

# Mat-Su Day School Counseling Newsletter

October 2, 2020



## Superpowers

Ben Blanchet is a 15-year-old boy with Autism. When he was 13, he began writing a book after they watched a Spiderman movie, and his mom asked him what superpowers he may have? He stated that he thought his Autism was a superpower. How wonderful is that?! In his book, ***Maybe Autism is My Superpower***, Ben describes some of his abilities such as perfect pitch, a great memory, and the ability to speed read. I love how Ben is able to see that his Autism does not have to be viewed as a limitation and that he has special abilities and gifts. Ben is working on a follow-up book to educate others about autism and the strengths that people with autism have. If you have a child on the Autism spectrum, perhaps this is a book that you could share with him/her? But we don't need to have a child with Autism to pose this wonderful question and spark a lively discussion with our kids. So this week, maybe ask your child what superpower they may have (or what superpower they would want to have if they cannot come up with a superpower) and see where the discussion leads you.

## Change of Plans

This week I was going to continue with talking about other forms of technology – specifically phone or tablet apps – for various mental health and overall wellness needs. However, over the weekend I watched a film, **The Social Dilemma**, on Netflix. The focus of the film is how social networking platforms and other social apps are effecting our lives, the way we perceive the world, our behaviors, and our mental well-being. It was rather shocking, and while I don't like to be reactionary, I am holding off on recommending any more technology-type applications/platforms until I dig further into this subject matter. This is an interesting show and I recommend that you give it a watch. There is also a website with a little bit of information if you are interested

<https://www.thesocialdilemma.com/>

At the end, a psychologist provides some useful and specific suggestions for managing technology with our kids to include:

- 1.) All devices are given to parents at bedtime.
- 2.) No social media until at least high school.
- 3.) Working with your child to establish time restrictions on the use of technology.



