



Autism and Masking

What we see

Calm,
assured,
confident,
able

*As with an iceberg, there is
a lot more going on
underneath!*



Anxiety, fear,
insecurity, self doubt,
rumination, panic,
perfectionism,
intolerance of uncertainty,
fear of change, shame,
sensory processing
difficulties, need to escape,
alexithymia, social anxiety,
unable to understand
friendship issues...

What's going on
underneath



ADDvanced Solutions
Supporting you to find the answers

The 'iceberg analogy' helps to illustrate what is going on when a child or young person with autism is masking their struggles in school or another setting. As with an iceberg – if you only consider what is easily visible, you are in danger of overlooking what is going on beneath the surface. This will, sooner or later, lead to disaster for all concerned!

The fact that the individual feels compelled (and is able) to mask their struggles and feelings for a limited time should inspire compassion and a willingness to for teachers or other staff to work with parents/cares to support the child/young person with these difficulties.

Not all of the issues overleaf will be in play for every autistic young person, these are just some of the common things that are hidden in a setting where they feel a compulsion to hide their struggles behind a 'mask'.

Perhaps you could use the iceberg diagram to help them to identify the specific things that they find difficult, and ask if they would like to add anything to the list.

Liverpool / Halton / Knowsley / Sefton / Wirral: **0151 486 1788**

St Helens: **01744 582172**

Warrington: **01925 320863**

www.addvancedsolutions.co.uk

Email: **info@advancedsolutions.co.uk**