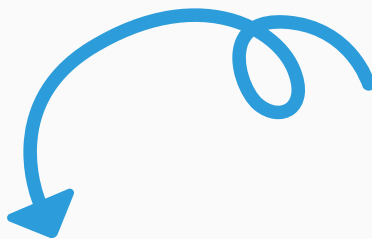


# NARRATE Exercise

Units In-House	Units In-Company	Skill cards
OWNERSHIP KNOWLEDGE	OWNERSHIP KNOWLEDGE	Collaboration, Communication, Self awareness, Teamwork

## What do you know about the autism spectrum?

Minimum number of participants	Average time length	Individual setting	Group setting	Special Equipment	Online
1-10 persons	15-30 minutes	Yes	Yes	Paper, pencils, handout.	Yes



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## 1. Overview

This exercise is used to assess the knowledge about the autism spectrum both from the PoAS themselves, and from the employees and PoAS' colleagues sides.

Participants are given a list of facts to assess in order to rate them with "agree" and "disagree". Then the professional encourages a discussion between PoAS and their colleagues with narrative-based questions.

## 2. Aim / Benefits

The aim of the exercise is to deconstruct cliches and balance out misconceptions with knowledge about the autism spectrum.

## 3. Training tier and UNIT(s) related

This exercise can be used in the Inhouse training in an individual or group exercise:

- Unit OWNERSHIP - **Existing cliches about PoAS and autism spectrum** in the personal social environment of the PoAS can be reflected on, **discussed and also deconstructed by PoAS** with the help of the professional.
- Unit KNOWLEDGE - Existing cliches about PoAS and autism spectrum in the personal social environment of the PoAS can be reflected on, discussed and also deconstructed **in a process of re-authoring.**

This exercise can also be used in the In-Company Training in an individual or group exercise:

- Unit OWNERSHIP - It offers a good opportunity **to reflect on, discuss, and deconstruct existing cliches concerning PoAS** - also influenced by social environments, personal experiences and social media - together with colleagues and employers.
- Unit KNOWLEDGE - The primary aim at this point is to deconstruct together existing cliches about PoAS and autism spectrum and **encourage the process of re-authoring.**

The exercise serves PoAS to train the following skills, which are reflected in the Skills Cards:

- collaboration
- communication
- self-awareness
- teamwork.

## 4. How to do the exercise

### INDIVIDUAL SETTING

#### Step 1 / Preparation

(MANDATORY to explain how to prepare and introduce the exercise to the participant)

Prepare a room where the PoAS can comfortably participate in the exercise. Provide the PoAS with the handout in printed or digital form.

#### Step 2

In a next step, PoAS go through the checklist "Facts about autism" (see Annex) step by step together with the professional and **reflect, discuss, and deconstruct existing clichés about PoAS using narrative-inspired questions.**

#### Final step / Conclusion

In a final step, existing clichés about PoAS are to be deconstructed through reflection and discussion, thereby promoting empowerment among PoAS.

### GROUP SETTING

#### Step 1 / Preparation

(MANDATORY to explain how to prepare and introduce the exercise to the participant)

The checklist "Facts about autism" (see Annex) is provided by PoAS—if necessary with the support of professionals—to colleagues and employers, asking them to test their knowledge about autism and to answer the questions with "agree" and "disagree".

#### Step 2

In a next step, PoAS go through the list of facts step by step with the colleagues and employers and, if necessary, with the support of professionals.

#### Final step / Conclusion

In a final step, existing clichés about PoAS are to be deconstructed through reflection and discussion, thereby **promoting empowerment among PoAS.**



## 5. Debrief

As already mentioned, the discussion and deconstruction of the facts and clichés about PoAS included in the knowledge quiz is carried out by PoAS, together with professionals and future colleagues and employers.

## 6. Specific materials

Paper, pencil, handout.

## 7. Tips and Tricks for In-House training

As already mentioned, it is very beneficial for PoAS if a group discussion is encouraged in the group setting, as the exchange of experiences can be very enriching. Above all, this encourages peer learning, which can be of great importance for PoAS in the context of an exchange of information with like-minded people.

## 8. Tips and Tricks for In-Company training

It is very important that future colleagues and employers reflect, discuss and deconstruct facts and existing clichés together with PoAS.

## 9. On-line version

- The exercise can be done digitally or by hand in printed form.
- The exercise can be done in an online exchange or in person.
- The discussion with the professional or in a group setting can also take place in an online setting.



## ANNEX FACTS ABOUT AUTISM QUESTIONS

### Facts about autism - true or false?

	AGREE	DISAGREE
All people on the autism spectrum have exceptional talents.		
The main symptoms include: Difficulties in social interaction & communication, a sensitivity to sensory stimuli and a different perception of socio-emotional cues.		
Autism is a neurodevelopmental disorder.		
The prevalence numbers are constantly rising.		
If you know one person with autism, you know all people with autism.		
The characteristics are spread across a spectrum.		
The need for support is divided into 3 levels.		
Autism can be caused by a vaccination side effect.		
People on the autism spectrum cannot be emotionally sensitive.		
Autism can be managed, but not cured.		
People on the autism spectrum are not interested in having friends.		



## ANSWERS

	TRUE	FALSE
All people on the autism spectrum have exceptional talents.		✓
The main symptoms include: Difficulties in social interaction & communication, a sensitivity to sensory stimuli and a different perception of socio-emotional cues.	✓	
Autism is a neurodevelopmental disorder.	✓	
The prevalence numbers are constantly rising.	✓	
If you know one person with autism, you know all people with autism.		✓
The characteristics are spread across a spectrum.	✓	
The need for support is divided into 3 levels.	✓	
Autism can be caused by a vaccination side effect.		✓
People on the autism spectrum cannot be emotionally sensitive.		✓
Autism can be managed, but not cured.	✓	
People on the autism spectrum are not interested in having friends.		✓