

# Healthy relationships over lifespan

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# Multidisciplinaire team

Clinique Autisme et Asperger de Montréal

<http://www.clinique-autisme-asperger-mtl.ca/>

# Autism Profile

- Social skills: free of social rules
- Communication abilities: verbal and non verbal
- Theory of Mind: different ways of thinking?
- Emotions: detecting, reading, expressing
- Routines & rituals
- Sensory issues
- Lack of information and education (romance, sexuality)



# Issues of development

- Curiosity and exploration
- Social imitation: context, consent



# Puberty

- Friendship & social skills
- Communication: verbal & non verbal, social interactions, sharing
- Intensity of relationship
  - Appropriate: finding a balance
  - Inappropriate
  - Love & friendship, intimacy



# Puberty

- Recognition of abusive/unfriendly relationship
- Dangerous relationship
- Qualities of a healthy relationship
  - Sharing
  - Communication
  - Interest
  - Respect, communication
  - Steps in relationships



# Making Waves Program

- Free PDF Program
- <https://partnersforyouth.ca/programs/making-waves/>



# Friendship

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- Jed Baker:

**How to be a good friend!**



## THE SOCIAL SKILLS PICTURE BOOK for High School and Beyond



Jed Baker, PhD

# Exploring Affection

(Attwood & Garnett)





# The Understanding and Expression of Affection

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- Ability to read the signals when someone expects affection.
- Ability to express the appropriate
- level of affection.

# The Understanding and Expression of Affection

- Affection to repair someone's feelings.
- An immature expression of affection.
- A limited vocabulary of expression that may not include subtle or age appropriate expressions.
- Sometimes needing frequent expressions of affection for reassurance.



# Different Perspective

- Intense dislike of public praise that includes words and gestures of affection.
- The capacity for affection, a cup versus a bucket.



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# Affection?

- Why are typical people so obsessed with expressing reciprocal love and affection?
- A hug can be an uncomfortable, constricting squeeze.
- Don't cry because someone will squeeze you.
- Not comforted by affection to the degree that neurotypicals expect.



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# Empathy

- Different type of empathy
- Practical-functional
- Not in words or gestures
- Compassion for animals
- Actions





# Empathy

- Affection to repair feelings
- Frequency of affection
- Sensory sensitivity and affection
  
- Different ways to express empathy/affection?
- Sixth sense and hyper empathy

# Empathy (T. Attwood)

- **Cognitive empathy** is the ability to determine what someone is feeling or thinking by ‘reading’ their facial expressions, gestures, vocal tone, and social context. An autistic person may need to use intellect rather than intuitive abilities to identify and process nonverbal communication.
- **Emotional empathy** is the ability to ‘feel’ the emotions of others.
- **Behavioural empathy** is knowing how to respond

