

# The Citizen

Connecting people with their community



COMMUNITY LIVING  
BRITISH COLUMBIA



## A time to celebrate community

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Paige, Rasika and Ava celebrate Community Living Month by sharing information about how to be safe online.

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Rick Mowles, CEO

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**DURING COMMUNITY LIVING MONTH EVERY OCTOBER, WE TAKE TIME** to celebrate the important role that community plays in all of our lives and recognize the right of everyone to feel welcome and safe in their community.

Through the Start with Hi initiative, CLBC has encouraged people to help build safer and more inclusive communities for adults with developmental disabilities through small actions such as saying "Hi". This year, we acknowledge the growing role that the internet and social networks play in the way many individuals connect with their peers and their community.

CLBC kicked off Community Living Month on October 1 with events promoting our new website, [www.icanbesafeonline.com](http://www.icanbesafeonline.com), in Kamloops, Kelowna, Richmond, Vancouver and Victoria. This is the first website in Canada dedicated to educating adults with developmental disabilities about how to stay safe online. [Icanbesafeonline.com](http://Icanbesafeonline.com) provides important information that staff, individuals and families can use to ensure they are using the internet and social networking safely. The site helps them expand their social connections and connect with community in a new way while still being safe.

In addition to these events, there are many other celebrations taking place across the province, including One Day Together in Victoria and the Friendship Zone event in the Fraser Region.

Municipalities across BC, including Duncan, Campbell River, Kelowna, Kamloops, Victoria, Comox, Cumberland, Parksville, Fort St. John, Vancouver, Port Hardy, Prince Rupert, Dawson Creek, Richmond, New Westminster, Burnaby, Quesnel, Surrey, Port Moody, Port Alice and Port McNeill, have officially proclaimed October as Community Living Month. CLBC had the opportunity to connect with these and many other municipalities at the annual Union of BC Municipalities (UBCM) meeting in late September. We shared information about [Icanbesafeonline.com](http://Icanbesafeonline.com) and talked about how we can work together to build more inclusive communities with more opportunities for individuals.

In this edition, we also feature stories of two young men who, through their own supports networks, have come to feel safe with a sense of belonging in their respective communities of Richmond and Powell River.

This Community Living Month, I invite each of you to recognize the important role we can all play in building welcoming, inclusive and safe communities for adults with developmental disabilities. ■

# Promoting understanding

By Lyle Lexier

## Hi, my name is Lyle Lexier.

I'm 51 years old. I am proud to be Jewish. I love foreign languages and I taught myself fluent Hebrew. I also studied French throughout highschool, and Spanish and German at college. I have a degree in Computer Science. I live independently in Vancouver. I have a wonderful, warm-hearted, intelligent, very attractive lady-friend named Julie who I met at the Jewish Community Centre and who I really love. I am going to talk to you about my experience of being a person with autism. Autism isn't me, it is just a label.

"Ableism" is a term used to describe the discrimination against someone with a disability. It is unfortunate that even nowadays, this still occurs. I prefer the term "diverse ability" to refer to people with disabilities who can have abilities and talents like everyone else or better. Some of these talented people can be musical, mathematical, or language savants. Although some people with autism have savant qualities, most people with autism do not. Many strive to live a normal life.

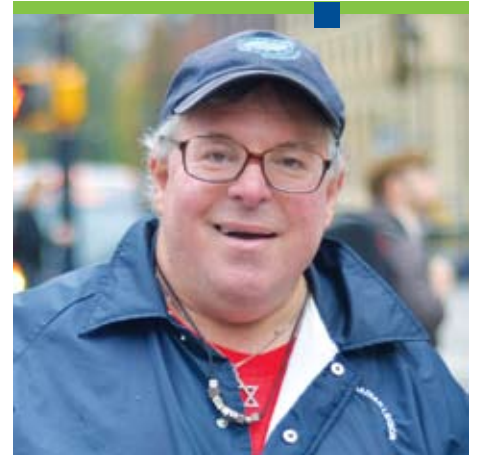
Autism is a spectrum disorder, meaning that there are different degrees of autism from mild, also called Asperger's, to severe. Someone with severe autism has a very difficult time with living a normal life. I am a person with Asperger's, and am also known as a high-functioning autistic. People with autism can have different interests even if they both have the same degree of autism. One might be obsessed with trains while another might be fascinated by bus schedules and weather. With autism, many people

have obsessions with their favourite topics.

The challenges I face being a man with autism are: I lack the ability to make close friends; I am not able to read facial expressions or body language; I can't recognize faces unless I stare at them or see them over and over again; and I may appear rude, insensitive, shy, selfish or inconsiderate. I have experienced bullying at school because of my autism. Sometimes I might misunderstand what a person's real intentions are, and I might be too trusting of people with bad intentions. I also take everyone at face value. It is easy for people to take advantage of me.

