

The Compass

Helping You Navigate Your Roadmap to Adulthood

Planning for Adult Life activities, events, and materials are conducted and developed in partnership with The Arc of New Jersey with funding from the New Jersey Division of Developmental Disabilities.

Welcome to the Planning for Adult Life monthly newsletter, **The Compass!** This newsletter will highlight upcoming monthly events, updates on supports and services, and opportunities to gather information available through our program.

Transition Planning 101: Digital Literacy Is Important

Teaching your student things like email, word processing, and browsing on the internet are important skills to have in transitioning to adulthood. Knowing how to operate digital devices such as smartphones, tablets and computers is known as digital literacy and it has become an increasingly important skill to have. Autism Speaks Transition Tool Kit suggests a list of some of the ways technology can help your child:



- Communication
- Motivational Tool
- Decision Making
- Social Networking
- Vocational Assistance

Adding goals for the use of technology to your student's IEP can empower your student and help your student be more independent, work on their challenges and improve upon his or her strengths.

[To Read More From Autism Speaks Transition Tool Kit...](#)

In This Issue

[Transition Planning 101
Parent Forum & Opportunity
Expos](#)

[Things to Consider](#)

[Video: Transitioning to Adulthood](#)

[Webinar Wednesday](#)

[Student Planning Activity](#)

Webinar Wednesday

Join us for a **FREE** webinar on Wednesday, December 9th at 6:00pm "**Important Update on Applying for SSI and Medicaid**".
[Click here to register.](#)

Student Planning Activity

**Create a list of your
work preferences.**

SAVE THE DATES!

Come and learn about how to plan for life beyond high school- whether it's finding work, continuing your education, getting your own place or even starting a business. Find out what services are available to help you build your roadmap to adult life.

Parent Forum and Opportunity Expos 2016 are held throughout the state and consist of informational workshops and a variety of exhibitors including state and county government entities and community service providers.

March 12, 2016

April 18, 2016

April 30, 2016

May 7, 2016

[Click here to view our event calendar and find dates and locations near you.](#)

Things To Consider: Is Your Child Being Bullied?

Did you know that 25% of public schools report that bullying among kids happens on a daily or weekly basis? And that 1 in 5 high school students report being bullied in the past year?

The good news is that because bullying has made national headlines, schools and communities (and even celebrities) are taking a strong stand against bullying.

In the article, *5 Ways to Bully-Proof Your Kid* by KidHealth.org, you will find some suggested strategies to do at home.

1. Talk about it. Talk about bullying with your kids and have other family members share their experiences. If one of your kids opens up about being bullied, praise



What kind of work environment?

- Indoor/ outdoor
- One work site/changing work sites
- Open space/closed space

What kind of work conditions?

- Day shift/night shift
- Set schedule/changing schedule
- Work with tools/not use tools

What other decisions will you have to make?

[Join Our Mailing List](#)

Like us on Facebook 

Follow us on 

Contact Us

Jerisa Maseko, Director
helpdesk@planningforadulthood.org
732-246-2525 x23

him or her for being brave enough to discuss it and offer unconditional support. Consult with the school to learn its policies and find out how staff and teachers can address the situation.

2. Remove the bait. If it's lunch money or gadgets that the school bully is after, you can help neutralize the situation by encouraging your child to pack a lunch or go to school gadget-free.

KIDSHEALTH.ORG offers information on other topics to help parents deal with bullies, cyberbullies, cope with cliques, and be smart with social media.

[Click to read more from KidsHealth...](#)

Check Out Our Archived Videos: Understanding SSI and Medicaid: Becoming Eligible and Maintaining Eligibility

[Click here to view the video!](#)

Planning For Adult Life serves students, 16-21 years-old, with developmental disabilities and their families.
PlanningForAdultLife.org

Copyright © 2015. All Rights Reserved.

[Forward this email](#)

This email was sent to jmaseko@arcnj.org by helpdesk@planningforadulthoodlife.org | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider](#).



Planning For Adult Life | 985 Livingston Avenue | North Brunswick | NJ | 08902