

Autism Safety Package

Vital Skills for Social Integration and Self-Protection



Introduction

Promoting Self-Protection and Inclusion

Safety and self-protection are fundamental pillars for the quality of life and full inclusion of children with Autism Spectrum Disorder (ASD). Developing social and safety skills is crucial not only to avoid risks but also to empower these children, enabling them to navigate the world with greater confidence and autonomy. This package aims to offer practical and effective tools for therapists, educators, and parents, building a safer and more welcoming environment.



Self-Protection

Strategies to identify and avoid risk situations.



Social Inclusion

Fostering positive interactions and essential social skills.



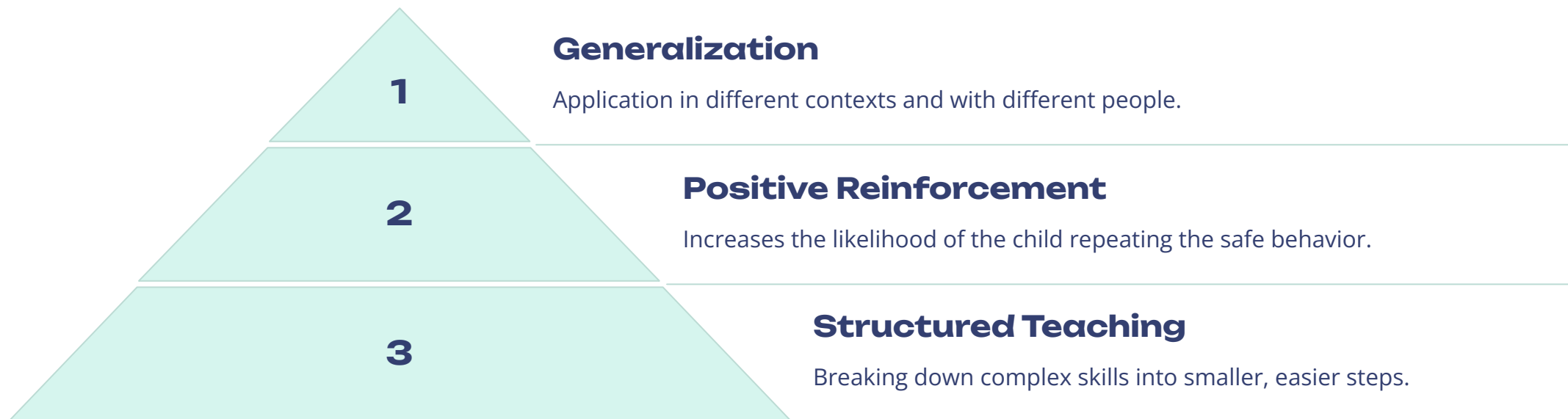
Autonomy

Empowering the child to make safe and independent decisions.

Our Approach

Theoretical Foundation: ABA in Practice

Applied Behavior Analysis (ABA) offers a robust framework for teaching vital skills. By utilizing principles such as structured teaching, positive reinforcement, and generalization, we ensure that children with ASD learn and apply these skills consistently across various contexts.



This method ensures that learning is not only effective but also lasting and functional in the child's daily life.

Essential Skill

Mastering Personal Space

The concept of personal space is crucial for children with ASD, as it helps in understanding physical and social boundaries in different interactions. Teaching about personal space promotes more comfortable and safer interactions for both the child and others.

- **What it is:** The comfortable distance between people in different social situations.
- **Why it's important:** It avoids discomfort, teaches respect for others' boundaries, and improves the quality of interactions.



How to practice: Use visual aids such as "personal space bubbles," role-playing everyday situations (queuing, talking with a friend), and immediate feedback to reinforce appropriate behavior.

Personal Safety

Identifying Trustworthy Individuals

Teaching a child to distinguish between trustworthy individuals and strangers is a vital skill. Visual approaches and role-playing are effective in helping the child understand who can offer help and who should be avoided.

1

Circle of Trust

Create a visual circle of trust with photos and names of safe people (parents, therapists, teachers).

2

Characteristics of Trustworthy People

Teach how to identify characteristics of authority figures (uniforms, badges) in public places (police officers, firefighters, security guards).

