

# WEEKLY *Communique*

STFC Supporting Caregivers throughout BC's Interior

## IN PERSON

### KAMLOOPS FOSTER PARENT DROP-IN

Wednesdays  
9:00am - 10:00am  
At the Loft  
(2nd Floor of grey building)

## VIRTUAL

### WEST KOOTENAY FOSTER PARENT DROP-IN

Fridays  
10:00am - 12noon  
Zoom ID: 250 608 7674

## AUDIO CAREGIVING CONNECTION

**WEDNESDAYS**  
10:00-12NOON OR  
6:30-8:30 PM (PST)

**Growing Up Online:  
Understanding Youth  
Internet Trends, Subcultures,  
& Relationships**  
Zoom ID: 832 4280 1289

Learn and Connect  
Workshops

New for  
potential  
ers

Last  
**Will resume  
in April**

chance to

CONNECT

with other caregivers

## CHILDREN & SCREENS

### CHILDREN, YOUTH AND AI

**TIP SHEET: Youth & Generative AI: A Guide for Parents & Educators** The introduction of free, publicly available Gen AI technologies like ChatGPT has spurred experimentation and use of these powerful tools by curious users of all ages. While many have found generative AI tools useful for certain tasks and as productivity time-savers, there is significant concern about the implications of children using generative AI during critical periods of social learning and skill development, as well as about deployment of these technologies without a strong body of research into their potential risks.

**SCREEN DEEP PODCAST: The Costs of Youth Attachment to AI Companions** AI "friends" & companions are increasingly providing children and adolescents with social interactions and perceived "relationships," despite being a technology that itself has no need for empathy or emotional reciprocity. What are the costs of attachment to these AI products to children and adolescents' social skill development?

**WEBINAR: New School? Promises & Risks of AI in the Classroom** "As powerful AI tools are deployed in classrooms nationwide, what should parents and educators know about the risks and opportunities specific to children using them in educational settings?"

**Guide for Child Development & Media Use: Adolescence Ages 11-18** "Today's adolescent typically spends 8 hours/day online, and must grapple with these complex developmental changes both online and offline. In this guide, Children and Screens has summarized insights from leading experts and research in the field to help parents and caregivers support adolescents' well-being, growing autonomy, and healthy relationships with digital media.

## MARCH DATES

National SW Month

5 Days of the Homeless

March 10-14 - Safe Sleep Week

March 10-16 - Brain Awareness Week

March 17-23 - Neurodiversity Week

Mar 21 - International Day of the Elimination of Racial Discrimination

Mar 31 - International Transgender Day of Visibility

**Children and Screens Evidence Council** In its 1<sup>st</sup> vote-based position, the newly launched Children & Screens Evidence Council voted 7-2 in favor of requiring parental consent for children & teens under 18 to access AI companion platforms – software systems designed to engage users in ongoing, personalized, conversational relationships rather than perform a single task.



**SMART Lab**  
<https://blogs.ubc.ca/smartlab>

## Help Us Learn About Autistic Youth's Mental Health

SEEKING PARTICIPANTS FOR SURVEY STUDY!



### Study Title:

- Autism Across Generations: Exploring the Mental Health, Camouflaging, and Lived Experiences of Autistic Adolescents with Autistic Parents

### Purpose?

- Understand the impact of parent characteristics on the mental health and masking of autistic teens.

### Who can participate?

- One parent (autistic or non-autistic) and their autistic teen/youth (13-21 years old). Both must participate and live in Canada, USA, England, or Australia

### What's involved?

- 30 minute online survey (10 min parent, 15-20 min teen).

### Where?

- Both surveys will be completed online.

### Compensation?

- Enter to win one of 10 \$50CAD e-gift cards.

Interested? Scan the QR code below



For more information, please contact Melissa Lazo (Co-investigator), [mellilazo@student.ubc.ca](mailto:mellilazo@student.ubc.ca) or Dr. Thomas Schanding (Principal Investigator), [thomas.schanding@ubc.ca](mailto:thomas.schanding@ubc.ca).

Note: If you decide to "like", "follow" or share this post, you will be publicly identified with this study. Ethics ID#H25-01356

This study has been updated to include autistic teens aged 13 to 21 and their parents. A researcher from the University of British Columbia (UBC) is conducting a survey-based study to better understand the mental health and masking of autistic teens with and without autistic parents. By understanding these relationships, their goal is to help inform how we support autistic adolescents and their families. Questions? Email Melissa at [mellilazo@student.ubc.ca](mailto:mellilazo@student.ubc.ca)

For Screener Survey click on this link: **SCREENER SURVEY**

## KERRI ISHAM AND POWER UP EDUCATION PEER TO PEER SEXUAL HARM

(Please note: cost is \$51.54)

More than 70% of children who are sexually abused are abused by a peer. Informed adults can play a key role in prevention. Calling all early childhood educators, parents, social workers, teacher, foster-parents, grand-parents raising grand-children and ANYONE who works with or cares for children/youth.

In this workshop, you will learn about...

1. Prevalence of peer to peer sexual harm
2. Why language matters
3. Developmentally appropriate sexual play
4. Child Sexual Behaviour Chart
5. Concerning Sexual Behaviour
6. Statistics
7. Primary causes of peer to peer sexual harm
8. Age of onset
9. Risk factors
10. Sibling sexual harm
11. Minor attracted youth
12. High risk locations
13. Why kids don't tell
14. Barriers to seeking help
15. Helpful resources and tools

## Connect with us... **SUPPORT TO FAMILY CARE NETWORK PROGRAM**

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**Interior Community Services**  
 Enriching Lives. Strengthening Communities

### Need resources or information? Check out our website!

Are you wanting more information about upcoming training in your area, helpful resources or information about our program? Find all this and much more at our website:

**[www.icsfp.info/resources](http://www.icsfp.info/resources)**



**Find us on Facebook!**

Connect with us on our 'ICS Support To Family Care Network' Facebook page and our agency's 'Interior Community Services' Facebook page.