autism

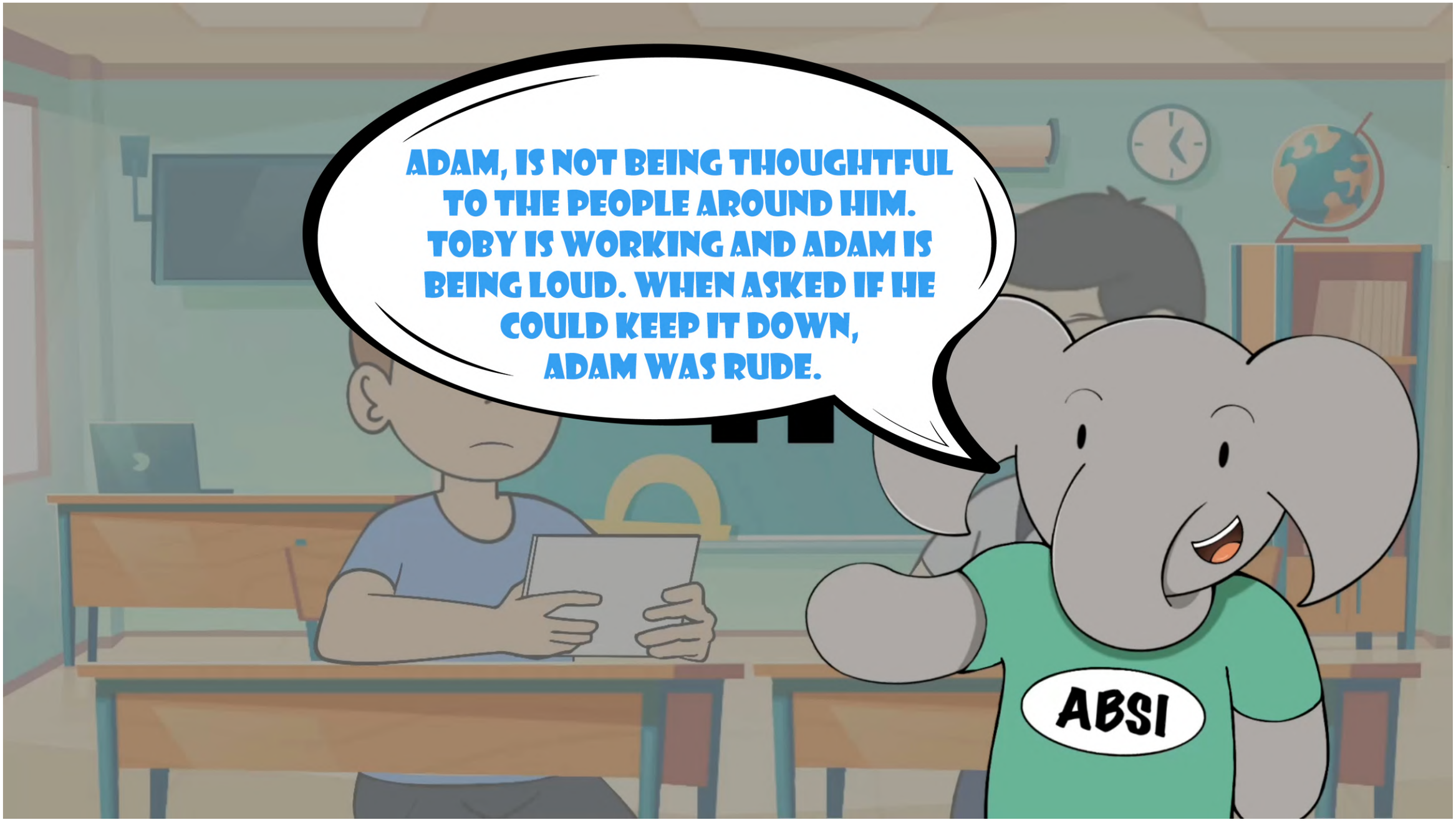
behavior services inc

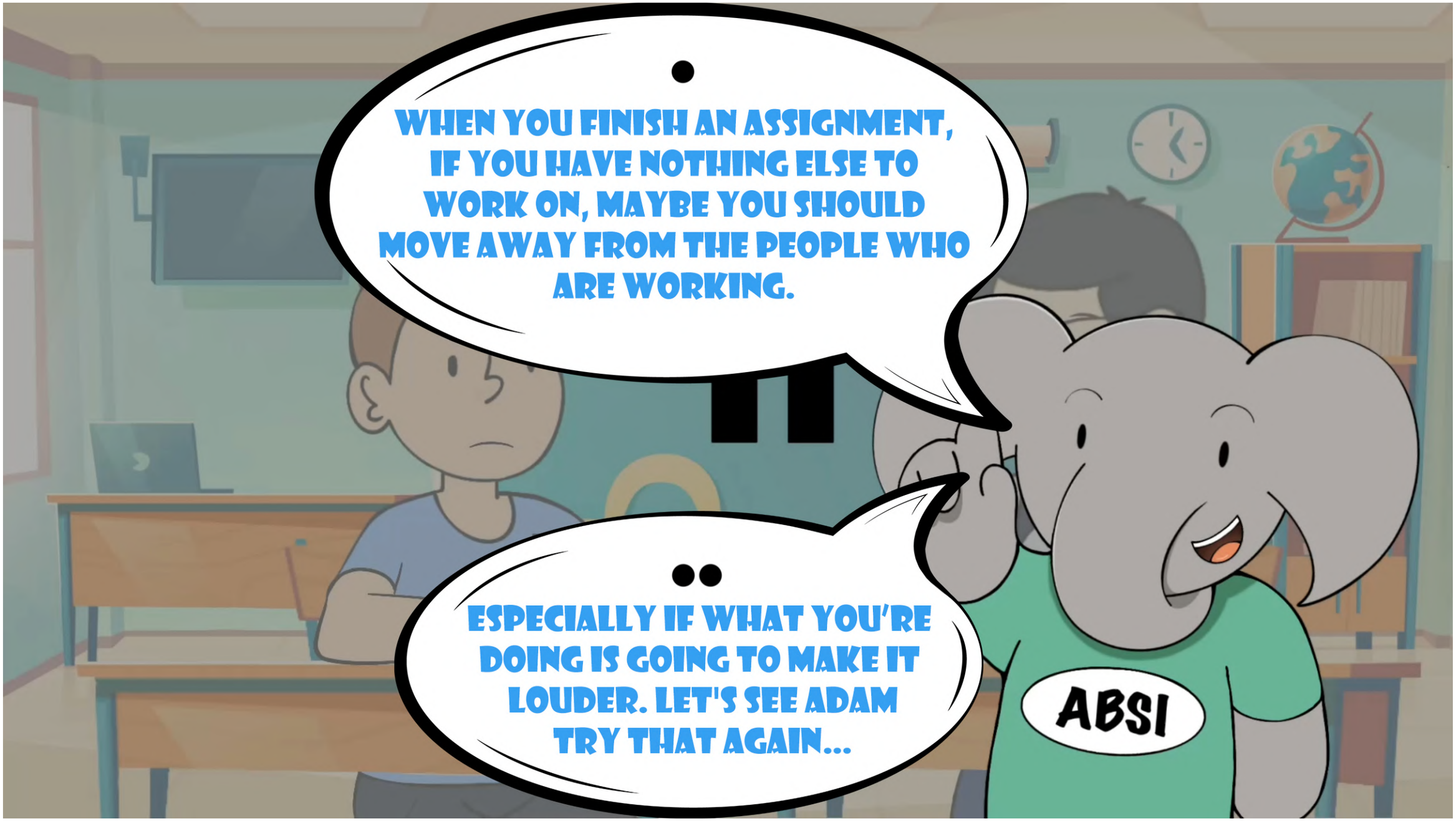
Could You Keep It Down?

From Autism Behavior Services, Inc.

DARN IT!
I DIED AGAIN.
ADAM,
COULD YOU KEEP IT DOWN?
I'M TRYING TO FINISH MY WORK.

YOU'RE NOT DONE?
MAN TOBY, YOU'RE SO SLOW.
THAT STUFF IS LIGHT WORK.


