



7 Ways to support autistic students in school.

1	<p>Get to know what autism is now, not what it was 40 years ago (#NoLongerRainman!)</p> <p>Our understanding of autism has come a long way in the past few years. There are too many outdated myths so make sure you have up-to-date training and listen to what autistic people are saying.</p>
2	<p>Get to know them (#ItsObviousReally)</p> <p>Every autistic child is different. It might sound obvious but building that relationship with the child you teach will be the most helpful thing you do – for them and your teaching.</p>
3	<p>Learn from parents (#CoProductionWorks)</p> <p>Parents are all at different stages of the journey but they know their child. Work together and bring the whole picture together. An autistic student may be different at home and school. This is often the case.</p>
4	<p>Be aware of sensory needs (#ActuallyAutistic)</p> <p>Autistic people will tell you that sensory differences affect so many other areas of their functioning. Learn about what triggers overwhelm and what sensory experiences support regulation in your student. Then make the adjustments they need.</p>
5	<p>Accessing learning (#TeachTheWayTheyLearn)</p> <p>Adapted communication, routine, structure, explaining things logically and visuals can all help autistic children learn. Each student will have their own preferences and every recommended autism strategy should be adapted, used consistently and developmentally appropriate for each student.</p>
6	<p>Routine and structure (#UnpredictabilityIsTheEnemy)</p> <p>Autistic students can easily become anxious if something is unpredictable or unexpected. Try not to change things without explaining what will happen, and don't dismiss their worries – they are real to them.</p>
7	<p>Support friendships carefully (#DoubleEmpathy)</p> <p>Dr Damian Milton's Double Empathy Theory reminds us that autistic students are able to make good friendships when others also put the effort into understanding them. It's a two-way thing!</p>