



AbilityOnline.org

Ability Online is a free Internet community. It is for young people with disabilities. It is also for young people who have illnesses that make it difficult to meet and stay in touch with friends.

Things you can do on Ability Online:

- Meet and chat with other young people
- Make friends
- Get advice on different topics
- Play games
- Participate in group discussions
- Practice communication and social skills

You have to register for Ability Online. Volunteers monitor it at all times, so it is a safe space.

Below we talk about what you can do on Ability Online:

1. How to register:

- Go to www.AbilityOnline.org
- Click on the blue box at the top of the page that says 'Register here.'
- Fill out the Registration Form. If something has a red star beside it you need to fill out that section. You may need help from someone to do this.
- At the bottom there is a box that says 'Terms of Use.' Click on the blue underlined 'Terms of Use.' Read the Member Agreement. Do this with a friend or family member if you want.
- Do you understand the rules? If you agree to them, click the back arrow at the top left of the page. Then click on the box beside 'I agree with these Terms of Use.'
- There is a grey box at the bottom. It says 'Create new account.' Click on this when you have filled out the form.
- The website will explain the rest of the steps you need to follow.
- Ability Online will mail you a letter. It may take a while to get this letter.
- Follow the instructions in the letter to start using your account.



2. Chat room
 - You have to agree to the rules. Make sure you understand them. Follow these rules.
 - Make new friends you can talk to outside of the chat room.
3. Messages
 - Send messages to other Ability Online members.
 - You do not have to know someone first. This is a way to meet new people.
 - Talk about your hobbies. Talk about your interests. Ask about what they like.
 - People are friendly. You may get a message as soon as you log in asking you about yourself. Answer it! This is how friendships start!
4. Friendship Builder
 - Get tips on making friends.
 - Link to activities that could help you with your friendship skills.
 - Watch videos in Friendship Builder Activities about good friendship skills.
5. Forums
 - These are discussion groups. They are organized by topic.
 - Choose a subject that sounds interesting to you. Topics cover everything from jokes to pets to computer advice.
6. Fun Stuff
 - There are different games and puzzles that you can play. You can play alone. Or you can play with others.
 - Your computer may not be able to play them.
 - Ask for help if the games do not work.
7. Getting Involved
 - This is under Express Yourself at the top of the page.
 - Get activity ideas.
 - Get links to organizations where you can get involved.
 - Hear stories of what other people do for fun.