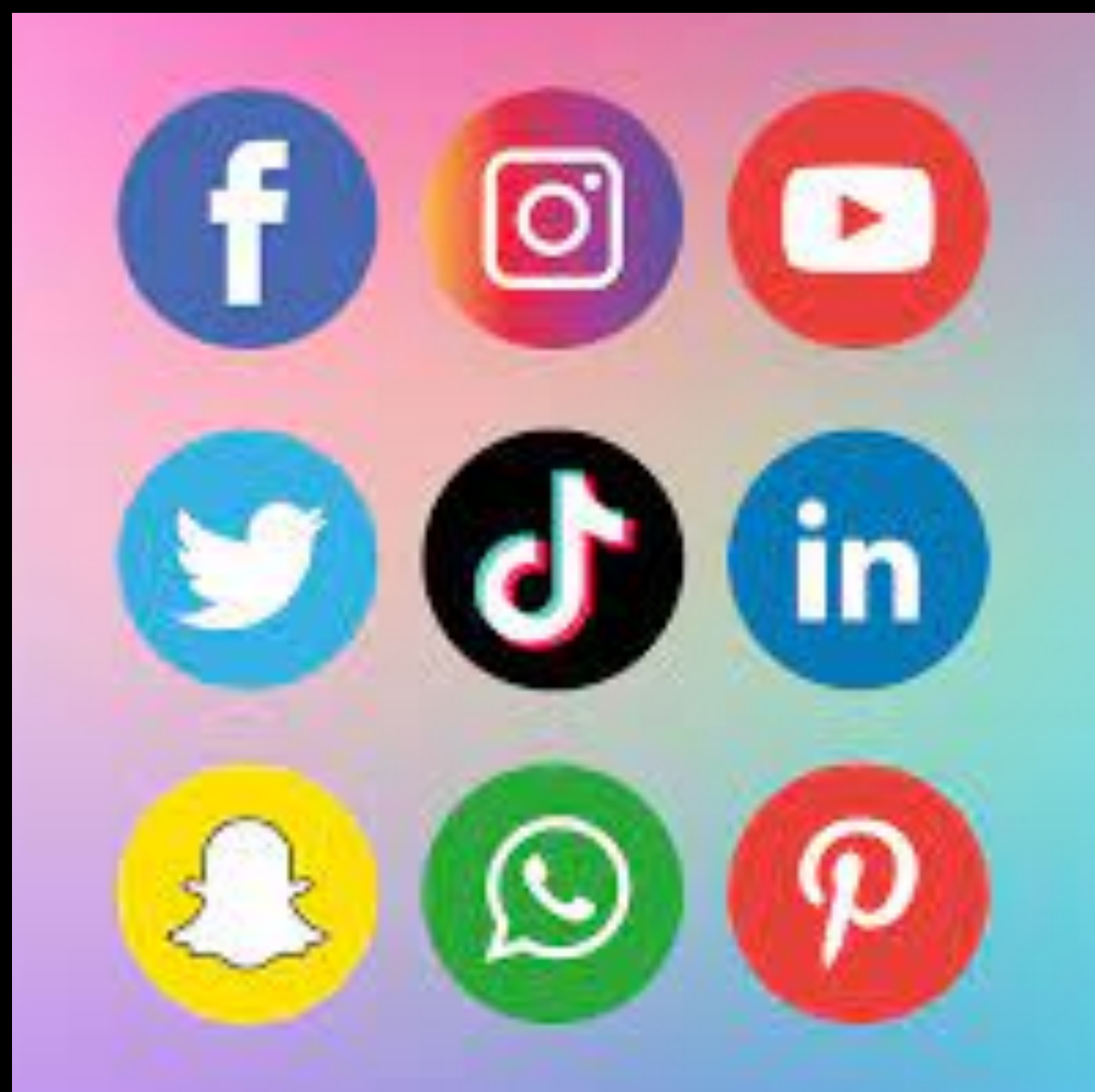
**Where can
you meet
people?**

Online



Anywhere!

