

Teamwork



Here are some further tips and strategies that can be used to help autistic girls work better in a group:

- ➔ **Be mindful that she may struggle with large group discussions. This can be due to her having processing issues when keeping up with conversations. An option is to create smaller groups for her to be a part of.**
- ➔ **If she seems anxious about working in a group or not wanting to speak in a group give her a role that she can do such as being a note taker, time keeper, writer, etc.**
- ➔ **Don't give her the role of public speaker if that is not what her strength is. It will only result in increasing her anxiety.**
- ➔ **Structure any group work so that free time is spent constructively. Keep in mind that neurotypical girls spend free time “talking” and this may cause anxiety if “chit chat” is not her strength.**
- ➔ **Allow her to choose who she does a group activity with, or alternatively facilitate the choice of groups. This will reduce the anxiety of not being picked or chosen.**
- ➔ **Allocate specific roles within the group and play to her strengths e.g., she may prefer to be the note taker or writer if she is anxious about public speaking.**
- ➔ **Balance the amount of group work in the day with individual work to allow her downtime.**

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.