

# Social Seas: Autism & Social Stories

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**SPIN Conference**  
**April 6, 2024**



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# Agenda



What are social stories?



Tips for making social stories



What does the science say?



Examples and resources

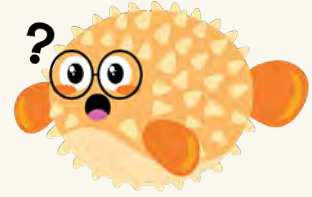


Important components?



Questions & answers

# What are social stories?



# Social Stories

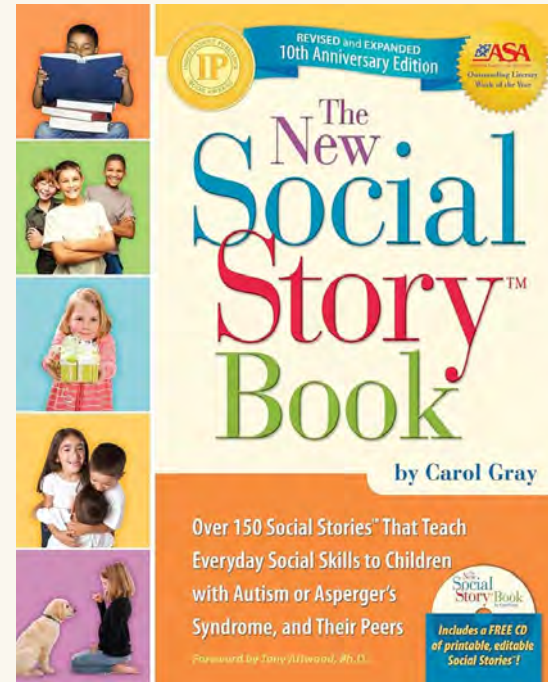


- A short story that describes a specific situation, concept, or social skill using a meaningful format
- Builds a scaffold of understanding for a schema
- Can be modified to suit a number of different purposes

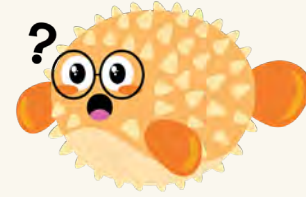
# Social Story™



- Developed by Carol Gray to assist autistic individuals with social difficulties
- Conceptualized to teach social understanding, a prerequisite to learning social skills (Grey, 1998; Kohina & Kern, 2010)



# Types of Applications





**What does the science say?**



# Scientific Evidence

Recent meta-analysis  
shows that social stories  
lead to...

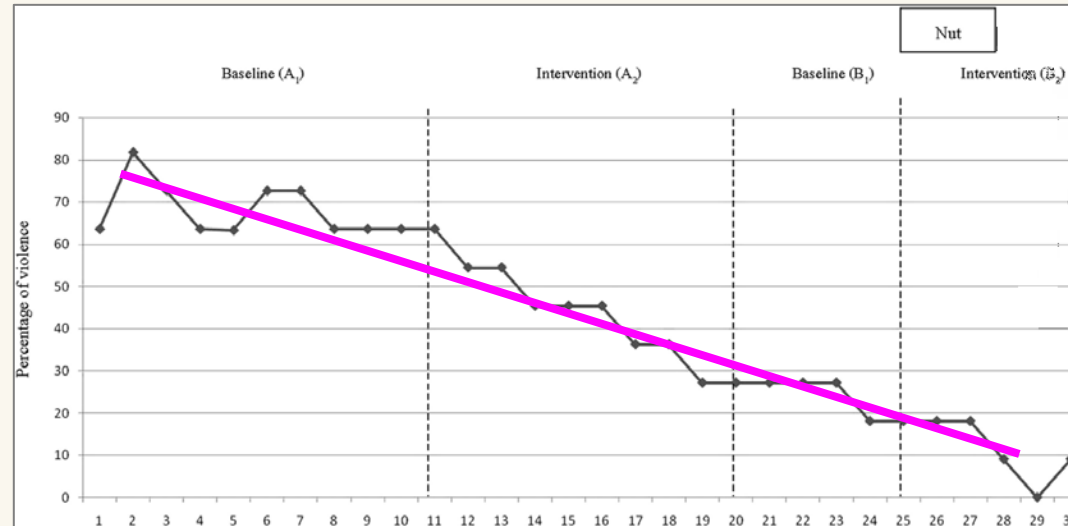
(Wahman et al., 2022)



# Scientific Evidence



Reduction in  
challenging  
behaviors



(Khantreejitranon, 2018)

