

RESPECTFUL BOUNDARIES

Everybody person has different comfort levels with social interaction.
Respecting others' boundaries creates a more inclusive world!

Ask before touching - Some autistic individuals may not be comfortable with hugs, kisses or handshakes

Give processing time - Don't rush responses; allow extra time for communication or actions

Respect sensory needs - Loud noises, bright lights and strong smells can be very overwhelming

Honour personal space - Some people prefer more physical distance when interacting with others

Don't force eye contact - Not making eye contact doesn't mean someone isn't listening or being rude

Be understanding during overwhelm - If someone avoids interaction, they may need a break

