

Class Rules



Here are some further tips and strategies that can be used to help autistic girls understand and follow class rules:

- ⇒ **Be mindful that she may have a strong sense of right and wrong so rules will either be followed or questioned, in particular if they don't make sense or seem fair. If this is the case you may need to explain that the rules are there to keep the classroom safe or to help her focus better.**
- ⇒ **Encourage her to be a part of the class discussion to create the class rules with her peers. She may be more willing to follow them.**
- ⇒ **Ensure that there is consistency with how the rules are applied and that they are followed, in particular if there is a different teacher taking the class.**
- ⇒ **Pre-state any consequences so that she knows what will happen if a rule is broken and it is not unexpected. It is a good idea to write up the rules and also write the consequences next to them. Be aware that she may be overly critical of a mistake that she has made and be prepared to support or reassure if this is the case.**
- ⇒ **Help her understand why the rules are in place and be ready to provide a logical reason rationale that she can understand and relate to.**
- ⇒ **Be clear consistent and explicit.**
- ⇒ **Avoid idioms, metaphors and figurative language e.g., say what you want to happen – if you say “your desk is getting very messy” she may not pick up the implied meaning that you expect her to clean it up.**
- ⇒ **Explain the unwritten rules to the class and ensure she understands them.**

For the purposes of this Fact Sheet, which is a supplement to 'Spotlight on Girls with Autism: Supporting Autistic Girls at School' website, we are using the pronouns 'she/her'. Yellow Ladybugs recognises all gender identities and we emphasise that this information may also be relevant to autistic cis-boys and gender diverse autistic individuals, and equally that this information may not always be applicable to all autistic girls/women.