

What is a Social Story?

Social Stories are short descriptions of a situation, event or activity, which include specific information about what to expect in that situation and why.

Who can use a Social Story?

Social stories were designed to benefit those with developmental delays, social issues, autism, or other difficulties with comprehension.

What are Social Stories for?

Social stories can be used to:

- develop self-care skills (e.g.- how to clean teeth, wash hands or get dressed), social skills (e.g.- sharing, asking for help, saying thank you, interrupting) and academic abilities
- help someone to understand how others might behave or respond in a particular situation
- help others understand that everyone is different and why they may respond or behave in a particular way
- help a person to cope with changes to routine and unexpected or distressing events (e.g.- online learning, Covid 19, absence of teacher, moving to a new house)
- provide positive feedback to a person about an area of strength or achievement in order to develop self-esteem
- as a behavioural strategy (e.g. what to do when angry, how to cope with obsessions).

How do social stories help?

Social stories present information in a literal, 'concrete' way, which may improve a person's understanding of a previously difficult or ambiguous situation or activity. The presentation and content can be adapted to meet different people's needs.

They can help with sequencing (what comes next in a series of activities) and 'executive functioning' (planning and organizing).

By providing information about what might happen in a particular situation, and some guidelines for behaviour, you can increase structure in a child's life and thereby reduce anxiety.

Creating or using a social story can help you to understand how the child perceives different situations.