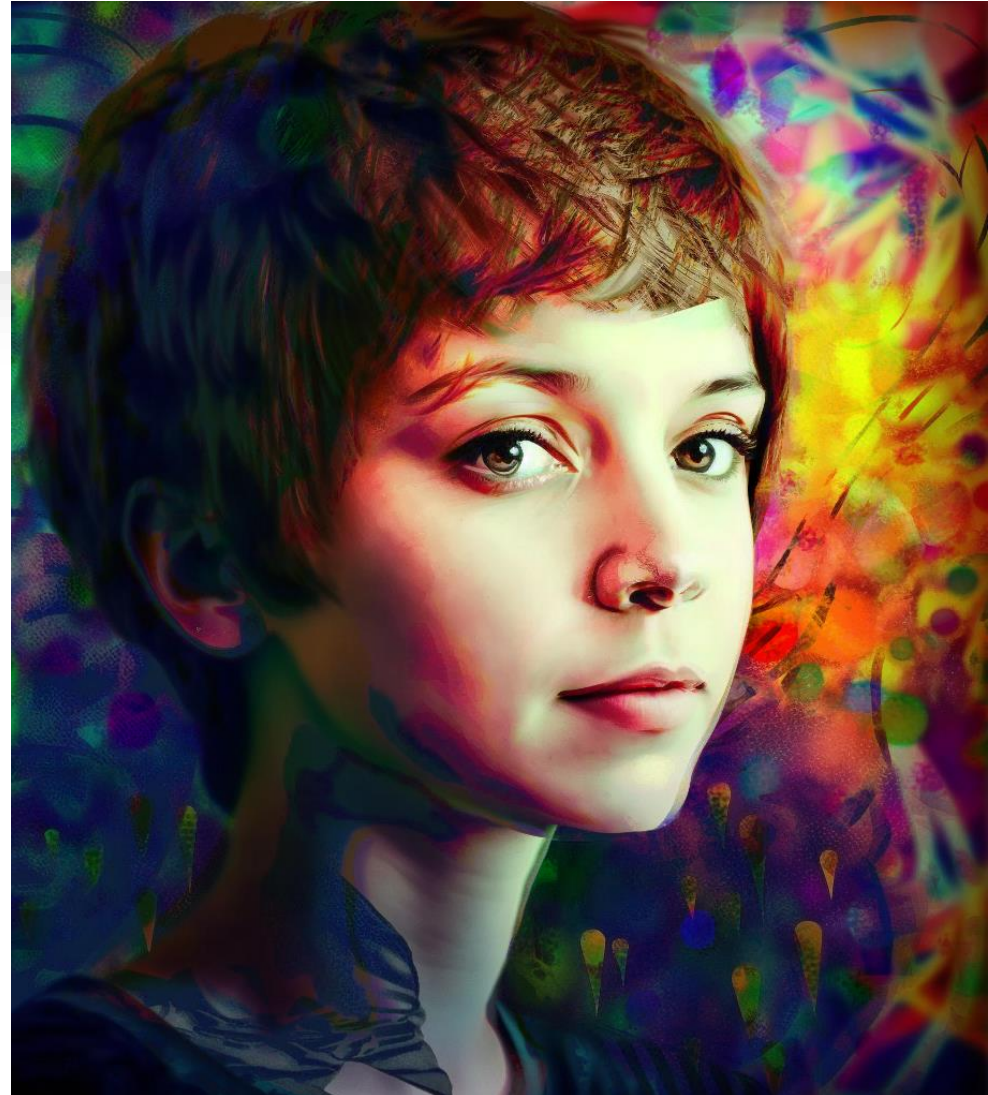
# Sixth sense & autism

## **Connexion**

- Children
- Nature
- Animals

**Hypersensitivity to capture**  
external emotions (sponge)

## **Intuition**





A MANUAL FOR PROFESSIONALS

FROM LIKE  
TO LOVE  
FOR YOUNG PEOPLE WITH

CBT to Help  
Young People  
with Autism Spectrum Disorder (Autism) to Understand  
and Express Affection

# Communication (verbal and non-verbal)

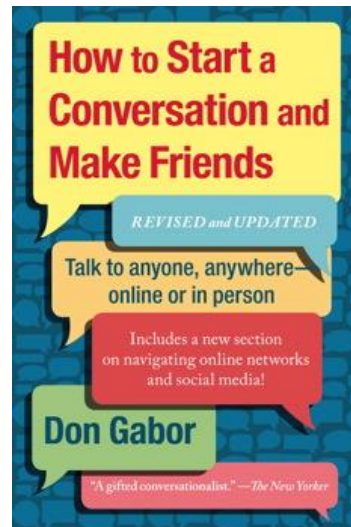
## Non-verbal language

- Eye contact
- Smile
- Posture
- Physical openness
- Distance



# Tools

Don Gabor: How to start a conversation and make friends PDF



Story Cubes/Apps

<https://www.storycubes.com/>



# Reading body language cards

- <https://sexedmart.com/product/reading-body-language-flirting-flash-cards-download/>



TONY ATTWOOD, ISABELLE HENAUPT AND NICK DUBIN

THE  
**AUTISM  
SPECTRUM,  
SEXUALITY  
AND THE  
LAW**

What every parent  
and professional  
needs to know



# Legal aspects of ONLINE behaviours

- **Intervention models and education plan**
- Notion private & public
- Limits : age groups
- Parental control
- Pornography (juvenile) : consent & protection  
Law: legal consequences
- How to navigate safely