ONLINE



SAFE INTERACTION

**Studies show that
68-84% of people lie
online!**



SAFETY TIPS

- Don't Click On Unknown Links
- Don't Give Out Your Information
- Be Wary of Spending Money
- Talk in Person
- Share With Discretion



IN PERSON



HEALTHY INTERACTION

**You can meet people
anywhere but remember
to follow some simple
safety rules to have
healthy interactions.**



SAFETY TIPS

- Don't Go Alone
- Don't Give Out Your Personal Information
- Let People Know Your Plans
- Trust Your Gut
- Have Emergency Numbers Ready



**“Safety Doesn’t Happen
By Accident”**

-Unknown Author

KEEP TRYING!

**HAVING HEALTHY
CONVERSATIONS
IS A SKILL!**

POLL: DO YOU FEEL BETTER EQUIPPED TO SOCIALIZE IN A HEALTHY MANNER?

- Yes
- No
- I Don't Know



NEW JERSEY
SELF-ADVOCACY
PROJECT

FREE VIRTUAL TRAININGS



The New Jersey Self-Advocacy Project has partnered with The Horizon Foundation for New Jersey to help you learn more about health, wellness, and being the best you! We are happy to tailor our presentation(s) to suit the needs of your group. Contact us to set up a time and date at your location! The New Jersey Self-Advocacy Project Team will provide free workshops on the following topics:



Connect With Us!

Phone & Fax: (732) 749-8514

Email: NJSAP@ArcNJ.com

[www.Facebook.com/NewJerseySAP](https://www.facebook.com/NewJerseySAP)

[www.Twitter.com/NJSAP](https://www.twitter.com/NJSAP)





















www.NJSelfAdvocacyProject.org



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MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <ul style="list-style-type: none"> •Check social media feed for Veronica's new nutrition video <div style="display: flex; align-items: center; justify-content: center;"> <div style="display: flex; gap: 5px;">     </div> <div style="border: 2px solid green; border-radius: 50%; padding: 10px; text-align: center; color: white; background-color: #4CAF50; margin: 0 10px;"> Vero Pure Green </div> </div>	<ul style="list-style-type: none"> •Watch the new Stay Healthy at Home webinar at 2pm <div style="text-align: center;">  </div>	<ul style="list-style-type: none"> •Interactive Zoom event for HLP:Live at 11am <div style="text-align: center;">  </div> <ul style="list-style-type: none"> •Check social media feed for IHT's new workout video <div style="display: flex; align-items: center; justify-content: center;"> <div style="display: flex; gap: 5px;">     </div> </div>	<ul style="list-style-type: none"> •Play this week's Brain Game on Zoom at 1pm <div style="text-align: center;">  </div>	<ul style="list-style-type: none"> •Check social media feed for Erin's new recipe video <div style="display: flex; align-items: center; justify-content: center;"> <div style="display: flex; gap: 5px;">     </div> <div style="margin: 0 10px;">  </div> </div> <ul style="list-style-type: none"> •HLP:Live! It's Fitness Friday with IHT on Zoom at 1pm <div style="text-align: right;">  </div>
<p style="text-align: center;"><u>TO DO LIST:</u></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> •Sign up for NJSAP's email list •Request a virtual group training •Make a social media post using this month's hashtag </div> <div style="width: 45%;"> <ul style="list-style-type: none"> •Participate in an advocacy campaign or Action Alert </div> </div> <div style="text-align: center; margin-top: 20px;">  </div>		<p style="text-align: center;"><u>REMINDERS + NOTES:</u></p> <ul style="list-style-type: none"> •Mark my calendar with all upcoming activities •Reminder: Each NJSSAN Council meets every month •Remember: Self-Advocacy means to SPEAK UP! <div style="text-align: right; margin-top: 20px;">  </div>		

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Find out more at www.njsselfadvocacyproject.org

Facebook: @NewJerseySAP / Instagram: @NewJerseySAP / Twitter: @NJSAP

EVERYTHING IS AVAILABLE ON:



www.arcnj.org/programs/njsap/videos.html



<https://www.instagram.com/newjerseysap/>



<https://www.facebook.com/NewJerseySAP/>



<http://www.twitter.com/njsap>



[Click Here To Sign Up!](#)

Healthy Lifestyles Project **LIVE**



Live Healthy,
Together



REGISTER NOW!