Some ways that I have learned to cope with being a person with autism are: to learn patience to get other people to know me and not judge me; doing relaxation exercises such as yoga and prayer; getting more involved in my special interests, such as learning foreign languages, learning about dinosaurs, playing music on the piano or guitar, and watching sports. Another of my coping strategies is to educate people about autism and other disabilities.

Some advice I offer people is that not everyone with autism is the same. Some misconceptions are that people with autism don't like to socialize, make eye contact, have friends or to be touched. This is true in a lot of cases, but not for everyone. There are different types and varying degrees of autism. People with autism have different personalities and varying interests. The only suffering that I



Lyle Lexier takes part in CLBC's Community Living Month event in Vancouver on October 1.

undergo is when others perceive and treat me in an inferior way. I really want people to understand that just because a person has autism, does not mean that they are violent, dangerous, mean, stupid or weird.

I want to see a world where all human beings are equal. We aren't that different. We want the same things that all people want such as a girlfriend, an apartment, a job, independence, and friendship. Next time you meet a person with any disability, remember to treat them with respect and dignity.

*Lyle is a regular contributor to the BC Self-Advocacy Foundation's blog which can be found at [www.bcsaf.org/blog](http://www.bcsaf.org/blog). ■*

*Inside Voice* is published in each issue of *The Citizen*. If you are interested in writing for this column, please call Chris Rae at 1-877-660-2522, or email [editor@communitylivingbc.ca](mailto:editor@communitylivingbc.ca)



## Raffi's Story: His Neighbourhood Network

*The following story appears in CLBC's new safeguards resource "The Power of Knowing Each Other: Stories about Informal Safeguards told by BC Families". Developed by CLBC and the Family Support Institute (FSI), the book is meant to inspire and stimulate people's thinking about informal safeguards.*

**LAST YEAR, MARIA FRANCISCO OPENED HER FRONT** door to discover her son Raffi standing with three boys she had never seen before. Raffi's knee was wrapped in bandages. Maria had thought Raffi was out riding his bike in the cul-de-sac where they live or around the townhouses across the street where Maria's cousin lives. These are the guidelines Raffi understands and has always followed. On this particular day, however, Raffi decided to go on an exploration. He ventured further away and had a minor bike accident. The three boys, also out on a bike ride, saw Raffi hurt and bleeding on the sidewalk. Even though Raffi doesn't use words to communicate, the boys were able to help Raffi and safely escort him back to his house.

Raffi has sounds he uses for words, mostly single syllables, and he also uses symbols and gestures to communicate. Raffi recognizes about 50 typed words (in one inch font) and uses a voice output device. The device is awkward to manage when he is physically active, like when he is riding his bike. So just how did Raffi communicate with the three boys when he fell?

Maria admits to being quite rattled when Raffi came home that day. She wishes she had asked for the boys' names so she could have contacted them later, thanked them and asked more about what happened. Knowing Raffi, Maria can imagine how the events transpired. When the boys discovered Raffi hurt and lying on the ground, they might have asked, "Are you okay?" He probably pointed to his knee. The boys told Maria they knocked on a couple of doors and found a lady who cleaned Raffi's knee and patched him up with bandages. If the boys had asked Raffi if they should call someone, he might have shaken his head "no." If they asked him where he lived, he probably would have gestured toward the direction of his home. And if they offered to walk him home, Raffi probably would have nodded, "Yes," and led them all the way home.

Maria and her family live in a very inclusive school district and even though the boys who helped Raffi didn't know him, she believes inclusion in schools is a reason they were so comfortable communicating with someone who didn't use speech. By attending schools that include a diverse population of students, these three boys became part of an unplanned, informal network of support for Raffi in his own neighbourhood.

Maria has also been intentional about building a supportive community around their family. She knows her son has grown up around people who welcome and value him, and he has been able to develop the confidence he needs to communicate with people. However, Maria says that his confidence is still a work in progress.

Raffi is a very social person who enjoys being in the middle of the action. He is very musical like his father's side of the family and has an innate sense of rhythm. In the music room in their home, Raffi often plays the drums, accompanying songs that are programmed in a keyboard. He has favourite groups, the "Backstreet Boys" being one, and he will play the Michael Bubl  song "Home" repeatedly. Raffi has loved little toy cars since he was very young. He enjoys the feel of the hard texture of the cars and usually has one clutched in his hand. Each night, he arranges about 20 toy cars on his bed before he goes to sleep.



Raffi is an active, social person who enjoys music as well as his job at the local golf course.

His family's involvement in church has become a great safeguard for Raffi. Maria and her family moved from San Francisco to their current home when Raffi was three years old. When they first arrived, Maria didn't have friends or extended family around and became very involved with a church. Maria, along with other parents in the church, started a children's program, including a children's service. The program evolved over the years and Raffi has grown up with people from their church community. Raffi was eventually invited to join the church choir – he provides the rhythm by playing the conga. Maria says the church members are still a key part of both her and Raffi's support system.

