




National Autistic Society

Know yourself series



Now that you have thought about when you need support, next, you need to think about **who** might be able to help, **what** is helpful and **where** is a safe place for you.

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| <p>Who</p> | <p>Here are some ideas:</p> <ul style="list-style-type: none"> • family member • teacher • teaching assistant • friend • mentor • tutor • counsellor. |
| <p>Who do you feel most comfortable with?</p> <p>Who can you talk to who will listen and act in your best interests?</p> | <p>Who are your safe people?</p> <div style="text-align: right;"></div> |
| <p>What</p> | <p>Here are some ideas:</p> <ul style="list-style-type: none"> • earplugs • taking a break • share your needs with trusted people • knowing what is going to happen • walk/exercise • focus on interest/hobby. |
| <p>What things can you use to help support you?</p> <p>What can you do to support yourself?</p> <p>What can you ask others to do?</p> | <p>What might help you?</p> <div style="text-align: right;"></div> |
| <p>Where</p> | <p>Here are some ideas:</p> <ul style="list-style-type: none"> • sensory room • quiet areas • library • places you feel comfortable • bedroom • garden/park/outside areas • be with a trusted person. |
| <p>Where can you go when you want or need to feel safe or alone?</p> <p>Where can you go when you need some sensory regulation time?</p> <p>Where can you go if you are uncomfortable, overwhelmed or need a break?</p> | <p>Where can you go?</p> <div style="text-align: right;"></div> |



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