

People need to communicate their deep emotions, thoughts, and needs to others to survive. They may communicate through acting clingy, asking too much, being aggressive... which can be overwhelming for the person on the receiving end.

Could be misinterpreted as...

- Being aggressive or predatory
- Wilful misconduct
- Deviancy
- Being poorly behaved
- Acting creepy
- Being overly dependent on others to meet your own needs

"If it's okay to walk shoulder to shoulder with my old worker, how am I supposed to understand that it may not be okay with my new worker." (personal space)

- Adult with FASD

Should be interpreted as possibly...

- They have tried everything to communicate their view and don't know how else to express their thoughts
- Impulsive responding
- Challenges regulating strong emotions
- Being unable to express themselves with words
- Being overstimulated
- Not understanding social cues regarding boundaries for physical space (i.e., violence on TV, sitting on people's laps, touching strangers)
- Overly reliant on others for emotional support

STRATEGIES

- **Anxiety**: show respect and that you are listening; give them space
- Language: use simple language; clear up misconceptions
- Impulsivity: consider strategies to control impulses; take a movement break
- Self-Regulation: learn selfregulation techniques to express negative emotions verbally
- Social Skills: know appropriate interactions with strangers, peers, family, acquaintances, health professionals



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