Maria's efforts to create a network of people in Raffi's life were aided by his relationships with peers. During his high school years, Raffi attended a community program called, "Let's Play." The program was initiated by a group of students at the school who organized an hour of time at the local community centre gymnasium. They assisted peers with special needs to participate in sporting activities of their choice. The high school recognized their volunteer hours and students with special needs were welcomed from all over the city. Raffi's network grew significantly in those four years and at 23, he still encounters friends from "Let's Play" when he is out and about in the community.

Raffi's involvement with their church became a springboard to opportunities in the broader community. Raffi's first work experience began with doing chores in and around the church. Through those jobs, Maria learned that he was most successful with tasks that allowed him to be physically active. Raffi now enjoys a seasonal job at a golf course. He is able to fulfill his love of cars by driving the golf cart around the course while he sweeps the tee boxes. He is a valued member of the staff team at the golf course and is included in all the staff events.

Acceptance and belonging are big motivators for Raffi. It's really important to Raffi to look "cool" (Maria says he can be rather vain!). He cares about his appearance, likes to be neat and tidy and dress according to what he is doing. If he is going out to play basketball, he wears his jersey and basketball cap. If it's baseball, he gathers all the paraphernalia that goes with baseball. And if he is playing his conga in the choir, he'll dress in nicer clothes.



Raffi (left) enjoys exploring the community with friends on his bike.

Raffi wakes up a happy person, but that can change when he feels he isn't understood or appreciated – he can then become quite frustrated or sad. Thankfully, that doesn't happen very often. Wherever Raffi goes, people say "hi," often tell him how good he looks and share other kind words. He spends his days among family, neighbours, co-workers and friends where he truly belongs. ■

*Raffi and his family will be celebrating the launch of "The Power of Knowing Each Other" at an event on Sunday, October 23 from 1:00pm to 4:00pm at the Richmond Arts Centre. The event will feature musical performances as well as Raffi signing copies of the book for guests.*

*For more information on the event, please visit [www.communitylivingbc.ca](http://www.communitylivingbc.ca) and go to the CLBC Events Calendar under What's New > Events.*

## Community gets together

**FOR THE THIRD YEAR, THE ONE** Day Together event brought together people in Victoria to get an early start on celebrating Community Living Month.

On September 10, self-advocates, families, children, seniors and service providers gathered under sunny skies at Topaz Park to play softball, have a BBQ, listen to live music and performances, and make new friends.

Special guests included Victoria Mayor Dean Fortin, Victoria Royals Mascot Marty the Marmot, and members of the Victoria Fire Department. Rousing entertainment was provided on the live stage by Luis DeSousa, Michael Langridge, Peter Bourne, Brad Magnus, and bands Light Sweet Crude and the Pony Club.

Victoria Mayor Dean Fortin (right) joined in to celebrate Community Living Month at One Day Together.

One Day Together brought together the community and also demonstrated how big things can happen through co-operation. The Ministry of Children and Family Development (CYSN team), the Contractor's Association, CCS, Becon Support Services, Community Living BC, Integra, Kardel, and Recreation Integration Victoria all worked together to organize and support the event.

The day was summed up in the words of one of the many attendees, "One Day Together is such a feel good event. The number of people that come together to make it happen is amazing. Every year just keeps getting better."

To learn more about the event, and to view the photo gallery, please visit: [www.onedaytogether.com](http://www.onedaytogether.com). ■



## Connecting in the Friendship Zone

**ON SEPTEMBER 14, THE SIMON FRASER REGION'S SECOND ANNUAL FRIENDSHIP** Zone event took place to celebrate friendships in the Maple Ridge and Pitt Meadows area. Twenty-four self-advocates gathered to share their interests, and to network and connect. Some individuals decided to have a coffee together, others made plans to get together to check out a movie. Some shared skills like sign language with each other and even more decided to simply keep in touch. Families and caregivers joined in at the end of the night to network, learn about shared interests and enjoy dessert.

"I am so proud to see connections made at networking events mean individuals are able to have fun, be involved and connect with each other," said Brenda Brown, CLBC Facilitator.

Jule Hopkins, CLBC's Manager of Service Accountability and Safeguards, and Katrina, spokesperson for [Icanbesafeonline.com](http://Icanbesafeonline.com), joined the event to share safety tips and information to help self-advocates stay safe while using the internet and online social networks. Self-advocates, families and individuals were extremely grateful to receive this valuable advice on how to be safe online.

It was a memorable event where people got to see old friends, make new ones and learn along the way. ■



Dwayne Allen and Kosie Deschamps connect at the Friendship Zone event.



