

Autism and Masking

Produced with support from @AdamP_SEN_SLT



Masking is when you hide your autistic traits.



People may hide their autistic traits to try and fit in or so they are not seen as different.



Masking can have a bad effect on how we feel and our health.



People who mask may copy others to fit in.



People who mask may also do things they don't like doing like giving eye contact.



People who mask may feel very sad or angry when they get back to a safe space.



We can help people who mask by accepting everyone for who they are.



Fawning is trying to make others happy by doing things which they find uncomfortable.



People who fawn may find it hard to say no or give their own ideas.



People who fawn may follow the ideas of others even when they disagree.



We can help people who fawn by telling them that we will accept them even if they have an idea different to our own.