The 37th Annual NJ Statewide Self-Advocacy Network Fall Conference




**SELF-ADVOCACY MEANS
THE WORLD TO ME**



Resources

- ▶ NJSAP: <http://www.arcnj.org/programs/njsap/>
- ▶ NJSAP Webinars: <https://www.arcnj.org/programs/njsap/webinars.html>
- ▶ NJSAP Youtube: www.arcnj.org/programs/njsap/videos.html
- ▶ NJSAP HLP: www.HealthyLifestylesProject.org
- ▶ Healthy Lifestyles Project Live!: <https://www.arcnj.org/information/healthy-lifestyles-project/hlplive.html>
- ▶ NJSAP Email List Registration: https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H_I_8-6Pyz_LIEdaG9FrebFmRUe0vIVTdajyOgbl3eJPfej5_IYANtZZVdceO7DjpChIHrmndLyH8%3D
- ▶ Positive Pulse Sign Up Link: https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdhN0hs6zmFCpw_-qljyChHCjo8caQS7OnfriaJZQWdRzRL_w8oJ-UatsYCC7QBeHthjpotosACKEiDlw07cbjhkra9kPcBx4gW6FI9bf_XOk0QqcieR1PU3-NjnEHKe3A2eQ4R1h09jV7UMSM9iFawgMIB9xGmVFCg==
- ▶ NJSAP Twitter: <http://www.twitter.com/njsap>
- ▶ NJSAP Instagram: <https://www.instagram.com/newjerseysap/>
- ▶ NJSAP Facebook: <https://www.facebook.com/NewJerseySAP/>
- ▶ NJSAP HLP LIVE Sign Up Link: https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H_I_8-6Pyz_LIEdaG9FrebFmRUe0vIVTdajyOgbl3eJPfej5_IYANtZZVdceO7DjpChIHrmndLyH8=
- ▶ Growing Confidence: <https://www.healthcentral.com/slideshow/20-confidence-boosters-that-work>
- ▶ Conversation Topics: <https://www.lifehack.org/articles/communication/12-ways-improve-social-skills-and-make-you-sociable-anytime.html>
- ▶ Healthy Conversation Topics: <https://www.kapow.com/blog/event-tips/networking-conversation-topics-avoid-events/>
- ▶ Confidence Boosters: <https://www.healthcentral.com/slideshow/20-confidence-boosters-that-work>
- ▶ Setting Boundaries: <https://psychcentral.com/lib/10-way-to-build-and-preserve-better-boundaries>
- ▶ Safety Tips: <https://policies.tinder.com/safety/intl/en>
- ▶ Where to meet people: <https://www.cosmopolitan.com/sex-love/a24799641/best-friendship-apps/>
- ▶ Lying Online: <https://www.sciencedirect.com/science/article/abs/pii/S0747563216304800>
- ▶ Effective Communication: <https://www.europeanbusinessreview.com/the-importance-of-effective-communication/>

QUESTIONS?

- ▶ Stay in touch: ESmithers@ArcNJ.org
- ▶ **Phone & Fax:** 732-246-2525 x26
- ▶  twitter.com/NJSAP or @NJSAP
- ▶  Facebook: <https://www.facebook.com/NewJerseySAP/>
- ▶  Instagram: <https://www.instagram.com/NewJerseySAP>
- ▶ NJSAP Website: <http://www.njselfadvocacyproject.org>