3

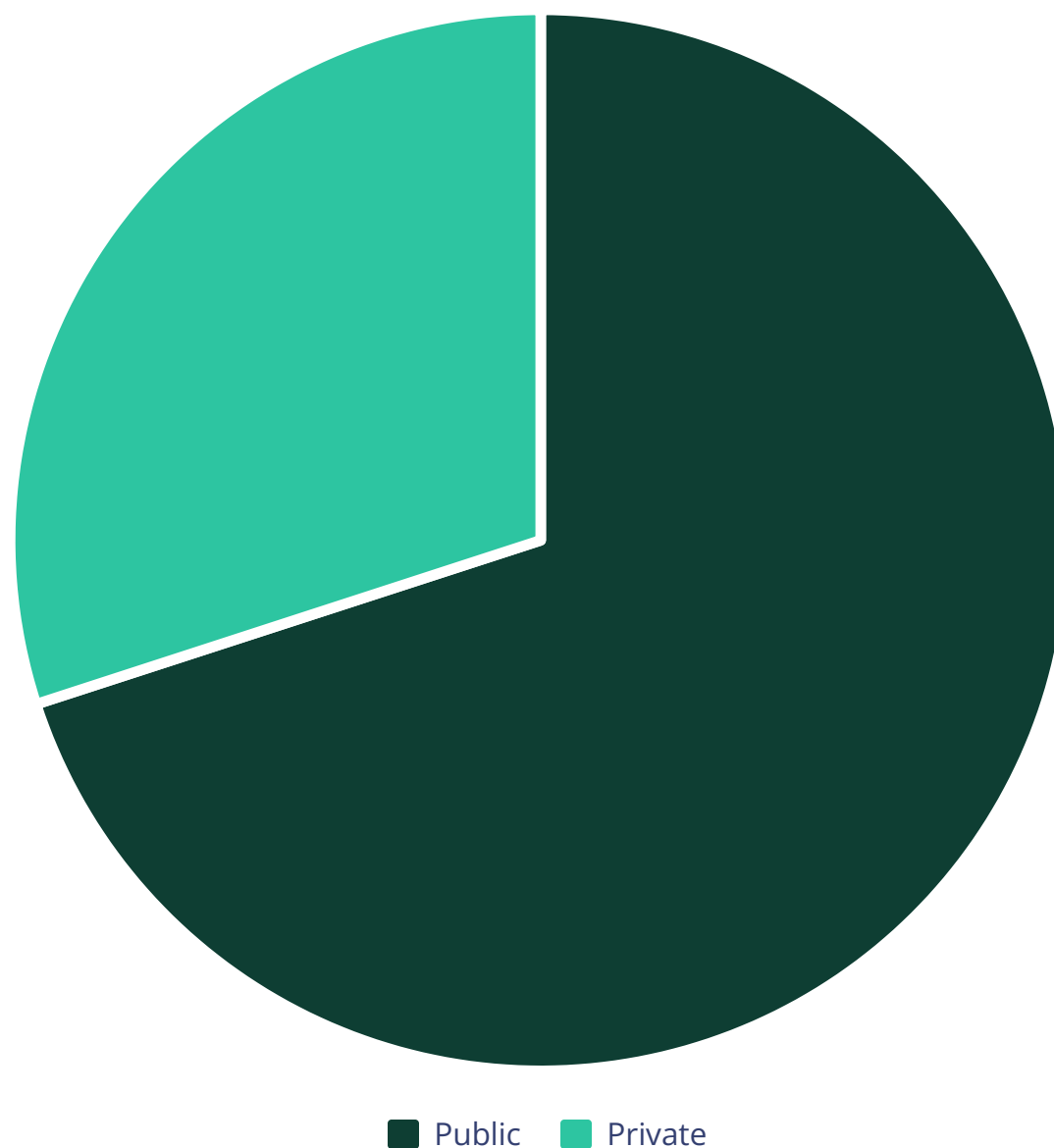
Role-Playing

Simulate scenarios where the child needs to ask for help or refuse something from a stranger.

Understanding Boundaries

Differentiating Public and Private

Distinguishing between "public" and "private" is fundamental for the social safety of a child with ASD. This understanding helps the child grasp where and when certain behaviors are appropriate, protecting their privacy and that of others.



Use concrete, visual examples to illustrate: "speaking loudly" is public, "singing in the shower" is private. Use picture cards with images of locations (bathroom, park) and activities to help classify.

Seeking Help

How and Where to Find Support

Teaching a child to ask for help is one of the most important self-protection skills. This includes knowing whom to approach and how to communicate the need for support in various situations.

O1

Identify the Need

Help the child recognize when they need help (fear, confusion).

O2

Identify Helpers

Teach a list of trusted people and how to approach them (make eye contact, use their name).

O3

Simple Communication

Practice short, direct phrases: "I need help," "I don't want this."

O4

What to Do in Emergencies

Simulate emergency situations (getting lost, feeling pain) and what to do in each.

Practical Resources

Structured Stories and Visual Guides

To facilitate the understanding and memorization of skills, the package includes visual resources and adapted narratives, serving as social scripts and daily support tools.

Structured Stories

Short stories with a beginning, middle, and end that describe social situations and expected behavior. For example, a story about "what to do if you get lost."

- Common safety scenarios.
- Modeling appropriate behavior.

Illustrative Cards

Sets of cards with images representing emotions, actions, and safe people, used to identify and react to situations.

- Facilitate non-verbal communication.
- Assist in information categorization.

Application and Reinforcement

Ready-Made Templates and Dynamic Activities

To ensure immediate applicability of the content, the package offers ready-made templates and suggestions for playful activities that can be integrated into the child's routine, reinforcing safety and social skills.



Social Scripts

Dialogue templates for specific situations (asking for help, refusing, starting a conversation).



Visual Guides

Visual checklists and flowcharts for safety routines (like crossing the street, what to do with strangers).



Playful Activities

Role-playing games, scavenger hunts with safety clues, creation of interactive stories.

These resources are flexible and can be adapted for different ages and developmental levels.

Personalized Instruction

Adaptation by Skill Level

Recognizing the uniqueness of each child with ASD, the package offers guidelines for adapting the teaching of safety and social skills according to the individual's developmental level: beginner, intermediate, and advanced.



Advanced

Complex decision-making, social problem-solving in unstructured environments.



Intermediate

Skill generalization, assertive communication in different contexts.



Beginner

Recognition of safe people, "no" and "yes" in simple situations.