

# Supporting Autistic Students

## Resource for High Schools



- 1 Develop positive and trusting relationships by getting to know your student's interests, strengths and skills.
- 2 The student's family knows their child best and can share knowledge on the student's strengths and support needs. Early in the year, collaborate with the student's family, therapist and other key people in their life to develop an Individual Education Plan.
- 3 Explore a range of organisational tools to support the student's independence with their daily routine. Planners, colour coding systems, apps, notifications and reminders can be useful strategies to help manage the school day.
- 4 Provide structure in the classroom along with clear and consistent daily routines.
- 5 Support communication and understanding of upcoming transitions in activities or changes to routines with visual elements, such as visual supports and picture demonstrations.
- 6 Cater for environmental and sensory preferences for students, including noise, smell, audio-visual content and lighting. Consider quiet spaces with reduced sensory input to support the student's participation.
- 7 Aim to set tasks with the right level of challenge. Setting work that matches the student's level of ability allows them to experience success and boosts motivation.
- 8 Support understanding of expected behaviour in social situations using lists, rules or Social Stories™.
- 9 Build an inclusive classroom by providing trustworthy information. This can help students to build their confidence to engage positively and build friendships.
- 10 Work with other staff to apply the relevant supports, strategies and opportunities across all classes and environments. This can help to generalise new skills throughout the student's day.
- 11 Provide opportunities for structured activities during recess and lunch. Break times generally lack clear structure and can lead to students feeling unsure of how to utilise their time. Structured activities can provide a framework for students to interact and build friendships.
- 12 Develop a routine for managing homework and support these visually, for example, utilise the student's diary to clearly plan work to be completed and materials required.