

AUsome Training

Best Strategies for supporting Autistic kids and teens socially

presented by

Evaleen Whelton



About Evaleen



- Autistic since 2014!
- “Social difficulties”
- Autistic Rights
- What I do
- Emotional Labour

← so adorable!

If this is new..



Take your time

You may need to hear it again (and again)

We are all on a journey

It's ok to feel let down, confused

It's ok to question

When we know better we do better



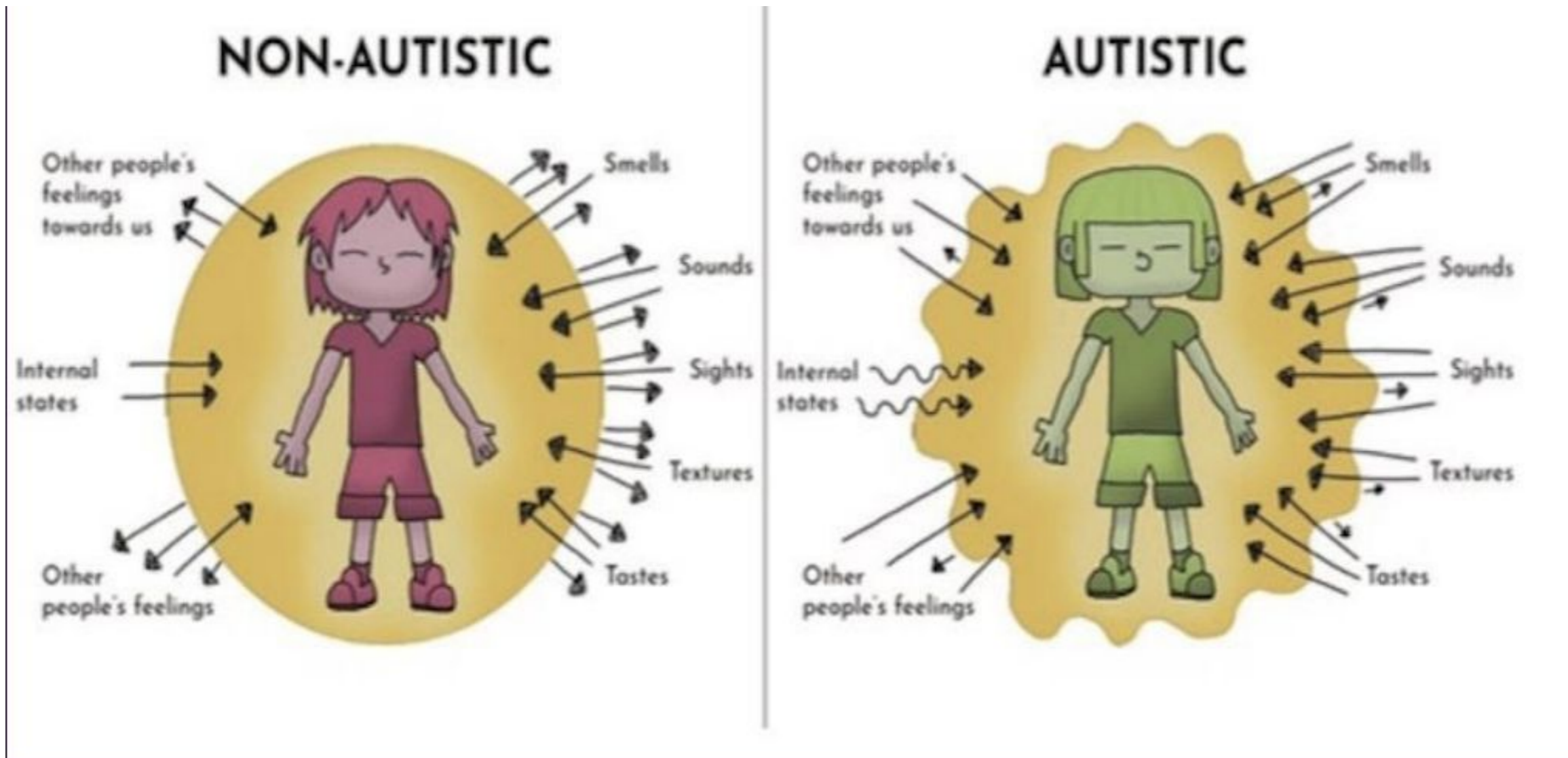


Our journey tonight

- Reframing
- What do we mean by “Autistic”?
- Social experiences of Autistics
- Why we need change
- Q&A- let’s share



