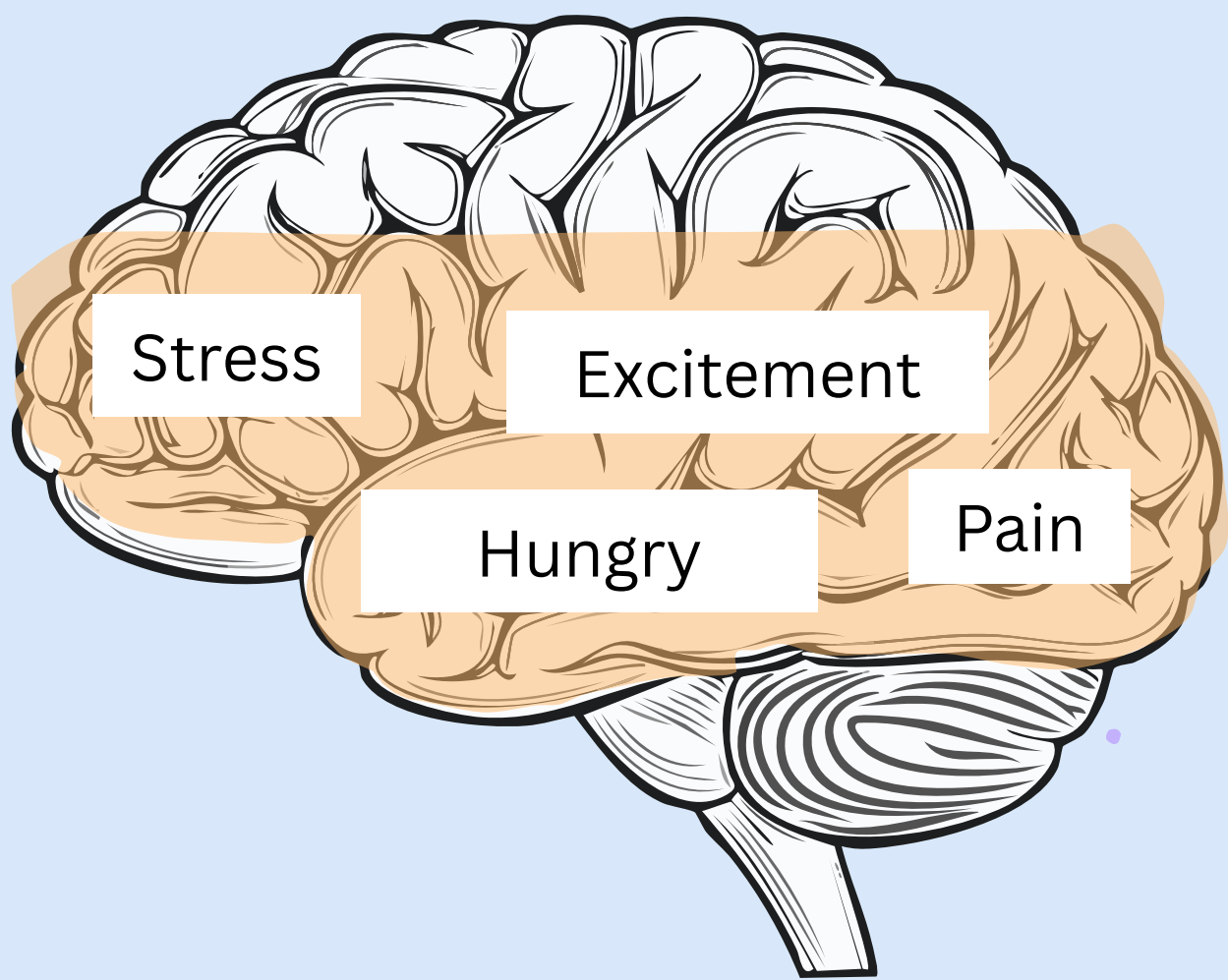


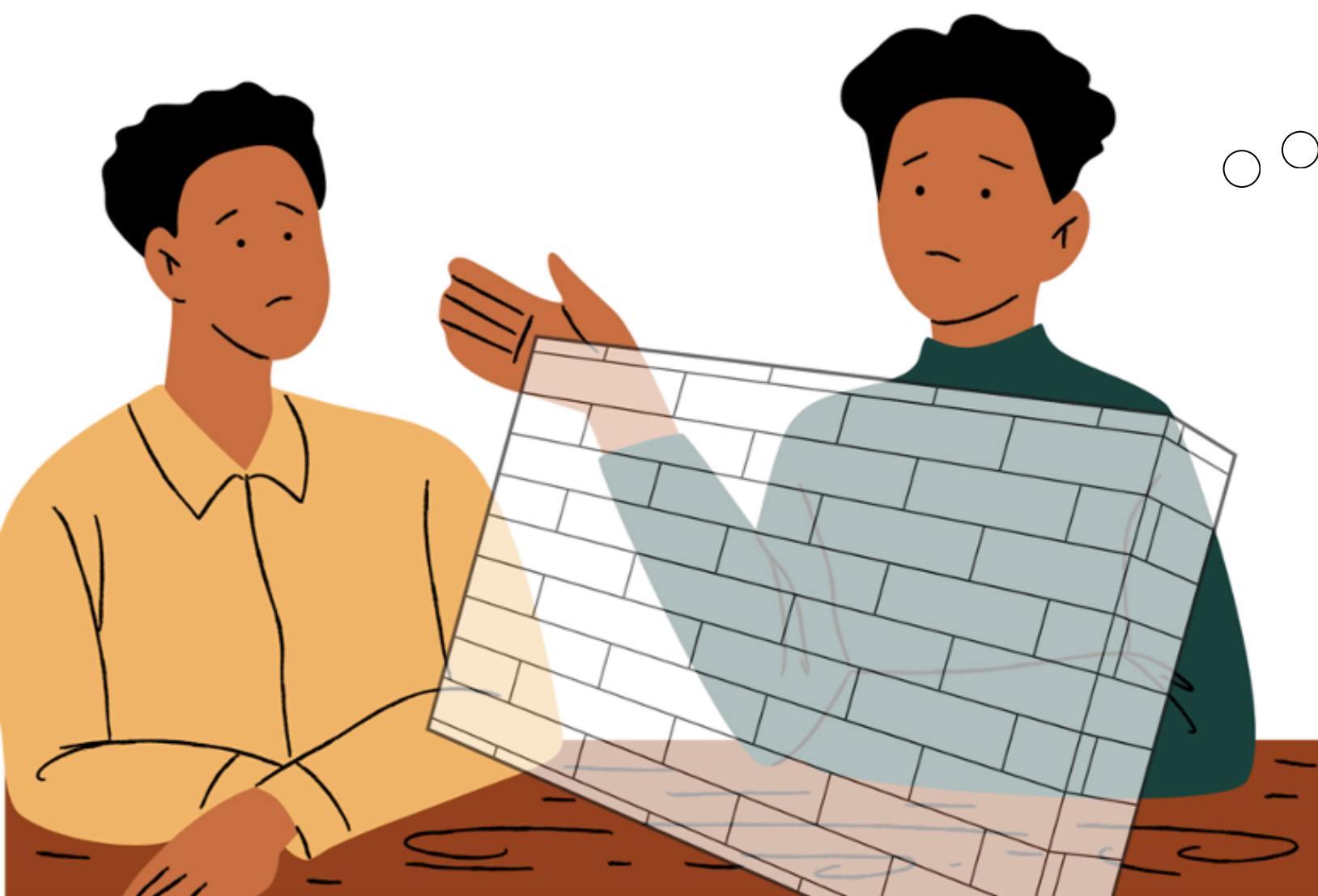
Other people should understand:

How emotions/feelings impact communication for Autistic youth



Everyone has things that use up brain energy (demands) and how much they can manage (capacity). When stress or other demands take up a lot of brain energy, it can change communication.

Communication can change in many ways. You never know what is going on for someone - it can seem like a “little thing” caused a big reaction, but it could be what pushed them past their limit.



Autistic youth explain:

“When I'm really overwhelmed, verbal communication is not my friend. It's just, it's too much. Like really, way too much. Like, why does it require that much effort?...you can't get points across, and then there's like a- there's, like, a wall standing between you and the other person, and- things don't cross that wall”

Communication can change because of...



