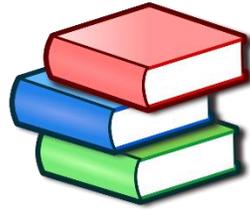


Social Stories



What is a Social Story?

- Developed by Carol Gray
- Simple stories written to describe a situation, skill, or abstract concept in order to improve understanding and performance.
- Answers the Who? What? When? Where? about the event or behavior, and explains what behaviors are acceptable for a given situation.
- Usually contains pictures.
- Customized for the reader to gain a better understanding of what to expect.

Who would benefit from Social Stories?

- Anyone!
- Children and individuals with Autism.
 - Help with transitions, understanding social situations, provides predictability, and works on understanding the thoughts and feelings of others.
- Children and individuals with sensory challenges.
 - Difficulties with interpreting sensory information can lead to the avoidance of social situations or other daily occupations.

How can Social Stories help with recreational activities?

- Reduce anxieties around
 - Navigating new places
 - Meeting new people
 - Trying a new activity
 - Experiencing new sensations or emotions
- Be prepared with strategies for common sensations
 - Textures of a harness or safety vest
 - Possible crowded areas or lines

- New tight-fitting equipment (i.e. ski boots)
- Wearing gear or clothing near head/neck/face (i.e helmet, goggles)
- Brightly lit rooms
- Music levels
- Gain a sense of control over the activity
 - Predict the steps of the new task
 - Know the duration of the lesson
 - Anticipate when help may be needed
 - Observe visuals or photos before situation

Do they work? - YES!

- Crozier & Kincami (2006) investigated the effects of Social Stories on prosocial behavior of three preschool children with Autism in an inclusive setting.
 - Social stories increased appropriate behavior and decreased inappropriate behavior for two participants and with additional verbal prompts the third child showed increased appropriate behavior.
- Adams et al. (2004) attempted to quantitatively and qualitatively investigate the effectiveness and carryover effects of social story intervention using a single case study.
 - Investigators targeted frustration behaviors (crying, falling, hitting, and screaming) during homework time in the child's home environment by creating a social story for the child.
 - The child's parents reported that through Social Stories, their child was able to "find appropriate words and understood that he could ask for help to decrease frustration." His teacher reported "decreased crying in the classroom and helped the child respond to difficulties in a quiet way, enabling his teacher to effectively help him" (Adams et. al, 2004).
- Six level I studies were systematically reviewed by Karkhaneh et al. (2010).
 - Five of the six found statistically significant benefits for a variety of outcomes in regard to social interaction.
 - Findings included an increase in positive social behaviors and a decrease in challenging behaviors.

References

- Adams, L., Gouvousis, A., VanLue, M., & Waldron, C. (2004). Social story intervention: Improving communication skills in a child with an autism spectrum disorder. *Focus on Autism and Other Developmental Disabilities*, 19(2), 87-94.
- Crozier, S. & Tincani, M. (2007). Effects of social stories on prosocial behavior of preschool children with autism spectrum disorders. *Journal of Autism and Developmental Disorders*, 37(9), 1803-14.
- Karkhaneh, M., Clark, B., Ospina, M. B., Seida, J. C., Smith, V., & Hartling, L. (2010). Social Stories to improve social skills in children with autism spectrum disorder: A systematic review. *Autism*, 14(6), 641-662.