

# Social Stories

## **What are Social Stories?**

A social story is not technically considered an ABA evidence-based intervention, but it helps to teach individuals rules and social norms (rule-governed behavior). A social story is a short story that is created uniquely for an individual to help them navigate specific situations they may encounter in everyday life.

Social stories can be used to help children learn appropriate communication, how to use a token board, how to have a safe body, or any other behavior that may be confusing or difficult for your child.

Social stories were first created by Carol Gray in 1991. At that time, Carol was a teacher and educational consultant. Today, Carol is the director of Gray Center for Social Learning and Understanding in Michigan. According to Gray the goal of a social story is, “To share accurate social information in a patient and reassuring manner that is easily understood by its audience,” (*The New Social Story Book*, 2010). Please contact the 9R ABA team for assistance with creating an individualized social story for your child.



## Why is a social story helpful?

- Helps students to visualize and prepare for new or challenging situations.
- Helps give students the reasons why an activity is being done.
- Helps adults give students an individualized lesson based on their needs.

## Special Considerations:

- Social stories are generally used for individuals who have limited communication and/or anxiety/struggle in new situations.
- When making a social story, it is important to make sure that the story being made is age appropriate for the student.
- The social story should be taught and reinforced to the student in an individualized way that is separate from other activities.