

Traveling to a Safer Place with the People Who Love Me

Contents

| | |
|--|---|
| <i>A Note to Caregivers</i> | 2 |
| <i>Traveling to a Safer Place with the People Who Love Me</i> [Main Story] | 3 |
| <i>We Traveled to a Safer Place</i> [Praise Story] | 5 |

The latest version of this Social Story and additional stories, as well as a mobile-friendly version, can be found on ACT– Autism Community Training’s website: www.actcommunity.ca/resources-for-ukraine/

A Note to Caregivers

The Stories in this download are part of a larger initiative to provide Stories to help Ukrainian families as they cope, seek safety, settle at a destination, and find or return home. Caregivers are the most frequent Social Story authors. They write for their child or someone in their care. In this project, we are honored to develop genuine Social Stories for you.

A Social Story describes a personally relevant topic following a defined writing format that is clear, meaningful, patient, and physically, socially, and emotionally safe. Initially developed for children diagnosed with autism, the first Social Stories described anxiety-producing situations with personally-tailored explanations of what happens in a given situation and why. A Social Story is tangible, giving a child, adolescent, or adult carefully chosen words that point out what is relevant and important, with time to consider the information. Today, Social Stories are an internationally respected evidence-based practice.

Most, but not all, of the Stories for Ukraine will arrive as a collection. Each download contains the Main Story. It may also include a coordinating Support Story that expands on the topic or a Praise Story to affirm and applaud learned concepts and skills.

As a caregiver, use your judgment to choose and implement the Stories. You may choose to use only the Main Story. In a few days, you may decide that the Support or Praise Story may be helpful. In general, look for the most comfortable setting possible and introduce each Story one at a time. You may personalize a Story by editing it as you read. Your best guide is your knowledge of the person in your care, current situation, and instincts as the caregiver.

With our sincere respect and continuing thoughts and prayers,

Carol Gray, Siobhan Timmins, and Catherine Faherty / Team Social Stories

Traveling to a Safer Place with the People Who Love Me [Main Story]



We are traveling to a safer place. The people who love me are working to keep me safe and okay. I may be able to help.



While we are traveling to a safer place, the most important sounds are the voices of the people who love me. Staying close makes it easier to hear them.



While we are traveling to a safer place, holding the hands of the people who love me is important, too. Staying close makes their hands easier to find.

While we are traveling to a safer place, staying close to the people who love me is a smart, helpful, and important thing to do. It helps to keep everyone safe and okay.



We Traveled to a Safer Place [Praise Story]



I traveled with people who love me to a safer place.

Staying close helped us travel safely together. That way, we could hold hands and hear one another.

Staying close when we travel is helpful and smart.

It helps to keep us safe.

