

# Creating inclusive and safe places for youth with ASD

## What is a safe space?

A safe space is a place (physical or mental) where people feel comfortable, seen / heard, able to express themselves and feel like their presence is as valuable as anyone else's.



Youth who suffer from ASD may view or feel an environment/space as significantly different from others.

**How can we create a more "friendly" environment for them?**

The senses of **sight** and **hearing** are the senses with the greatest impact on the activities and setting of an environment.

So, we need to adapt to these senses by asking ourselves the following questions:

### Visual sense:



- What is the lighting like in the room?
- What colours are the walls?
- How many things in the room would require visual awareness/recognition?
- Are the curtains, carpets and furnishings patterned?

### Auditory sense:



- Are there any noises (e.g., ticking clocks, phones, printers, etc.)?
- Can these noises annoy people with ASD?
- Can we mitigate the annoying sounds?

## On a final note:

Transition spaces can be complex for people with ASD. It is important to create a space that will be designed and personalised for the needs of the person who lives with ASD.

