



Personal Relationships

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Introduction to Personal Relationships

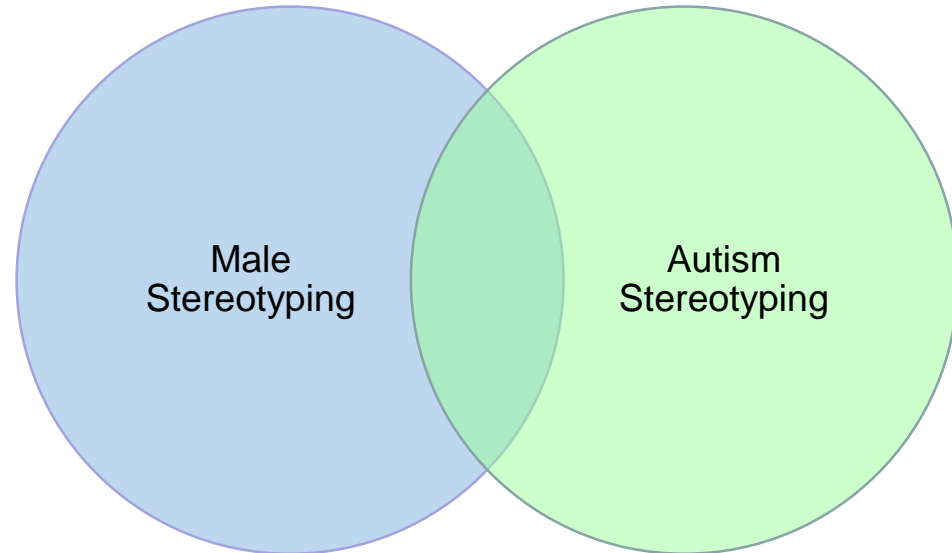
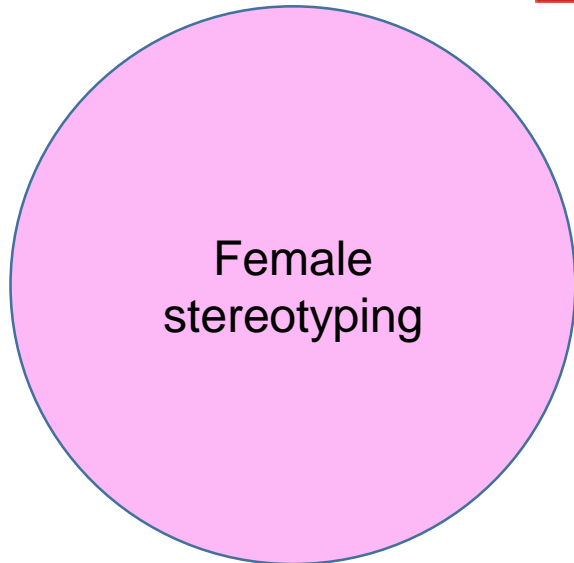
- Personal Relationships include all types of social interaction
- Social interaction underlies a vast proportion of our lives
- Social interactions can be more challenging to those on the spectrum.
- Therefore many areas of life are affected



Personal Relationships

- Stereotyping
- Strengths
- Strategies including masking

Stereotyping



Stereotyping – Not caring??

Oh no, she's going.
I wish she'd stay
and comfort me...
maybe she doesn't
care...



