

Ashton Community Science College balloon release

to raise awareness for Autism



On Thursday 26th March 2015
Ashton Community Science
College will release 99 blue
balloons at 2.30pm to raise
awareness about Autism to the
choir signing “*99 blue balloons*”



**Would you
like to
release a
balloon?**



**You can purchase a balloon from
door 4 at lunch time Tuesday 17th –
Wednesday 27th March for £1.00**



**Just
£1.00!**

**First come
first serve,
once the 99th
balloon has
sold the
release is
closed.**

Why are we raising the awareness of Autism?



Some members of our school community live with Autism either because they have been diagnosed with Autism or someone in their family has. A student who has been diagnosed with Autism can find the school day stressful. Let's try and make it less stressful.



I'm not misbehaving



I have Autism

Please be understanding



What difficulties may they encounter at school?

- They may find it difficult to understand what is said by others.
- Take literally what is said. For example, 'can you close the door please?' 'yes'
- They may avoid eye contact or stare at you or other students.
- They may not understand gestures or facial expressions. They may be in your personal space because they do not understand distance.
- They struggle listening to others or taking it in turns during discussions and conversations.
- They may find it difficult expressing how they feel and when asked how they feel may appear blank or over exaggerate feelings relative to the situation.
- While they may feel their own emotions very strongly, they may have difficulties putting a "label" on their feelings and also identifying how others may be feeling.
- They can have a lack of empathy, lack of embarrassment, little desire to make others happy.
- They may prefer their own company
- They may be too friendly and not understand who to talk to or have physical contact with (stranger-danger vulnerability)
- They may struggle to manage typical fall outs and disagreement and working things out if they are being teased / bullied.

How can we help students with ASC in our school?

- **ASC students cannot cope with change, so try to keep routines the same, e.g. furniture layout.**
- **Time is an abstract concept and can be hard to understand 'soon', 'next', so be specific how long a student has to complete a task or when you want to see them. They may also find it difficult to anticipate future events so a clear structure as to what is happening and when can be very helpful.**
- **Some ASC children may take longer to put ideas on paper and prefer more factual subjects such as Maths and science, so please be patient.**
- **Some ASC students may be over sensitive or under sensitive in one or more of their senses. All of these can affect mood, anxiety levels, behaviour and communication. So warn the students if they are going to see a bright light or hear a loud noise or touch something. Or think about where a student with ASC will sit the place with the less stimulation, e.g. noise and light.**
- **Some people don't like the feel of clothes against their body.**
- **Some ASC students find it difficult to feel comfortable about using the toilet.**
- **Some students may have high levels of anxiety and worries. And may become aggressive, destructive, run away, self-injure and display socially unacceptable behaviour. Please again be patient and understand they are not being 'naughty'. Try to work out what is leading the student to behave in a certain way. For example they may become distressed if you suddenly stop a task they are doing. So let them know how long they have left before they need to pack up.**



- **ASC children may be able to focus on a task for a long period of time. They may prefer learning visually and excel in subjects such as art and music.**
- **They may become very engrossed in particular activities that they have a strong preference for. They may then find it difficult to cope when that activity is not available or is terminated abruptly.**
- **They can be good at learning how to do something when they see someone else doing it.**
- **Please don't be sarcastic with an autistic student, they don't understand, try to be clear what you want and give them time to process what has been said to them.**
- **Give them a visual aid for them to use if they are stuck. They won't ask for help verbally.**
- **Be clear in your instructions. Give one at a time instead of several at once.**
- **Some students may display dangerous behaviour (jumping off furniture) or repetitive movements. This is a way of de-stressing for them. Try to encourage exercise to burn off some energy.**



Emotions In Autism



- People with autism often report that their emotions are very scary for them.
- They often do not understand them, or feel that they can control them,
- The world is often very chaotic and confusing for them, causing ongoing stress and anxiety.
- Poor cortical control makes it difficult for them to inhibit their emotional impulses.
- Emotions are often very intense, causing "fight or flight" response.

Facts about Autism

More than 1% of people in the UK have Autism.

People with Autism may have difficulty with noise, light, touch and smell.

There is a type of Autism called Asperger syndrome. People with Asperger syndrome do not have learning disabilities, but they may find the same things difficult as people with autism.

Someone with Autism may only talk about their favourite subject or be very interested in one thing and know a lot about it.

Someone with Autism may have other difficulties for example, dyslexia.

People with Autism may have difficulty with understanding what other people think, and how they feel.

People with Autism may not be comfortable with eye contact, or understand how important it is.

People with Autism might stand too close, without realising that the person they are talking to feels uncomfortable.

Some famous people who have been diagnosed with Autism or who probably had an Autism Spectrum Condition.

