

Many teenage boys and girls find that there are other peers that they like and want to be close to. There are some ways to get to know these peers that are **OKAY**, and some ways to do this that are **NOT OKAY**.

The **OKAY** ways are:

- Start a conversation with him/her by asking a question. Ask a question about school work, a school event, a TV show or something that you know he/she is interested in and that you both know about.
- Offer to help him/her with something that he/she seem to have trouble with. Do not tell him/her that you have noticed he/she is having trouble with it.
- Pay him/her a compliment about something they have done. Do not compliment him/her on their appearance, or clothing. People only compliment about those things when you know someone very well.
- Watch him/her and see if there is something they really like to do or are interested in. If you are interested in the same thing politely ask to join in. For example if he/she really likes the computer, ask to sit down at the computer next to him/her. If he/she really likes chess and is on the chess club, then join the chess club too. All these activities that you both do will give you some things to talk about.
- Stand at least arms distance away when you talk to him/her.
- Look at his/her face when you talk to him/her. If he/she looks at you and is smiling, he/she is probably enjoying your conversation. If he/she looks away, or does not answer you he/she may not want to talk to you at that time.

The **NOT OKAY** ways are:

- DO NOT start a conversation by asking something personal about him/her. Personal things include things about his/her appearance, family, other boys/girls he/she likes, or why he/she does certain things. There are many questions that may be seen as too personal when you are just getting to know someone. It is best to check out what kinds of questions are okay, with a trusted adult.
- DO NOT think that because you like him/her, that he/she likes you. Everybody has their own thoughts and feelings. Usually two people have different thoughts and feelings about many things.
- DO NOT try to convince him/her to like you and give him/her reasons why you would be a good girlfriend/boyfriend.
- DO NOT keep talking to him/her if he/she seems uninterested. He/she is probably uninterested if he/she does not look at you, gives you a puzzled or angry look, does not answer you, or walks away.
- DO NOT follow him/her around the hallways or school. This will make him/her feel very uncomfortable, and may make him/her like you less.
- DO NOT touch any part of his/her body, clothing or his/her belongings. Touching should happen when people know each other very well and are sure they both really like each other a lot.
- DO NOT tell other people how much you like him/her. If a lot of people know and they tell him/her, it may make him/her feel very embarrassed. It is best to tell only a trusted adult, or a very close and trusted friend.
- DO NOT ask his/her friends if he/she likes you. That may also embarrass him/her, and if he/she doesn't like you that may make his/her friends feel uncomfortable as well.
- DO NOT try to act like someone else that you think looks cool or popular. That behaviour you are trying to imitate may not look the same when you try it.

References

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Social Narrative

What I Can Do When I Like a Boy/Girl

My name is _____.

Sometimes I have a feeling that I really like a certain boy/girl. Sometimes I feel like I want to be close to him/her and spend time with him/her.

Most teenage boys/girls feel like this about certain boys/girls. It is normal and it is okay.

When teenagers feel like they like someone, they usually try to get to know them better. They do this by talking with them and asking them questions.

When I want to get to know a boy/girl better, I can do these things:

- When he/she is standing alone I can ask him/her a question about what we did in class.
- I can ask him/her if he/she would like some help on the computer.
- I can ask him/her if he/she watched _____ last night.

When most people talk to each other they stand arms length apart. This arm's distance around your body is called your *personal space*.

I will try to stand arms length away from him/her when I talk to him/her. If I get too close to him/her I am getting into his/her personal space and that is not okay. It may make him/her feel angry or uncomfortable.

If I have trouble staying out of his/her personal space, I should walk away and speak with _____. He/she can help me understand what happened and talk with me about my feelings.

Talking about what to do when I like a boy/girl will help me get to know boys/girls in a good way.

Taken from: School Support Program, Surrey Place

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