

SOCIAL STORIES

WHAT IS A SOCIAL STORY

Social stories are used for people with special needs, and can be especially beneficial for Autistic people. They are used to prepare and teach people about various social situations and emotional regulation through the means of stories by preparing said person for the expectations of a particular situation.

WHO IS IT SUITABLE FOR

- For Autistic people who struggle to understand any particular social situations.
- They're also sometimes used to help other people with learning and intellectual disorders.

WHO IS IT NOT SUITABLE FOR

- It is less effective for people with poor comprehension skills, hence likely to have difficulty understanding the social story.

BENEFITS OF SOCIAL STORIES

- Helps people learn social skills and reduces anxiety.
- Allows people to understand different emotions such as anger, sadness, and happiness, and helps to express them.
- Helps people to empathise and have compassion for others.
- Helps people to develop relationships.
- Building self-esteem, with praise written into every story.

WHAT ARE THE SCENARIOS SOCIAL STORIES CAN BE USED IN?

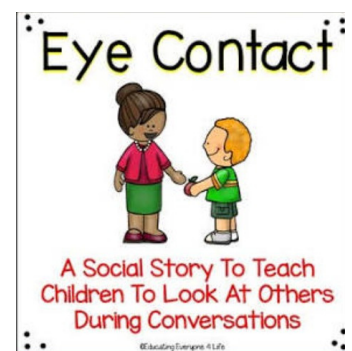
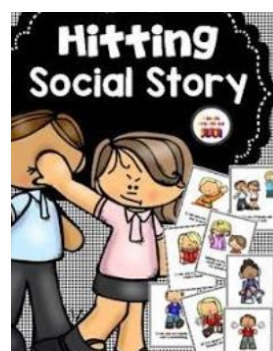
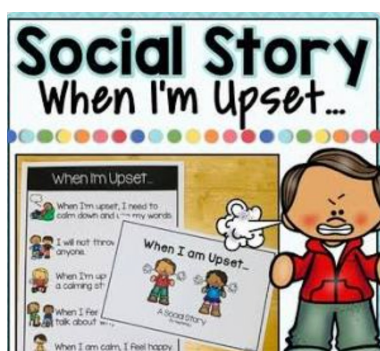
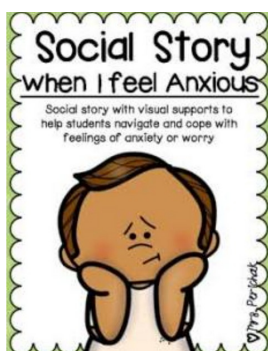
Social stories are used to teach people about the social behaviour that's expected in specific settings like the supermarket, doctor's surgery, playground and so on. A social story can be created for almost any social situation. Social stories are used together with other therapies and can be taught alongside context-based approaches.

Where can you find a practitioners that have experience in creating and using social stories?

Some Psychologists and Speech Pathologists can help you with creating and using social stories. You can find them using the following links.

[Australian Psychology Society- Find a Psychologist](#)

[Speech Pathology Australia - Find a speech pathologist](#)



For more information about social stories and to get trained in writing social stories visit:

<https://carolgraysocialstories.com/social-stories/what-is-it/>