## Welcome Minister Cadieux

### **THE HONOURABLE STEPHANIE CADIEUX WAS**

appointed Minister of Social Development and Minister Responsible for Community Living BC on September 26, 2011. She formerly served as the Minister of Labour, Citizens' Services and Open Government and the Minister of Community, Sport and Cultural Development. Stephanie was elected MLA for Surrey-Panorama in the 2009 general provincial election.

Stephanie resides as Vice Chair of the Cabinet Committee on Open Government and Engagement and is also a member of the Cabinet Committee on Families First and the Planning and Priorities Committee. Formerly, she served on the Special Committee to Appoint an Information and Privacy Commissioner, the Select Standing Committees on Health and on Children and Youth, and the Special Committee to Review the Freedom of Information and Protection of Privacy Act.

With a background in marketing and personal finance, Stephanie has worked as a market analyst and an entrepreneur. Before her life in public office, Stephanie served as the Director of Marketing and Development for the BC Paraplegic Association and Manager of Accessibility for 2010 Legacies Now. Her leadership and resourcefulness led her to be voted one of Business in Vancouver's Top 40 Under 40 for 2007 and she was named one of BC's Top 100 Influential Women by the Vancouver Sun in 2010.

Stephanie has also long demonstrated her commitment to volunteerism and non-profit organizations, whether in her community or beyond. She has served as President of the Realwheels Society; Ambassador for the Rick Hansen Man in Motion Foundation; a researcher and member of the advisory panel for the International Collaboration on Repair Discoveries (ICORD), a member of the Diversity Advisory Committee for Global BC and as a mentor with the YWCA.

She has traveled extensively, including Europe, Central America, Africa and North America, some of which has been as a delegate for International Development work with people with disabilities in developing countries. ■



Honourable Stephanie Cadieux,  
Minister of Social Development.

# Celebrating safe and inclusive communities

**ON THE MORNING OF OCTOBER 1, 2011,** CLBC staff, self-advocates, Community Council and family members, held events in five communities across BC to celebrate Community Living Month and promote CLBC’s new website, [Icanbesafeonline.com](http://Icanbesafeonline.com), which is Canada’s first website dedicated to educating adults with developmental disabilities and their families on how to use the Internet safely.

Participants handed copies of The Globe and Mail with information about [Icanbesafeonline.com](http://Icanbesafeonline.com) in front of London Drugs locations in Kamloops, Kelowna, Richmond, Vancouver and Victoria.

The events were organized through partnerships with The Globe and Mail and London Drugs to help educate, empower, and equip people with developmental disabilities with information so they can be safer when they are online.

“Community Living Month is a time to recognize the involvement of people with developmental disabilities in our communities. I encourage all British Columbians to join CLBC to celebrate Community Living Month at events in their community and to visit [Icanbesafeonline.com](http://Icanbesafeonline.com),” says the Honourable Stephanie Cadieux, Minister of Social Development.



Above (left to right): Proclamations from Kelowna, New Westminister and Vancouver declare October as Community Living Month.

Right: CLBC Facilitator Meaghen Taylor-Reid (left) and self-advocate Chiina Tynes (right) accept the City of New Westminister’s Proclamation of Community Living Month from Mayor Wayne Wright.





In addition to these events, a number of municipalities across BC proclaimed October as Community Living Month. The proclamations, which were signed by Mayors in Duncan, Campbell River, Kelowna, Kamloops, Victoria, Comox, Cumberland, Parksville, Prince George, Fort St. John, Vancouver, Port Hardy, Prince Rupert, Dawson Creek, Richmond, New Westminster, Burnaby, Quesnel, Surrey, Port Moody, Port Alice and Port McNeill, declare:

“Community Living Month celebrates the achievements of people with developmental disabilities. Community Living Month also

recognizes the hard work of individuals, families and community members to create inclusive communities and opportunities for all British Columbians with developmental disabilities. The “I Can Be Safe Online” initiative is one example of how CLBC promotes inclusion and safeguards for all community members.”

You can read more about the new website on pages 12 and 13 of this edition of The Citizen. To learn about ways to stay safe while still having fun online, please visit the website at [www.icanbesafeonline.com](http://www.icanbesafeonline.com). ■



Information about “I Can Be Safe Online” was given out with copies of The Globe and Mail.



Above: Self-advocates, family members, CLBC staff and special guests help spread the word about [www.icanbesafeonline.com](http://www.icanbesafeonline.com) in Kelowna.

Right: In Vancouver, Rasika hands out copies of The Globe and Mail and shares information about being safe online.



# Sharing my story

By Micheal Oswald

## MY NAME IS MICHEAL OSWALD.

I'm 29 years old I live at home with my long time foster mother and father. I am involved in many activities, have many friends and live a very productive life. In so many ways, I am just like you. One thing though... I was born with Fetal Alcohol Spectrum Disorder, or FASD. I have also been diagnosed with Tourettes Syndrome, Aspergers Syndrome, Obsessive-compulsive disorder (OCD) and Attention deficit hyperactivity disorder (ADHD).