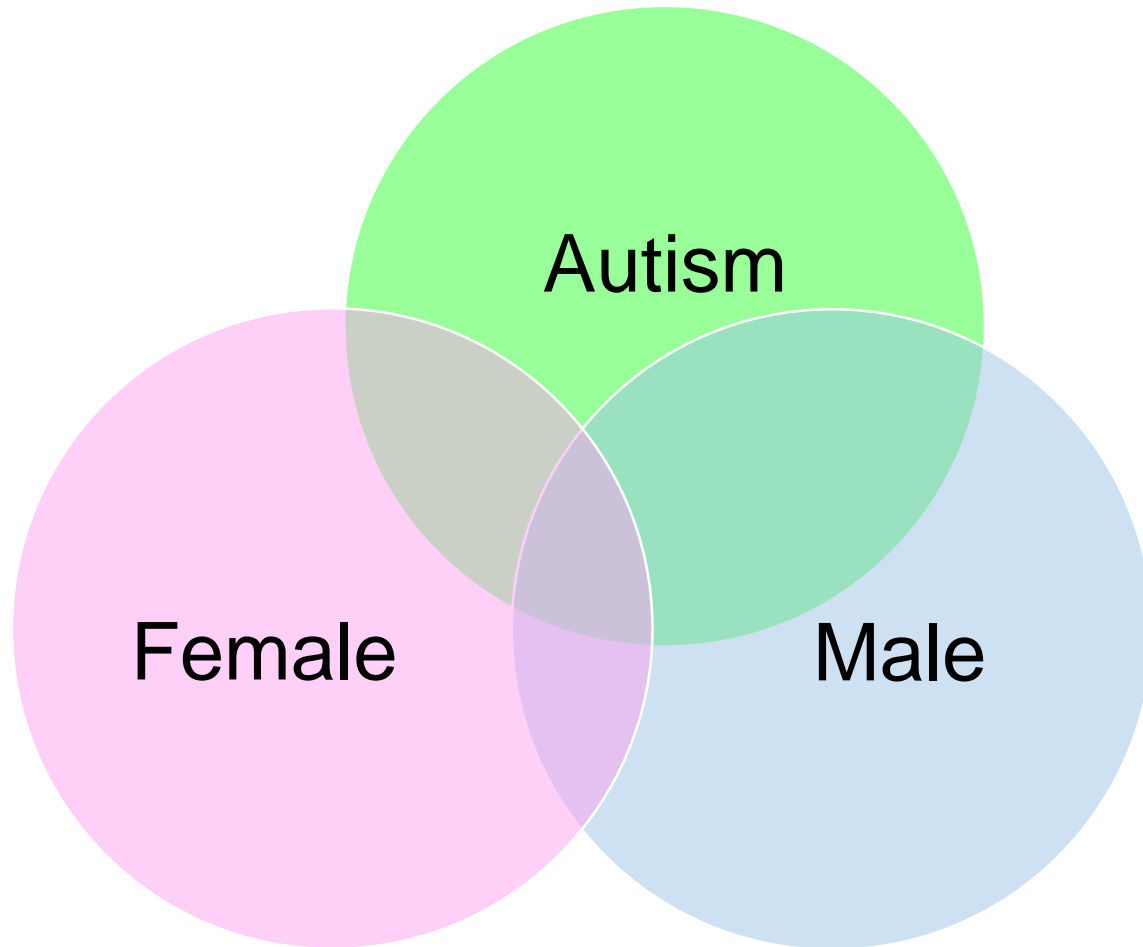
Poor thing she's so
upset. I hate people
being around when
I'm upset, I think I
should leave her
alone



But some people
prefer to be
comforted....
Maybe I should
stay.

But if I stay I'll
probably say the
wrong thing and
make it worse for
her... I'll go...

Reality



Strengths of the UK Group

- We can see beyond stereotypes and identify our strengths.
 - Loyalty
 - Reliability
 - Honesty and sincerity
 - Caring
 - Logical thinking
 - Creative and 'unorthodox' ways of thinking
 - Sense of humour
- Our strengths give us strategies to overcome difficulties and lead to successes.

Strategies

- Finding common interests and fun activities.
 - Being creative and finding new ideas for activities we can build relationships from.
1. Using the natural structure and more obvious traditional gender roles that a 'romantic' relationship offers.
- Seeing new things as an adventure not something to be scared of.
 - Having a back-up or escape plan to reduce anxiety.
 - Use of social networking websites and technology to keep connected.
2. Having a mentor, friend, advocate or family member.
 3. Masking – logic, mimicking, suppressing

Strategies and Successes

Having a mentor, friend, advocate or family member.

- With the help of her advocate one member of the group resolved a problem with men approaching her while waiting for the bus.

Before



After



Strategies and Successes



Conclusions

- Understanding of autism is crucial!
- Especially understanding that we are individuals
- Support
 - Mentor
 - Peer support

Up next

Future Security

