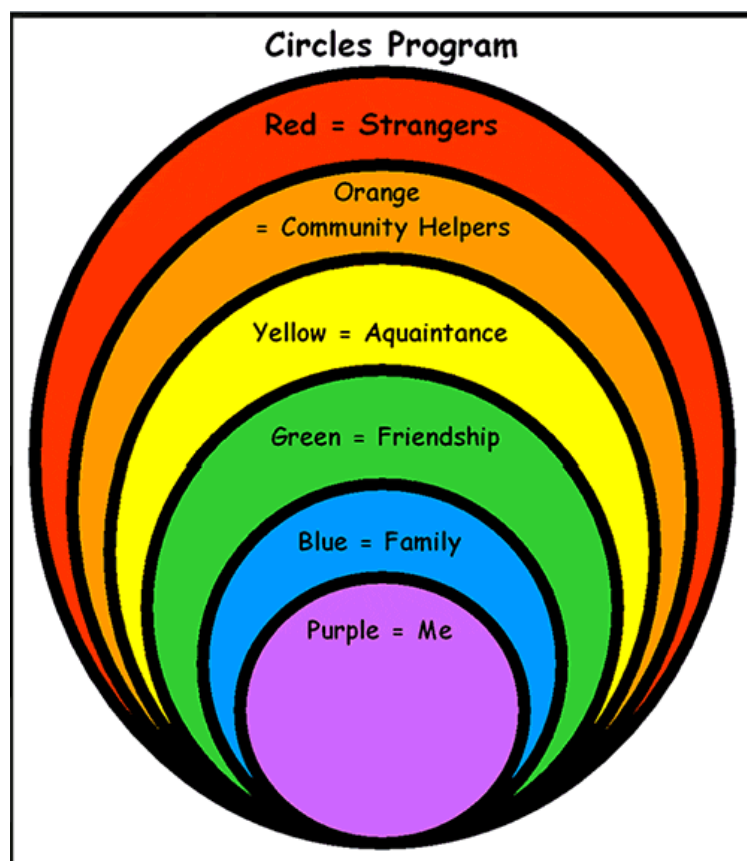




TEACHING CIRCLE OF FRIENDS

The objective of this programme is to teach individuals about the social circles in their lives, and the expected behaviours associated with the different people in each circle.



Example of the categorization of different circles:

- First circle: The Individual
- Second circle: Family Members
- Third circle: Friends
- Fourth circle: Community Helpers (e.g. Teachers, Nannies, Neighbours)
- Fifth circle: Strangers

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STEPS:

1. Define each circle for the individual.
2. Work with the individual to list down examples of people in his/her life, and sort each person into the different category/circle.
3. Teach the individual about the rules and expected behaviours with the different circles. E.g.
 - (i) Family Members: It is okay to give and receive hugs and kisses.
 - (ii) Friends: It is okay to play with them, high-five, fist bump, but may not be okay to hold hands, hug, etc.
 - (iii) Community Helpers: It is okay to shake hands, high-five, fist bump, greet them, but may not be okay to hug, hold hands, etc.
 - (iv) Strangers: It is okay to look at them, but not okay to touch them.
4. Role play with the individual on how to have expected behaviour with the different people from the different circles. It would be important for the role play practices to be carried out with different people (i.e. family, friends, strangers).
5. Communicate to the individual proactively and in advance about the expected behaviours. This may need to be done daily, and/or before the individual takes a trip out into the community.
6. Monitor the individual's behaviour in various settings with different people. Reinforce the individual when he/she demonstrates expected behaviour.
7. The circles might change due to various circumstances, and you may need to explain this change to the individual.

RESOURCES:

There are plenty of resources available online, which you may download and utilise during the teaching process! You may check out some of the visuals below:

- (i) http://visuals.autism.net/main.php?g2_itemId=221
- (ii) <https://www.stanfield.com/blog/2016/05/using-new-app-teach-personal-space/>