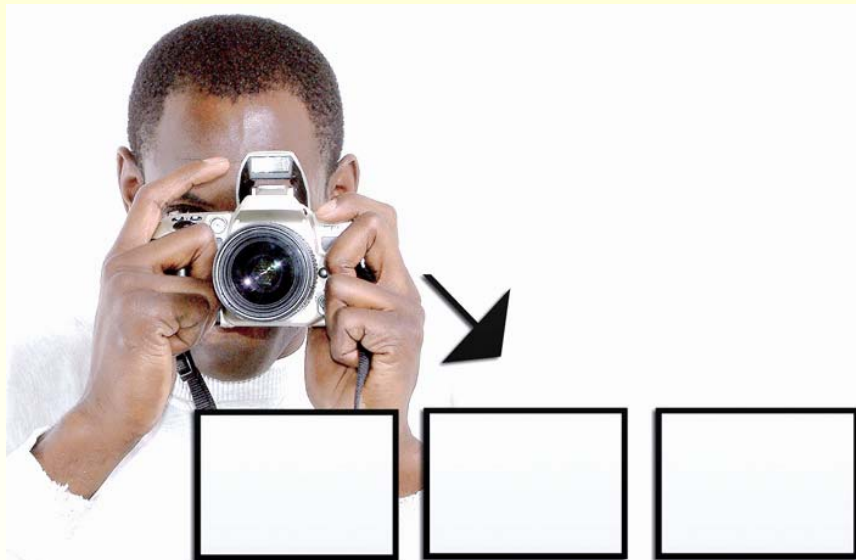


Haringey Learning Disabilities Partnership



Social Stories



www.haringey.gov.uk

Haringey 
Teaching Primary Care Trust

Barnet, Enfield and Haringey 
Mental Health NHS Trust



Social Stories

Introduction



- What
- Who for
- Why/When
- Layout
- Resources

Why use Social Stories

Theory of mind
suggest that...



Many people with autism have an impairment of **social understanding**, the ability to think in ways necessary for appropriate social interaction

This means that...

Why use Social Stories



Theory of mind
suggest that...

Many people with
autism **do not act
appropriately in social
situations,**

this is because...

Why use Social Stories

Theory of mind suggest that...

- People with autism **do not understand that others might have a different opinion to them, or that others may want to do something different to what they want to do.**



Why use Social Stories



- From their perspective, the **statements and actions of others** may at times seem to **occur without meaning or identifiable purpose, occurring randomly and without warning or logic**

Why use Social Stories



Theory of mind suggest that...

- Many people with autism do not understand that other people have their own
 - thoughts,
 - feelings,
 - plans and
 - points of view ,

therefore they think that...