# Consent

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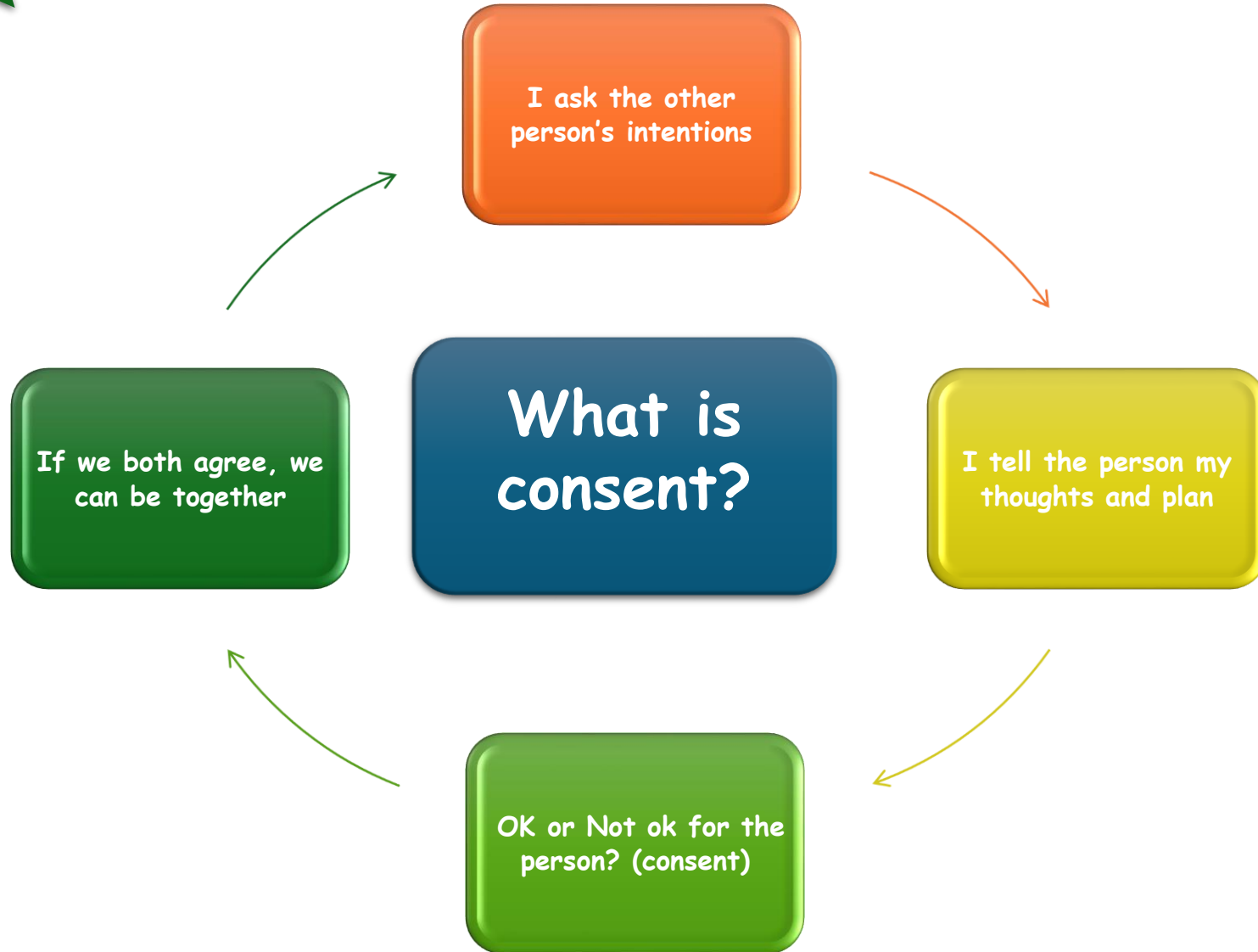
- [YAI.org](http://YAI.org): Sexual Consent questionnaire
- Theory of Mind
- Practical material
- Videos