In my early years, it was difficult for many to understand why I was the way I was. For me however, it was and is far more difficult. In my childhood, I encountered numerous challenges. Many I have overcome, but some remain.

Balance was a huge issue. When I was 7 and 8, I was still unable to climb the stairs one at a time, for fear of slipping and falling. For a long time, walking meant never lifting my feet, only shuffling them on the ground. Sensations were something else all together. Once, while walking on rocks on the beach with bare feet, I remember being in pain, the unfamiliar feeling of the rocks under my feet. After that I was sure to wear beach shoes.

The Tourette's began early on as a constant clearing of my throat, graduating to tapping of my feet, to what it is now, which is facial twitching, and constant kneading of my throat in sore or irritated areas. My doctors and others are now trying to help me with medication and counseling to deal with the OCD, ADHD and my anxiety.

As a kid I was the target for bullying, simply because of how I reacted to it, namely in a loud and aggressive

manner. Bullies learned fast that they could always get me to overreact. My overreaction always got me in trouble. As I grew older, all I wanted was to be accepted and have a group of friends, to be like others I saw around me.

Reading social cues continues to be an ongoing issue. I may look at someone and think they are looking at me the wrong way. Misunderstanding what a person means or says, either from their tone of voice or what they say, often brings conflict as I act on a threat that is only perceived, and not at all reality based.

Waking up to go to school, as far back as elementary, was something I dreaded. I had next to no friends, or if I did, I was blind to the fact. Because of how I acted, I pushed away the very people I wanted to have close to me, with them becoming increasingly uncomfortable and drifting away.

Though there were challenges, I had many gifts that got me through. My ability to do well in English and Social Studies gave me peace of mind. Although I was not popular with the student body, I found solace in the support that some of the staff gave me in elementary and secondary schools alike. As I worked on my gift for the spoken and written word, I saw a potential that was sure to develop into something much more rewarding. As it turned out, I was more than right.

More often than not I can articulate how I feel and have it understood. I feel sympathy and have a strong sense of empathy for those I am close to including friends and family. My mom reminds me again and again, that it is important for me to see the love and happiness in each day. When I have a



Baseball is among the many activities and hobbies that Micheal enjoys in his busy life..

bad day, and conflict ensues, I sink into depression. I have been told to think hard of all I am grateful for.

I have an extensive interest in music, movies and fashion. I can list off artists, discographies, actors and their many roles, the year an album was released. I love to dress in good clothes. I often change a few times until I feel satisfied with what I have on.

Having support around me, to serve as an "external brain" is crucial. Reminders help me to keep track of belongings and help me with control and direction. I like that I have my family, respite and community workers to listen and offer advice that helps me to stay on track.

As for employment, I do not have a regular job at the moment. I have tried working at a nursery and the SPCA. I have also made several volunteer attempts. I have what people call barriers to employment. Slowly I am chipping away at these, showing everyone around me that with the right supports, I can learn to manage surprises, changes in plans and conflicts that may arise. It is a process and I smile with every success. I now have watered plants and continue to vacuum and wash vehicles for Sunshine Coast Association for Community Living (SCACL) as well as other odd jobs. I smile, thinking of each job completed as a small success.

With education from my support network, I was able connect with CLBC. I still have a wonderful counselor whose listening skills are amazing and she grants me the gifts of strategies for everyday life.

It is hard for others to understand the fact I have FASD, as I am highly functional in many areas such as speech, writing and seeking social outlets. Some assume I am a troublemaker who doesn't listen or try hard enough. Having an "invisible disability" makes it difficult for some to see why, when I can do many things well, I still have trouble losing my temper, grasping instruction, or having tasks explained many times.

I am truly grateful for my allies in this life. My mother, father, my many respite and outreach workers, my counselor, coaches and athletes in Special Olympics, and so many others. Special Olympics has given me the terrific opportunity to take part in sports, something I never could dream of in my school days. I play softball,

soccer, basketball, swim and run track and field, and recently dabbled in floor hockey. I have learned discipline, skills, pacing and development of patience. I usually attend the gym twice a week, one day partaking in circuit training, the other working with a personal trainer. I feel and see the benefits every day. I love it. I have also had swimming lessons. I love the water. I joke that it's because I was born a Pisces. I have also taken and loved horseback riding lessons. When I'm riding, I feel such a connection with the horse, almost like they know how I feel.

Writing plays a major role in how I express myself. Since I could pick up a pen or pencil and a piece of paper, putting down my emotions, in poetry, song or rhymes gives me an outlet and I know I would not be the man I am today without it. I had some of my songs and poetry published and have performed some of them and felt honored to have people listen.