Why use Social Stories

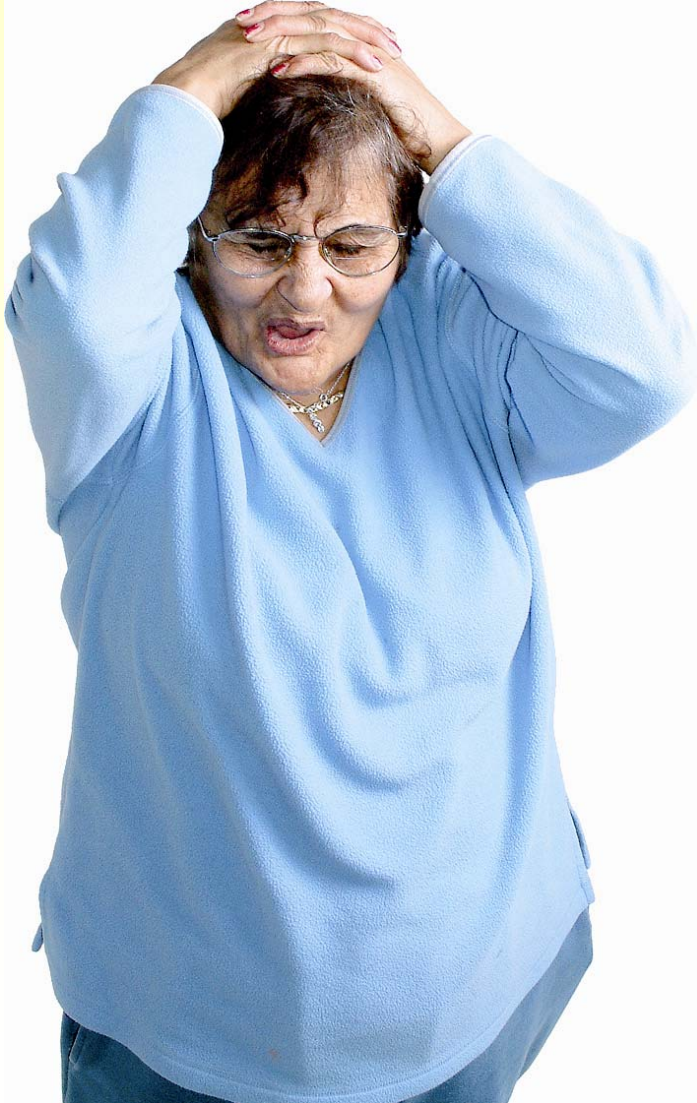


Theory of mind
suggest that...

if I am angry and want to
hit you, you must be
angry and want to hit
me too ...

this is frightening

Why use Social Stories



Theory of mind suggest that...

- Social situations become **unpredictable** and can **confusing**.
- This can lead to:
 - **Social Isolation**
 - **Exclusion**
 - **Lack of opportunities**

Social Stories

Theory of mind suggest that...

This lack of social understanding in autism is

- Independent of intelligence
- Regardless of where an individual falls within the spectrum of autistic disorders
- Slightly less prevalent in those with Asperger's syndrome

How do Social Stories help

- Social stories attempts to address the 'theory of mind' impairment by giving individuals some **perspective** on the **thoughts, emotions and behaviours of others**
- Developed by Carol Grey (1994) for use with children with Autistic Spectrum Disorder (ASD), but are also used successfully with adults with autism and related disabilities

How do Social Stories help



- Provides a distance between 'teaching' and the social the situation

What is a Social Story





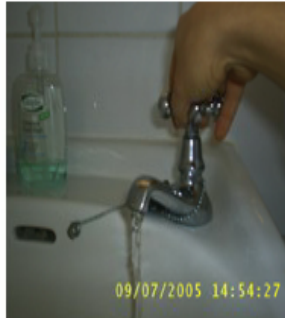
**Washing
hands**



**Sometimes
hands gets
dirty**

- A short story written in a specific style and format
- They describes what happens in a specific social situation and presents information in a structured and consistent manner
- Gives social information through pictures and text as opposed to speech or observation (notable areas of weakness)

What is a Social Story

 <p>Hand</p>	<p>It is healthy to wash hands when they are dirty</p>
	<p>When (Name'S) hands are dirty</p> <ul style="list-style-type: none">•Go to the sink
 <p>09/07/2005 14:54:27</p>	<ul style="list-style-type: none">•Turn the water on

- Each story provides clear, concise and accurate information about what is happening in a specific social situation
- It describes what is obvious to most of us, but not to those with impaired social understanding

What is a Social Story



Joe Bloggs



The story describes

- **what** people do,
- **why** they do it,
- and what the **common responses** are.

The purpose of Social Stories



- To provide a **prompt** for socially appropriate behaviour
- To help a person **become familiar** to a situation, and to respond appropriately
- To help **prepare** for a new experience
- To provide positive **feedback** so that people can recognise their own appropriate behaviour

The purpose of Social Stories



- To help prevent extreme reactions that stem from a lack of social understanding

The goal of Social Stories



Is to...

- increase the individuals understanding of,
- make him more comfortable in,
- possibly suggest some appropriate responses

for the situation in question

Other ways Social Stories help



- Social Stories provide a script for staff to read
- Information is consistent
- Provide reassurance
- Staff are clear what to do

Examples of Social Stories

- Why eating something other than cheese is important
- What is a friend
- How to speak to a friend
- New Home
- Attending a day service
- How to greet someone
- How to make toast
- Visit to the dentist/hospital/opticians etc.,

Layout of Social Stories



- Picture left
- One picture per sentence
- Text right
- Black writing on white paper
- Use simple language
- Address the person by name (not 'I' or 'you')
- One aspect or step per page

Structure of Social Stories



In the chapel everyone will sit down. Angie and George will sit with John.