YES

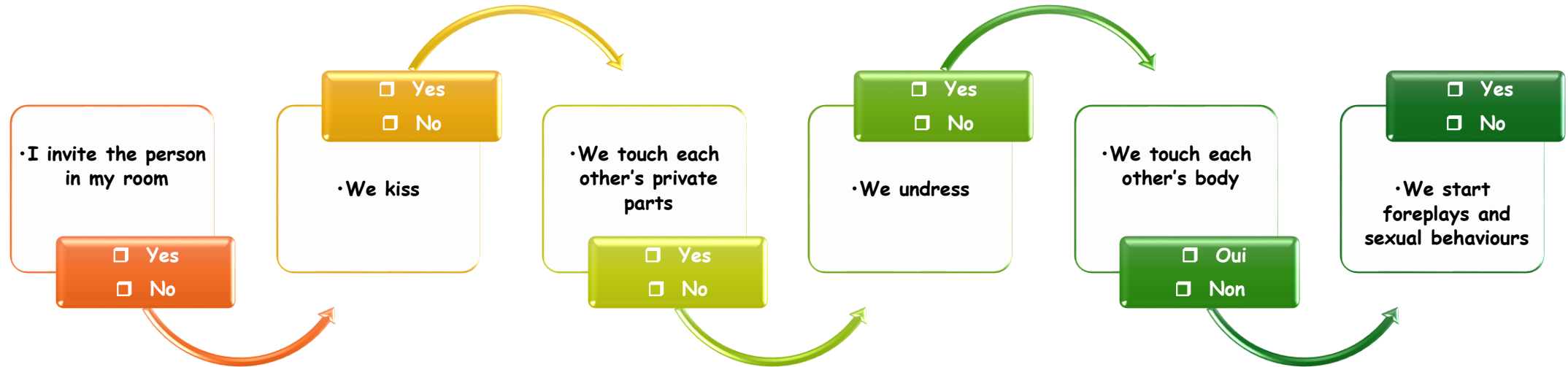
# Consent

NO

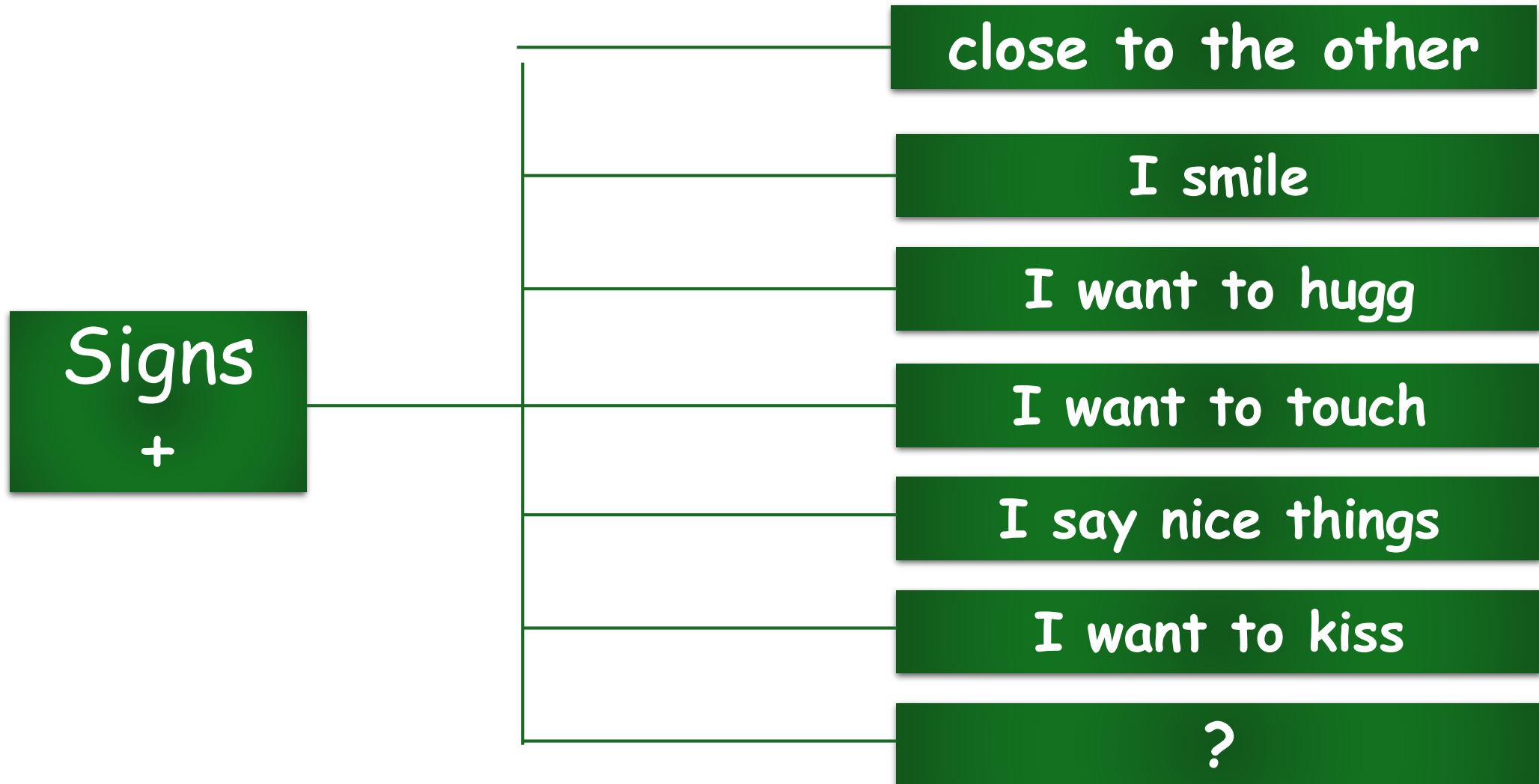


# Can I change my mind?

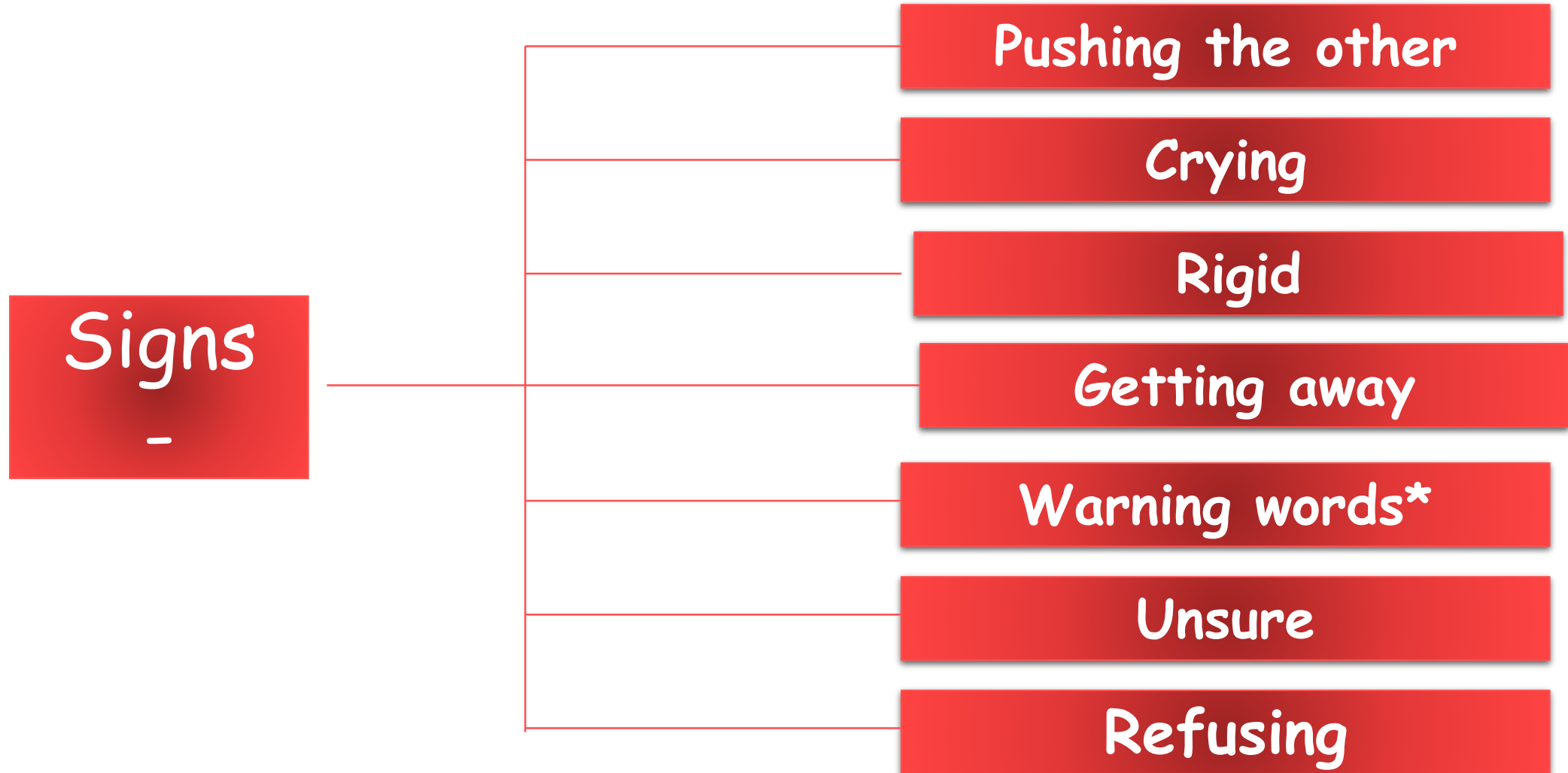
YES at any time, I can change my mind



# Signes of feeling GOOD



# Signes of NOT feeling good



# Warning words

Stop !

I am not  
sure !

No !

I changed  
my mind !

I don't  
feel good!

It's too  
quick!

Not now!

Wait !





# Video Mike's Crush

- Flirting or stalking?
- Making new friends
- Love or abuse?
- <http://socialsignaled.com/cart66/>
- **Extrait sur Youtube: [Social Signals](#)**





# Friendship connexions

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UQTR  
Université du Québec  
à Trois-Rivières

Thank you for  
listening!