Sensory Overload or Shutdown



Big Emotions - higher or lower energy; positive and negative emotions



Bodily Sensations - pain, too hot/cold, not knowing how we feel

Scan QR Code on Page 2 to Learn More





How to use this page

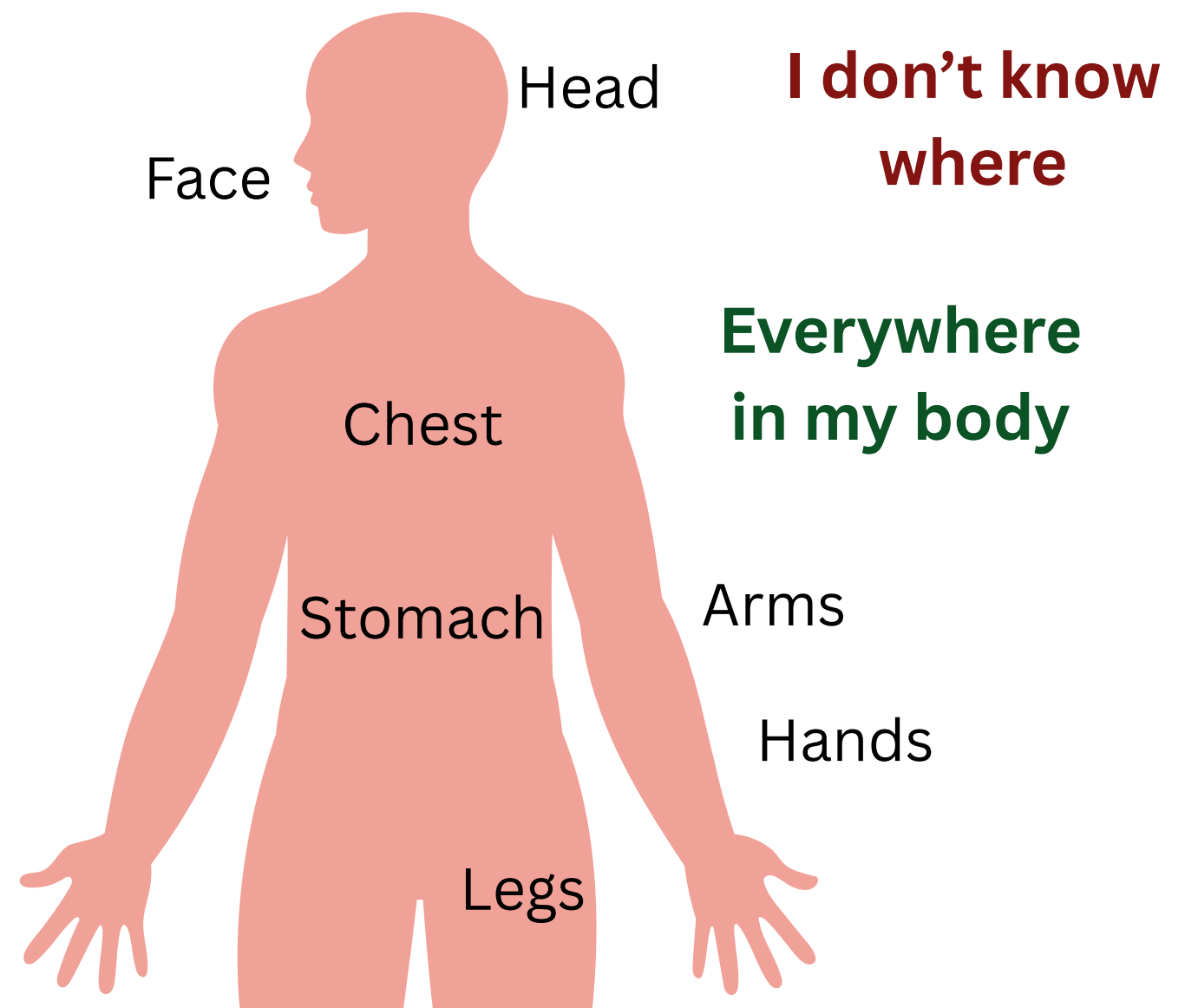
Fill out with someone you trust at a time that works for you.
Circle what applies to you.
 Remember that what you need is always changing.

