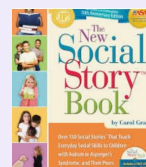


What is a Social Story?

- First described by Carol Gray in 1998
- A short story written in a specific style and format
- A social story is personalised and written for the individual
- A brief description of a situation
- Used as a tool to describe what is obvious to most people, but not to those with social difficulties
- It clearly explains what to do and why



NOVIO

Key features of a Social Story?

- The goal of a social story is to teach understanding, not rote compliance.
- It describes rather than directs
- Title (a question is a good idea e.g. 'why do I need to see the dentist?') - decide what the outcome is to be
- Written for an individual about a situation they find confusing and based on careful assessment
- Language levels must match the ability of the individual
- First person is used (*My name is Jack, I go to a sports club*)
- Present or future tense are used (*at sports club we work in groups*)

Why do they work?

- Match the skills of the individual with their needs:
Visual, pictorial, permanent, clear, explicit
- Adaptable; can be individualised, anywhere, for any situation
- Teaches others' perspectives
- Supports the individual with their reactions that stem from a lack of social understanding
- Is a prompt for socially appropriate behaviour

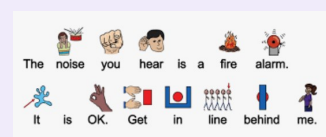


Who benefits from a Social Story?

- A person with social difficulties and/or issues with receptive language
- Used by a range of children, young people and adults

How to write a Social Story?

- It is mainly made up of Descriptive sentences - facts (opinion and assumption free)
- Perspective (up to 2 sentences) - thoughts/feelings/beliefs
- Affirmative (the commonly shared opinion or rule)
- Directive (1 or 2 sentences) - *I will try to...*
- Decide the length (a few sentences or slightly longer) and whether it will be a book or document
- Choose the appropriate level, dependent on age and ability and use symbols where possible to provide a visual tool to help reinforce their understanding. Make sure positive language is used



How to use a Social Story

- Read the story to the individual on a one-to-one basis and sit slightly behind them and allow time to process
- Use regularly and consistently (daily / prior to each time they face the social situation in question)
- Consider when to stop