Animals have always been some of my closest friends. Happy, sad, laughing or crying they always know how I'm feeling and are there to support me. I love them all and know they teach me patience, love, trust, loyalty and how to laugh when I am at my lowest.

I have lived many places in many different environments. Not all have been conducive to a healthy lifestyle. Now I am back home. Each new day carries with its own challenges and tests. Lately, I feel I have met these and am overcoming them day by day. I don't know what lies ahead, today, tomorrow or an hour from now, but I smile knowing I can look any difficulty in the eye, and stand up and rise above. ■

## International FASD Awareness Day

Each year, September 9th is commemorated as International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day.

It is held on the ninth day of the ninth month to remind people around the world that during the nine months of pregnancy, a woman should abstain from alcohol.



## Connecting safely

“Sometimes you don’t know who you’re talking to online, or if the person is who they say they are. You can learn many ways to be safe at [www.icanbesafeonline.com](http://www.icanbesafeonline.com).”

- Katrina

**CLBC HAS LAUNCHED CANADA’S FIRST WEBSITE** dedicated to educating adults with developmental disabilities and their families on how to use the Internet safely.

The website, [www.icanbesafeonline.com](http://www.icanbesafeonline.com), is a visual resource that provides tips, videos, stories, quizzes and a blog on internet safety to the individuals CLBC supports.

CLBC is committed to creating safe, welcoming communities for people with developmental disabilities who can be vulnerable both when in community and when online. The goal of [www.icanbesafeonline.com](http://www.icanbesafeonline.com) is to educate, empower, and equip people with developmental disabilities with basic safety information so they can be safer when they are online.

The website has a section specifically for families and people who work closely with individuals with developmental disabilities so they can learn what risks may exist when online and what they can do to make sure that person using the internet is being safe.

“People need to be very cautious when they are communicating online. It’s important to remember that just because someone says they’re your friend online doesn’t mean that they are. Your real friends are the friends that you’ve known for a long time and have come to trust, not someone that you’ve just met online,” says Cpl. Sherrdean Turley, Richmond RCMP.

When you visit the site, you can meet Katrina, the self-advocate spokesperson. Katrina shares her experiences about being safe online and recommends that everyone follow these tips to learn about using the internet safely while still having fun with friends and family:

### **TIP 1: PROTECT YOUR PASSWORD**

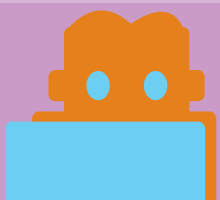
Keeping your password private means that only you hold the key to your social networking profiles for posting information, pictures and stories.

### **TIP 2: FIND A “CHECKER FRIEND”**

It’s all about being safe! Sometimes we need someone else to keep an eye on our posts to make sure we are being safe online.

01

**Protect your password**



02

**Find a “checker friend”**



03

**Double-check your privacy settings**



04

**Don’t let the Internet control you**



**TIP 3: DOUBLE-CHECK YOUR PRIVACY SETTINGS**

Set a reminder for yourself to double-check your privacy settings to make sure they are as high as you think they are.

**TIP 4: DON'T LET THE INTERNET CONTROL YOU**

The internet is just one part of your life. Don't let it take up all of your social time.

**TIP 5: IT'S OK TO SAY "NO"**

It's good to "un-friend" or "un-follow" people if they make you feel uncomfortable. Saying "no" makes sure you are in control of your online life.

**TIP 6: DON'T CLICK TOO QUICK**

By simply clicking on a link, you may accidentally give people personal information that you really do not want them to know.

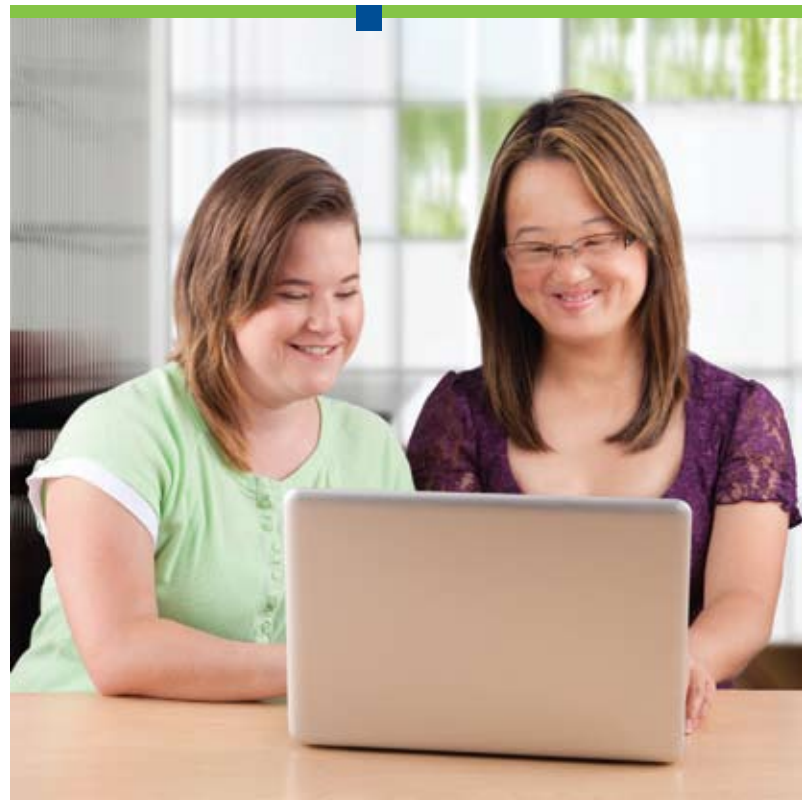
**TIP 7: THINK BEFORE YOU SEND OR POST**