A coffin will come in. Dad will be in the coffin because dad is dead.



Everyone will be sad because dad has died.

10

Basic social stories use three kinds of sentences

- Descriptive
- Perspective
- Directive

Structure of Social Stories



Dad's funeral
will be in a
church

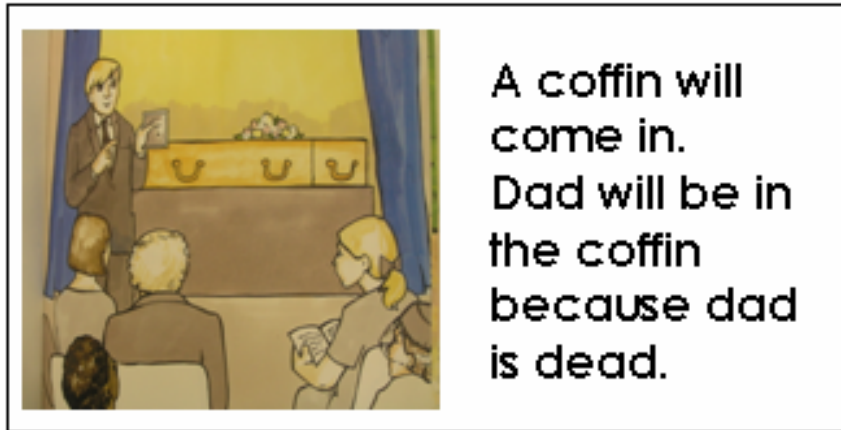
7



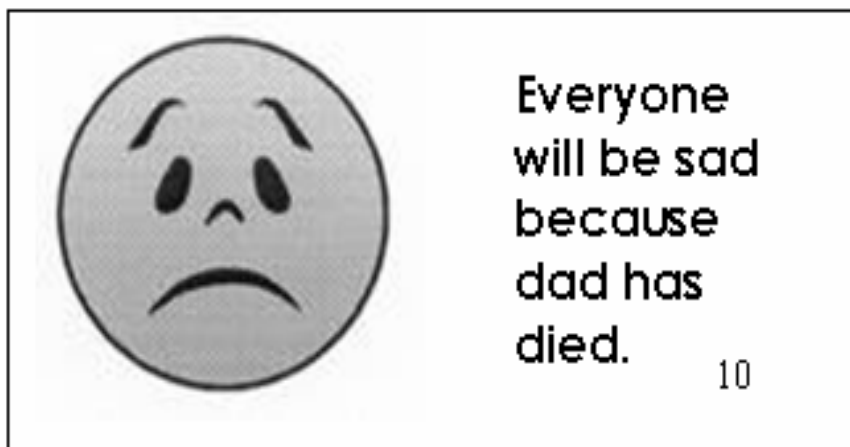
In the chapel
everyone will
sit down. Angie
and George
will sit with
John.

- **Descriptive sentences** give accurate information about the setting. They provide, in words, the basic facts about **what** can be seen

Structure of Social Stories



- Perspective sentences provide simple information about **why** things happen,



letting the person into the heart and heads of those featured in the story

Structure of Social Stories



Everyone
will be sad
because
dad has
died.