What my communication changes look like

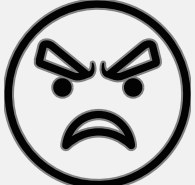


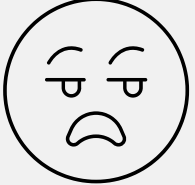


Not able to speak at all	Speaking less (shorter sentences)	Use non-spoken methods (point, type, pictures)	Hard to process what other people say
Direct communication style	Voice sounds different (flat, whiny)	Voice gets quiet	I might stumble on my words
Repeat words and phrases (echolalia/scripting)	I might yell, throw things, or other behaviours	I don't know	Other: _____

My body is sending signals. I feel _____ → In my _____

Heavy	Sore	Tight
Pain	Slow moving	Fast moving
Cold	Hot	Itchy
Hungry	I don't know	Other: _____



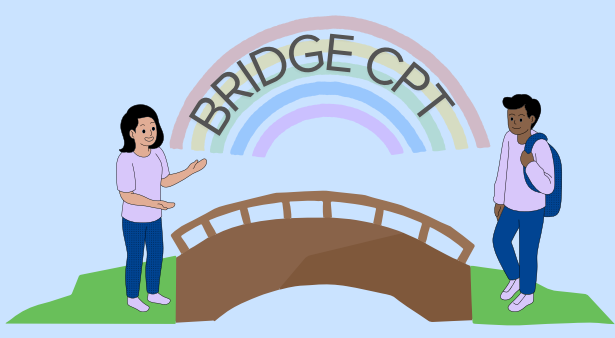
Emotions labels for what I'm feeling

Angry 	Worried 	Frustrated 
Irritable 	Overwhelmed	Sad 
Excited 	I don't know	Other: _____



Scan for more resources on emotions & communication

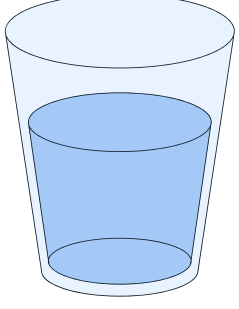
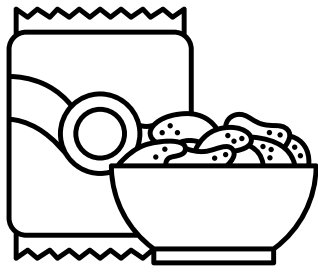

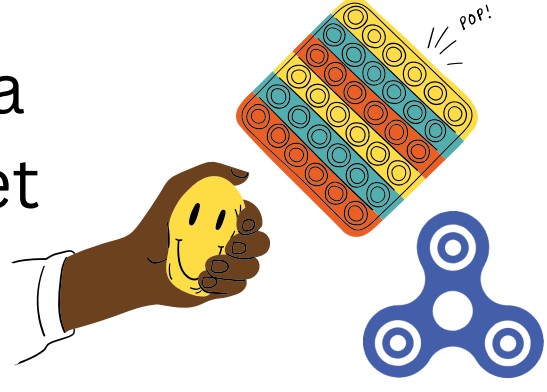











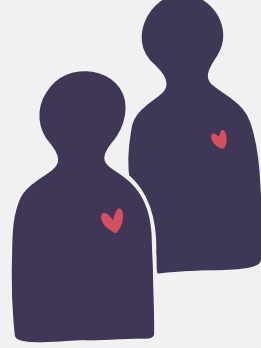







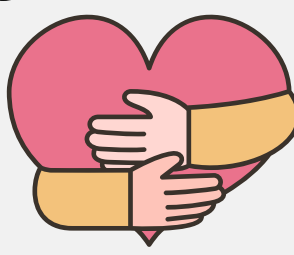

How to use this page

Fill out with someone you trust at a time that works for you.
Circle what applies to you.
 Remember that what you need is always changing.

What helps me in the moment?

Drink water 	Get a snack 	Give me space for ___ minutes 	Use a fidget tool 
Sit with a safe person 	Listen to music 	I need to move my body 	Have my comfort item close to me: _____
Call my safe person: _____ 	My non-speech tools (typing, pictures) 	I don't know 	Other: _____

What can other people do to help?

Know how I usually communicate and notice changes 	Give communication breaks (give space, don't require answers) 	Reduce your language (speak less, slow down) 	Don't talk at all - sometimes any talking is too much 
Ask closed-ended questions (yes/no, choices) 	Give visual supports (written information, images) 	Notice your own emotions, tone, body language 	Ask if I'd like a hug 
Make a plan for how to help in advance 	Encouraging words (re-assure me, tell me it's ok) 	I don't know 	Other _____

Remember: It can be hard for autistic youth *and* people close to them to navigate communication challenges - take care of yourself

