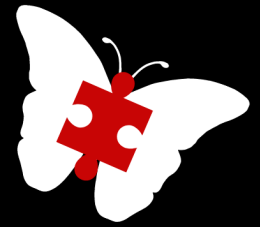


SOCIAL STORY ELEMENTS



1

Include factual statements about a situation or location by answering the where, when, who, and what questions.

2

Incorporate relevant photographs, symbols, or drawings to aid comprehension for visual learners.

3

Maintain a positive tone and focus on what to do rather than what not to do. The majority of content should celebrate the individual's achievements or strengths.

4

Stories should be written from the individual's perspective ("I") or a neutral third-person perspective, never using second-person "you" statements to avoid sounding like a command.

5

**Describe the feelings and thoughts of others.
Example: "The staff is happy to help you at any time".**

6

**Reassure the individual by reinforcing common rules.
Example: "Following the pool rules keeps us all safe".**

7

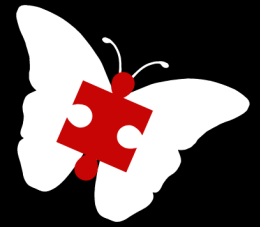
**Suggest appropriate responses or behaviors in a positive way.
Example: "I will wait patiently while I wait for the elevator".**

8

**Explain what others will do to help in a situation.
Example: "The server will help if there is a problem with our food".**

***Need assistance creating your social story? We can help!
Contact us at info@myautismally.org 260-207-4686***

WHAT IS A SOCIAL STORY?



What is a Social Story?

Social stories are brief, individualized narratives that use simple language and visual supports to help individuals better understand social situations, daily routines, or expected behaviors. They typically include:

- Descriptive sentences - Provide clear, factual details about the situation.
- Perspective sentences - Describe the feelings, thoughts, or viewpoints of others involved.
- Directive sentences - Gently guide appropriate or expected responses.
- Affirmative sentences - Reinforce key messages, shared values, or offer reassurance.

Who are they for?

Social stories are commonly used by:

- Children and adults with autism spectrum disorder (ASD)
- Children and adults with ADHD
- Individuals with anxiety
- Individuals with developmental or communication differences
- Young children learning new routines

However, they can support anyone who benefits from clear, structured explanations of social expectations.

Why do social stories work?

Social stories help by:

- Reducing uncertainty
- Increasing predictability
- Teaching perspective-taking
- Breaking down social rules into clear steps
- Providing rehearsal before the real situation happens

Many individuals struggle not because they are unwilling, but because expectations are unclear. Social stories make the "hidden social rules" visible and understandable.