10



It is ok if
Name (of
service user)
wants to cry
at anytime

- **Directive sentences** prompt the appropriate behaviour (common responses) and
- what behaviour is expected)

Structure of Social Stories



Jane Bloggs



- Beginning
- Middle
- End

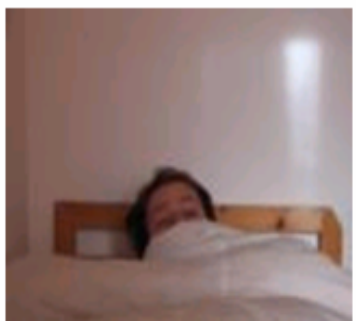
Structure of Social Stories



All people sleep



**Most people
sleep in bed at
night**



**Most people
wake up in the
morning**

- Beginning

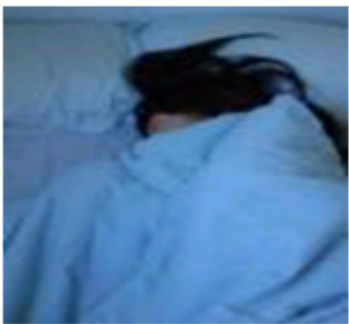
Introduction

What people do

Structure of Social Stories



People sleep



**Because
people need
to rest**

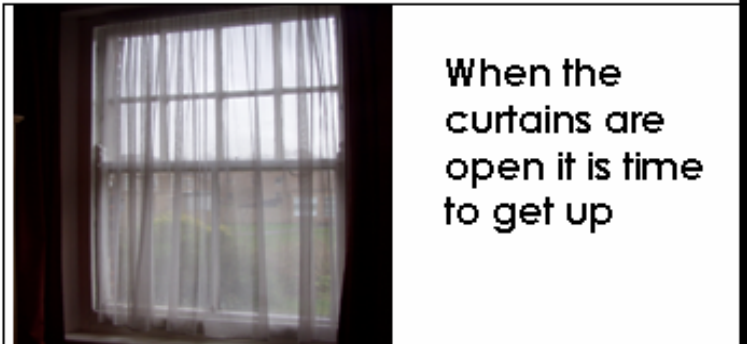


**Jane needs to
rest too**

- Middle

Why they do it

Structure of Social Stories



- End



Common responses
what behaviour is expected




Presentation of Social Stories

- **First time** distraction free
- Sit slightly behind and to one side of the person
- Read to the person showing the pictures
- Use frequently prior to time of difficulty
- Person shares story with a range of adult

TEMPLATES Social Stories


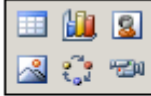


Book

<p>IMPORTANT</p> <p>When using this template please re save (save as... your own folder)</p>	<div style="border: 1px dashed gray; padding: 10px; text-align: center;"><p>Click icon to add content</p></div> <p>Purpose of Social Story</p>
	<p style="text-align: center;">Name</p> <div style="border: 1px dashed gray; padding: 10px;"><p style="text-align: right;">Title</p></div> <p style="text-align: right;">1</p>

<div style="border: 1px dashed gray; padding: 10px; text-align: center;"><p>Click icon to add content</p></div>	<p>Text: Century Gothic Size of text: 18 Align Left Bold</p>
<div style="border: 1px dashed gray; padding: 10px; text-align: center;"><p>Click icon to add content</p></div>	<p>Text: Century Gothic Size of text: 18 Align Left Bold</p>
<div style="border: 1px dashed gray; padding: 10px; text-align: center;"><p>Click icon to add content</p></div>	<p>Text: Century Gothic Size of text: 18 Align Left Bold</p> <p style="text-align: right;">2</p>

TEMPLATES Social Stories

- A4

TITLE -		
Name	DOB	Date
 Click icon to add content		Click to add text Use font AvantGarde 18 point
 Click icon to add content		Click to add text Use font AvantGarde 18 point
 Click icon to add content		Click to add text Use font AvantGarde 18 point
 Click icon to add content		Click to add text Use font AvantGarde 18 point

TEMPLATES Social Stories

- **Attending a Funeral**
 - Burial Female Caribbean (Mum)
 - Burial Male British White (Dad)
 - Cremation Male British White (Dad)
- **Future Templates**
 - Sleep
 - Visit to the Dentist
 - Visit to the orthodontist
 - Having a Blood Test

Using Images in Social Stories

Service Users Photo

- Consent
- Capacity
(9 steps in Mental Capacity Act)
- Best Interest Meeting
- Annual Review Meetings

Resources Social Stories



- Photosymbols



- Change Picture Bank



- Photo Bank