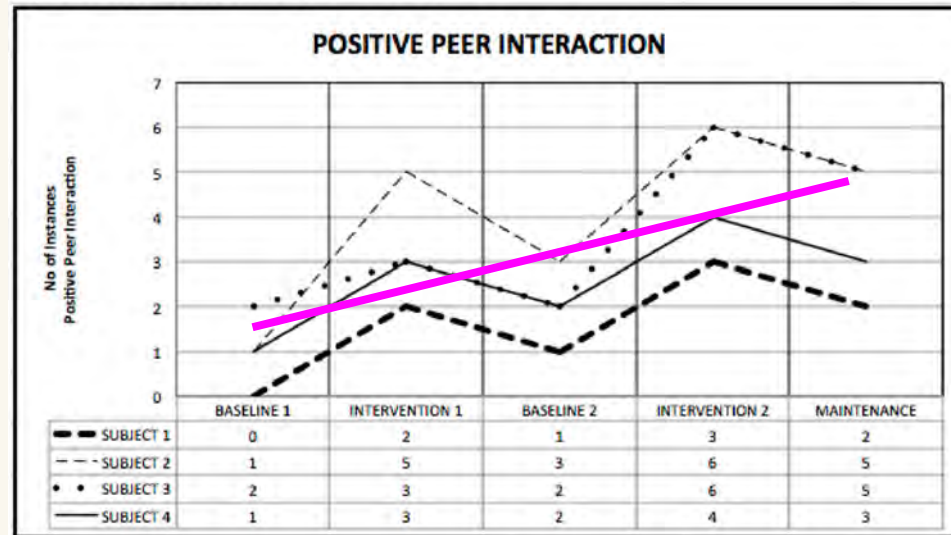
# Scientific Evidence



Improved social  
skills



Figure 1. Frequency of Positive Peer Intervention



(Balakrishnan & Alias, 2017)

# Important Components



# Important Components



- **Description:** “W” questions: Who, What, Where, When, Why?
- **Tone:** Positive, patient, and unassuming tone
- **Affirmation:** Addresses discomfort and provides reassurance
- **Coaching:** Suggestions on appropriate behavior choices
- **Tailored:** Meets the needs and interests of the individual

# Non-Components



- Directive or judgemental language
  - “Should” or “must” statements
  - Labeling things as “good” or “bad”
- Visuals that are complex or that could be misinterpreted
- Descriptions of inappropriate behaviors

# Social Story Tips



- Include the individual's interests
- Consider appropriate length and format
- Always go back to simplify language
- Use visuals thoughtfully
- Develop a compelling narrative
- Match maturity level



# Making Social Stories



# Steps



- Identify the topic
- Gather information
- Develop the story
- Introduce the story
- Review and revise

# Activity #1: Brainstorm



Work with your neighbor to brainstorm the necessary components for a social story about...

**Crossing the  
Street**

or

**Going to a  
Birthday  
Party**

# Forms of Social Stories

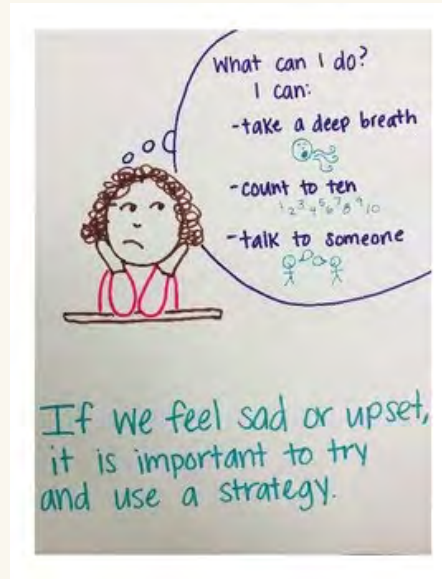


- Visual
- Visual + Text
- Text
- Audio
- Video

# Visual



<https://merrilewis.wordpress.com/>



# Visual + Text



The vaccine will help you from getting sick.



Wait your turn.



Meet the doctor or nurse.



Roll up your sleeve.



Sit still and take a deep breath.



5, 4, 3, 2, 1...  
All done!



Get a band aid.



Wait 15 minutes before leaving.

# Text-Only Social Story



## When There Is No Chocolate Milk



I have lunch at school on school days.

Usually I have chocolate milk for lunch.

Sometimes there is no chocolate milk.

When there is no chocolate milk, it makes me upset.

It is okay to be upset, but it is not okay to scream.

When I scream, no one knows what I want and it may scare my friends.

The next time there is no chocolate milk, I will try to choose something else to drink or ask the cafeteria ladies if there is any more chocolate milk or ask a friend if they would like to trade milks.

Using my words instead of screaming will make my friends and teachers happy.

I will feel proud that I was able to solve a problem without screaming.



# A Wedding Story





# Video Social Stories



# Musical Social Stories



## Activity #2: Make your story



Work with your neighbor to make your social story about...

**Crossing the  
Street**

or

**Going to a  
Birthday  
Party**

# Using Social Stories



- Introduce in advance
- Positive, not punitive
- Repetition is key
- Available to the individual
- On hand before and during the event

# Examples and Resources



# Maui Wildfire Social Story



## The Wildfire in Maui

A wildfire started in the trees and grass.



