Social Narratives

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Objectives

☑ Understand when to use social narratives

☑ Understand the components of social narratives

☑ Look at sample social narratives
Social Narratives

Social narratives are interventions that describe social situations in some detail by highlighting relevant cues and offering examples of appropriate responding.
Social Narratives

◆ They are aimed at helping learners adjust to changes in routine and adapt their behaviors based on the social and physical cues of a situation, or to teach specific social skills or behaviors.
When do we use them?

◆ Social Narratives can be used in situations that are new or are difficult for the learner.

◆ Can be used to teach behaviors that are not in the learners repertoire.
When do we use them?

Examples where social narratives may be used include:

- Going to the bathroom
- Transitioning
- Visiting the dentist/doctor
- Going on vacation
- Remaining quiet in class
Social Narratives

◆ Social narratives are individualized according to learner needs and typically are quite short, perhaps including pictures or other visual aides.
Social Narratives

- The story remains short, so that the story can be used throughout the day and will keep the learners' attention.
Social Narratives

◆ Sentence types that are often used when constructing social narratives include descriptive, directive, perspective, affirmative, control, and cooperative.
Sentences in social narratives

- **Descriptive** - Answers the 'wh' questions: where does the situation occur, who is it with, what happens and why?

- **Perspective** - Refers to the opinions, feelings, ideas, beliefs or physical/mental well being of others.
Sentences in social narratives

◆ Directive- *I will try to cover my mouth when I cough.*

◆ Affirmative- be used to emphasize the importance of the message or to provide reassurance to the person.
Sentences in social narratives

◆ **Cooperative**- Sentences which identify how others may be of assistance to the person

◆ **Control**- Statements written by the person with autism to provide personal meaning
How are they used?

◆ We implement social narratives throughout the day, not only when the learner is upset.

◆ Present the social narrative and if possible have them read certain parts.
Let’s look at examples of Social Narratives
Using Good Words
I use my words to tell people how I feel. When I use my words to say how I feel, people will understand my feelings.
When I use my words, I will use nice words. Nice words are words that make my friends and teachers happy. I can use nice words even when I am upset.
Sometimes I feel upset. When I am upset, I need to calm down and use nice words. Here are some ways I could calm down:

- Count to five
- Take slow, deep breaths
- Close my eyes a minute
- Write or draw something
I can decide to only use good words at school.
The teacher will be happy.
My friends will be happy.
My mom and dad will be happy.