Keep private information private. Once you have posted personal information or picture on your sites, there is a record of what you have posted, even if you remove or delete that post.

**TIP 8: PROTECT THINGS THAT ARE PRIVATE**

Don't share information about yourself that another person may use against you or that could put you in harm's way like your home address, banking information, social insurance number or phone number.

To watch Katrina's videos, which feature more information on these tips, and to take the online safety quiz and read the blog, please visit [www.icanbesafeonline.com](http://www.icanbesafeonline.com). You can also follow [@safeonlineCLBC](https://twitter.com/safeonlineCLBC) on Twitter. ■



Katrina and Jenny follow the tips to ensure they are using the internet and social media safely.

05

**It's ok to say no**



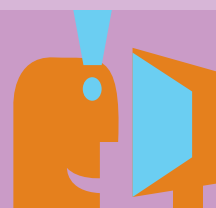
06

**Don't click too quick**



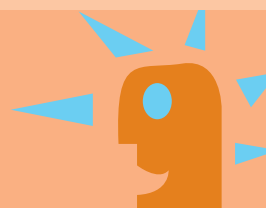
07

**Think before you send or post**



08

**Protect things that are private**



# An enriching experience

By Sharalin McLeod

## MY NAME IS SHARALIN MCLEOD

and I go to university at UBC Okanagan in Kelowna. I've been a student there for two years. I'm studying creative writing and English and my dream is to one day publish a novel. This fall, I am planning to take culture studies. At the university, I am also a member of the Creative Writing Course Union and have a paid job as the Campus Life Marketing Coordinator. In my free time, I like to go for walks, write and listen to music.

This summer, I had the opportunity to do a paid summer internship at The Public Guardian and Trustee (PGT) in Vancouver. My main task at work was to help PGT "stay ahead of their tasks." My experience at PGT was a great one, giving me good office skills, such as hole-punching file folders and putting fasteners on them. My favorite part of the job was making and labeling files. Another thing I did was photocopy documents and update PGT's website for the public to view and access. This not only gave me the chance to learn some new computer skills, but also to use the skills I already have and show I've worked with computers before as I use a laptop at home and at university.

All of these tasks helped me to see what it would be like to work in an office. I also think that learning to navigate different areas of a government agency will be beneficial experience to have for future jobs. Working at PGT allowed me the gratification of getting something done by the end of the day as well as feeling calmed by the rhythm of the work. I feel great that I could help PGT get things done and this is what helps me feel good about the time I spent working there. I learned what

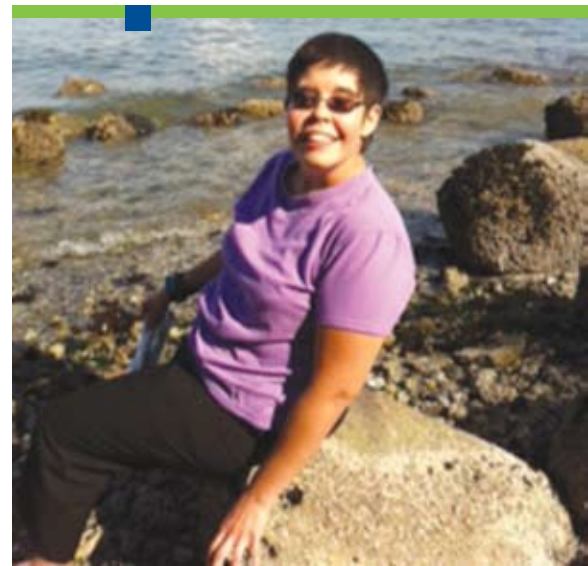
it's like to work with publications too – something to offer me a taste of the publishing industry, where I hope to one day work.