The wildfire spread quickly because of the strong wind.

There was a lot of smoke.



The wildfire spread to towns. It burned down buildings.

People and pets had to leave to be safe.



2

## A Social Story

Some people had to escape into the water to be safe.



Many people and animals were hurt and some died.



People who left their homes went to stay in shelters or hotels.



3

# Maui Wildfire Social Story



Many people feel scared because of the wildfire.



They also might feel mad or worried.



People who lost their homes or people they love might feel very sad.



4

Many people came to help. The fire is under control.



People are now safe.

The Maui 'ohana is helping each other.



People bring food and supplies.

Maui is strong. People will rebuild the towns.



5

# Finding Pre-Made Social Stories



- YouTube
- Google
- ChatGPT and other AI

**\*\* always adapt and individualize \*\***



# Resources



And Next Comes L...

<https://www.andnextcomesl.com/>



<p><b>FREE SOCIAL STORY: WH QUESTIONS</b></p>  <p>WH Questions Social Story WWW.ANDNEXTCOMESL.COM</p>	<p><b>FREE SOCIAL STORY: CHOOSING WHAT TO WEAR</b></p>  <p>Choosing What to Wear Social Story WWW.ANDNEXTCOMESL.COM</p>	<p><b>FREE SOCIAL STORY: I AM HYPERLEXIC</b></p>  <p>I am Hyperlexic Social Story WWW.ANDNEXTCOMESL.COM</p>
<p><a href="#">FREE WH QUESTIONS SOCIAL STORY</a></p>	<p><a href="#">FREE WHAT TO WEAR SOCIAL STORY</a></p>	<p><a href="#">FREE HYPERLEXIA SOCIAL STORY</a></p>
<p><b>FREE SOCIAL STORY: TRYING NEW FOODS</b></p>  <p>Trying New Foods Social Story WWW.ANDNEXTCOMESL.COM</p>	<p><b>FREE SOCIAL STORY: SCHOOL'S CLOSED</b></p>  <p>My School is Closed Social Story WWW.ANDNEXTCOMESL.COM</p>	<p><b>FREE SOCIAL STORY: STIMMING</b></p>  <p>Stimming Social Story WWW.ANDNEXTCOMESL.COM</p>
<p><a href="#">FREE TRYING NEW FOODS SOCIAL STORY</a></p>	<p><a href="#">FREE SCHOOLS ARE CLOSED SOCIAL STORY</a></p>	<p><a href="#">FREE STIMMING SOCIAL STORY</a></p>

# Resources




## Autism Works

<http://autismworks.com>



Usually, when people see each other after not seeing each other for a while, they say "hi", or they wave, or both.




**Teaching Your Child How to Respond When Someone Greet's You**

This eight page social story will teach your child how to respond in an appropriate way when someone greets them. An essential relationship building skill.

[CLICK TO DOWNLOAD](#)

Hi, I'm Tyler! Today we're going to talk about "Losses of Regulation".



**Reduce or Eliminate your Meltdowns**


"Meltdowns" are one of the most challenging aspects of autism. Teach your child how to monitor and calm themselves before a "Meltdown" occurs.

[CLICK TO DOWNLOAD](#)

# Resources



Social Story Creator & Library, iOS app



**Social Story Creator & Library** 4+

Easily Create, Print & Share  
[Touch Autism](#)

★★★★★ 4.4 • 110 Ratings

Free • Offers In-App Purchases

The image shows a preview of the app's store page. On the left, there is a cartoon illustration of a person with brown hair reading a pink book titled 'Social Stories'. The right side of the preview contains the app's title, developer name, a brief description, a 4.4-star rating from 110 reviews, and the price information.

# Available Canva Template



## Social Story Template

Lorem ipsum dolor sit  
amet, consectetur  
adipiscing elit.



Aenean pharetra magna  
ac placerat. Bibendum ut  
tristique et egestas quis  
ipsum suspendisse.



Proin sagittis nisl rhoncus  
mattis rhoncus urna.



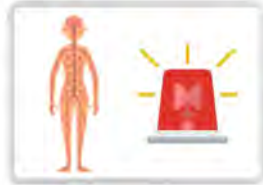
<https://go.hawaii.edu/Yun>

# Example Using Canva Template



## A Social Story About Anxiety

Inside your body, there's a special alarm system that helps keep you safe.



It is similar to a fire alarm, but in your body.



This alarm system is designed to tell you when there is danger or trouble.



When something sets off this alarm, it tells the body to stay safe.



Your body might make your heart beat faster, your tummy feel funny, or make you feel very worried or scared.



The alarm system often has "false alarms," where it thinks there's something to worry about when there really isn't.



# Q & A