Being Autistic (not autism)



Research

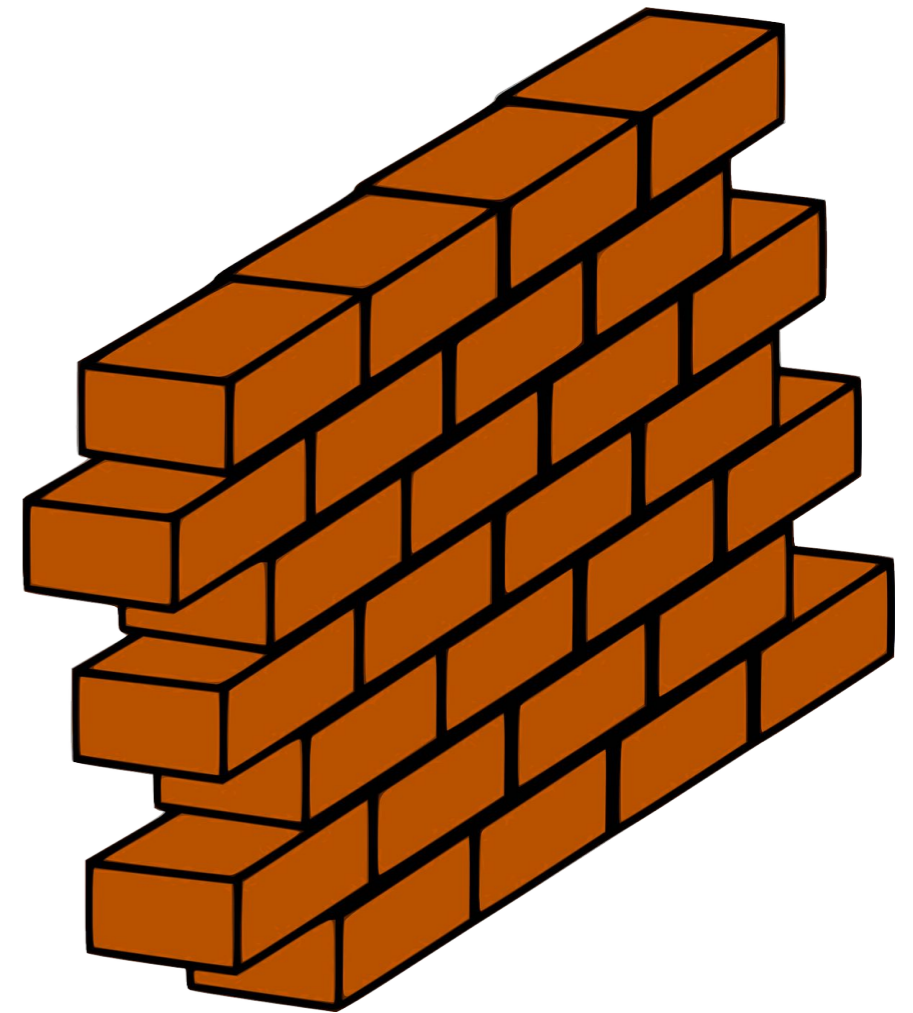


Crompton & Fletcher

Edinburgh Research 2020

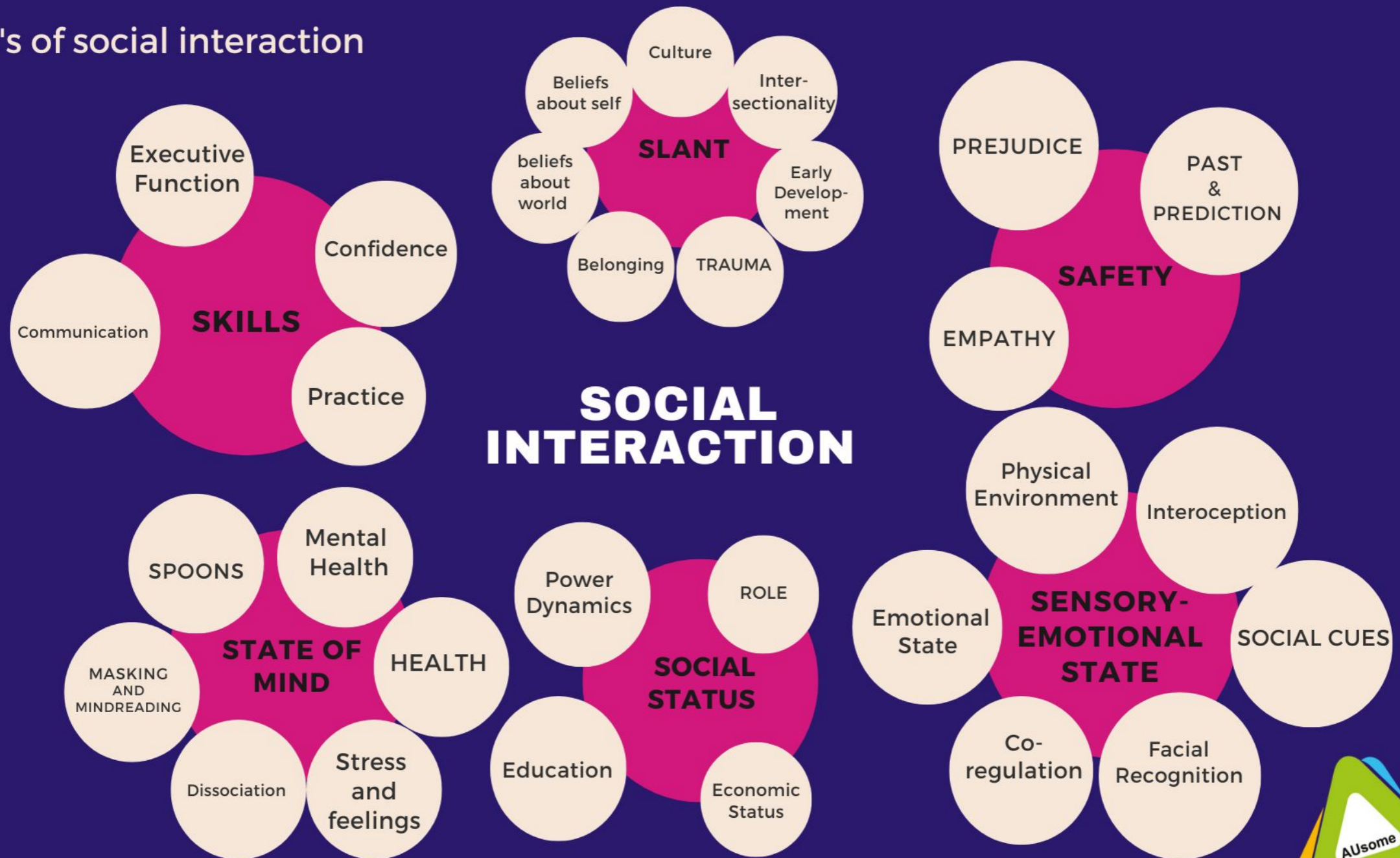
Damian Milton (2012)

Double Empathy Theory Explained



The 6 S's

6 S's of social interaction



Autistic specific experiences



- Micro-traumas/ micro-aggressions
- Invalidation of sensory experiences
- Communication style ridiculed
- Trauma ignored “taught to behave”
- Stimming suppressed
- Often traumatised by school
- Underestimated
- Measured off rigid milestones
- Spoken over, spoken for..
- Denied access to AAC
- Abusive “therapies” like ABA, PBS

Autistic children are up to 3 times as likely as their peers to be targets of bullying and physical or sexual abuse and yet “how do we help them fit in? How do we help with their social skills?”





Why do we need change?

Social rejection, trauma, isolation of discrimination can lead to:

stress, low self esteem, fragmented sense of self, mental health issues, More abuse, suicidal tendencies, anxiety, depression, PTSD, cPTSD

Autistics need to live longer, happier lives.

To live instead of constantly “coping”.





What happens ?

When kids are constantly invalidated or asked to try harder?

When kids are dismissed?

When kids are over-corrected?

When kids are rewarded for masking?

When others misunderstand them?

When kids are constantly rejected?

When kids feel alone?





So now the feelings bit

What goes on inside is expressed
on the outside...

Tell me your stories



Blah blah blah



Sometimes it doesn't matter *what* you say it's *how* you say it.

Let's start there

How do we build confidence?

Feeling seen
Autistic Joy
Special Interests
Role Models
Neuro-affirming perspectives
Neuro-affirming spaces
7- 1 Positive to negative