During my time in Vancouver, I also got to do a lot of fun things outside of work. I got to visit Granville Publishing, which was very interesting and helped me to see the variety of books that get published. I went out for sushi, which was really neat and tasty. I visited Queen Elizabeth Park and Stanley Park, where I got to walk on the seawall and in the water and really enjoyed it. The ocean pulled me in and made me feel calm. I had the chance to visit UBC Vancouver, which was massive and I thought that the campus was really nice. I learned to navigate the SUB, The Irving K. Barber Learning Centre and the bookstore.

Throughout my visit I really liked how Vancouverites were really helpful and open, it made me feel at home. Overall, I really liked the experience of working for PGT and being in Vancouver. I hope to visit again one day soon. ■

*Sharalin is supported by STEPS Forward through the BC Initiative for Inclusive Post-secondary Education. With appropriate community inclusion support, young adults with developmental disabilities are having a coherent undergraduate student experience leading to lifelong learning, friendships, and employment.*

*Students are supported to study courses of their own choice for 4 to 5 years, create a network of relationships based on personal interests and campus involvement, find paid student*



During her paid internship with The Public Guardian and Trustee, Sharalin McLeod enjoyed the experience of living near the coast.

*jobs and develop a career path into adulthood. Students are 'participatory auditing' students and complete, with modifications to their level of ability, the same curriculum, assignments and exams as the other students. There is no minimum level of education or cognitive, physical, or academic ability required in order to be eligible.*

*STEPS Forward has a policy of zero exclusion and supports students with significant intellectual disabilities who require direct support for physical and/or safety reasons. For more information on Inclusive Post Secondary Education in BC, contact Jessica Humphrey at [jessica@steps-forward.org](mailto:jessica@steps-forward.org) or visit [www.steps-forward.org](http://www.steps-forward.org).*



# Translated information on CLBC

**CLBC IS DEDICATED TO ENHANCING ACCESS TO** information and ensuring multicultural representation. The materials below have now been translated into French, Spanish, Tagalog, Vietnamese, Hindi, Punjabi, Korean, Farsi, and Simplified and Traditional Chinese.

## **CLBC WELCOME BOOKLET -**

This eight-page booklet provides information about CLBC's supports and services in simplified language. The booklet also explains who is eligible for CLBC services and describes the role of CLBC Facilitators.

## **INFORMATION SHEET FOR FAMILIES ON ELIGIBILITY -**

CLBC's eligibility policy helps people understand the eligibility criteria, and helps CLBC staff make consistent and fair decisions. This information sheet answers common questions about the eligibility policy.

## **INFORMATION SHEET FOR FAMILIES ON PLANNING -**

CLBC's Individual Support Planning Policy helps people understand when an individual support plan is required to access CLBC funded services. The policy outlines the information that needs to be included in plans when they are required. This information sheet answers some common questions about the Individual Support Planning Policy.

## **INFORMATION SHEET FOR FAMILIES ON HOME SHARING -**

CLBC has a range of policies, guidelines, and standards for home sharing. This information sheet answers some common questions families have about home sharing.

These informational materials can be found on the CLBC website at [www.communitylivingbc.ca](http://www.communitylivingbc.ca) under Policies and Publications > Publications, and were created to be printed in either colour or black and white. The materials can also be requested through CLBC's local offices. Contact information for all CLBC offices is available on the website under Your Community > Local CLBC Offices.

Information about future translated materials will be shared through CLBC offices, the CLBC website and in The Citizen. ■

## Translated Materials

### Available in:

French, Spanish, Tagalog, Vietnamese, Hindi, Punjabi, Korean, Farsi, Simplified and Traditional Chinese



CLBC  
Welcome  
Booklet



Information  
for Families on  
Eligibility



Information  
for Families on  
Planning



Information  
for Families on  
Home Sharing

## Learn about support networks



Barbarah and Zackery celebrate the launch of “The Power of Knowing Each Other”, which features their story.

**A NEW VIDEO CALLED “BUILDING PERSONAL SUPPORT Networks: Barbarah and Zackery’s Story”** can now be viewed on CLBC’s Youtube channel.

The video features Zackery and his mother Barbarah who live in Powell River. Their story was also included in “The Power of Knowing Each Other” book created by CLBC and the Family Support Institute (FSI).

The video has been developed to create awareness of support networks and inform people of the importance of making safe social connections. This is a project of CLBC’s Policy and Program Development Safeguards Initiative.

To watch “Building Personal Support Networks: Barbarah and Zackery’s Story”, please visit [www.youtube.com/user/communitylivingbc](http://www.youtube.com/user/communitylivingbc). ■

### CONTACT US

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Send story submissions and feedback to:  
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COMMUNITY LIVING  
BRITISH COLUMBIA

7th Floor – Airport Square  
1200 West 73rd Ave  
Vancouver, British Columbia  
Canada V6P6G5  
Phone: 604 664 0101  
Fax 604 664 0765  
Toll Free: 1 877 660 2522

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