ADAM, IS NOT BEING THOUGHTFUL TO THE PEOPLE AROUND HIM. TOBY IS WORKING AND ADAM IS BEING LOUD. WHEN ASKED IF HE COULD KEEP IT DOWN, ADAM WAS RUDE.
ABSI


WHEN YOU FINISH AN ASSIGNMENT, IF YOU HAVE NOTHING ELSE TO WORK ON, MAYBE YOU SHOULD MOVE AWAY FROM THE PEOPLE WHO ARE WORKING.
ESPECIALLY IF WHAT YOU'RE DOING IS GOING TO MAKE IT LOUDER. LET'S SEE ADAM TRY THAT AGAIN...
ABSI

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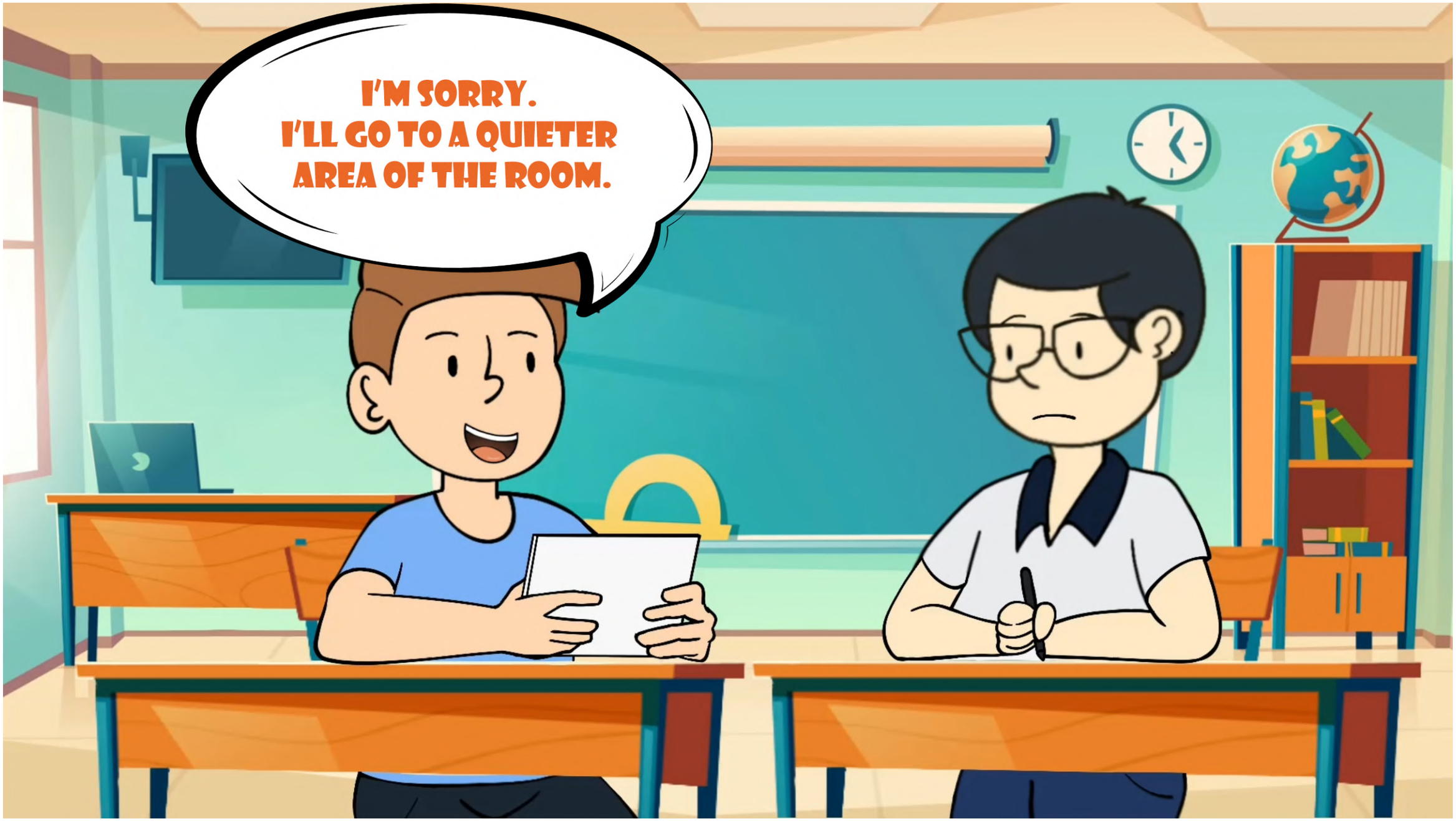
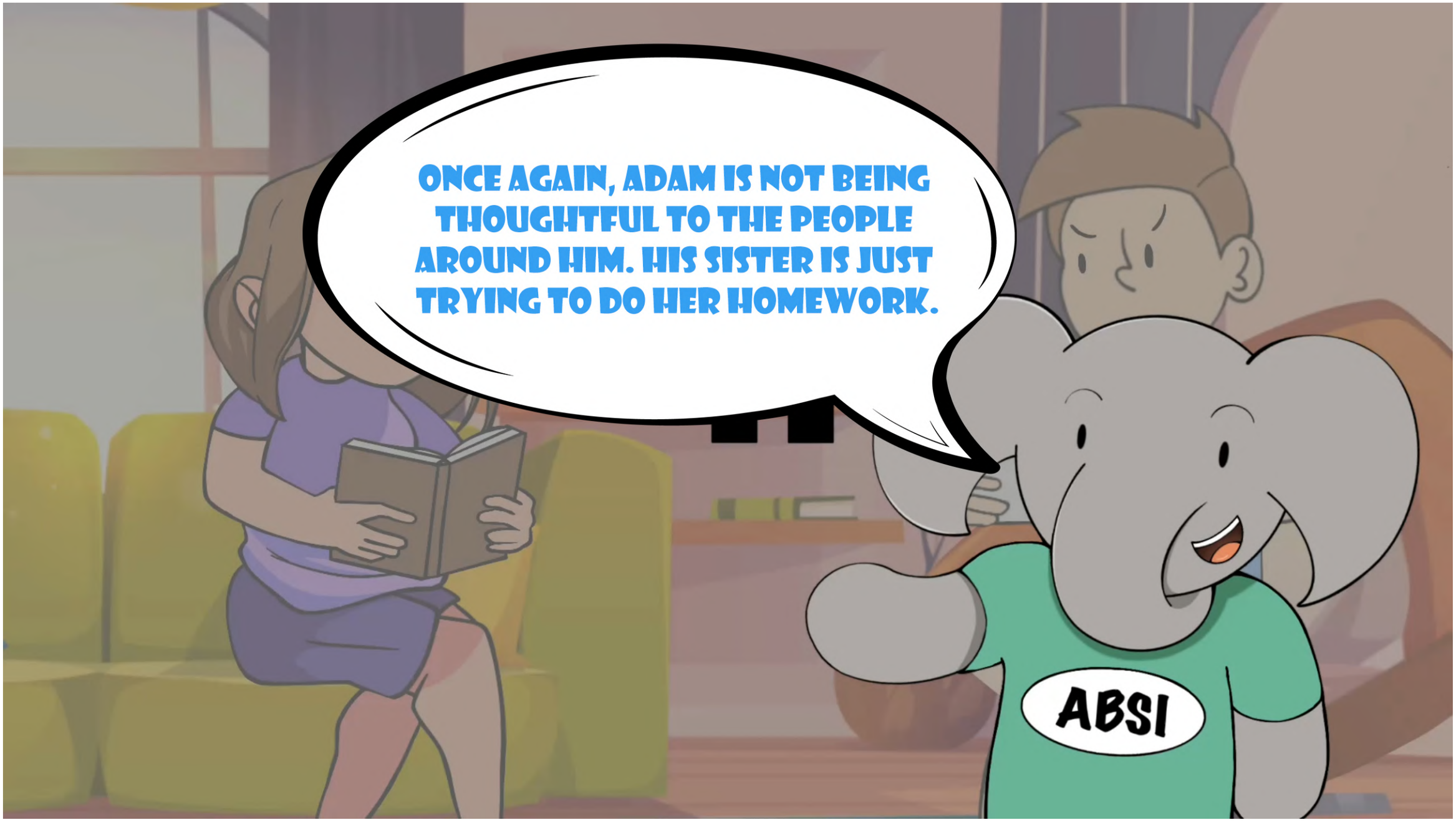

I'M SORRY.
I'LL GO TO A QUIETER
AREA OF THE ROOM.

WHAT?!?
ADAM,
COULD YOU KEEP IT DOWN?
I'M TRYING TO READ. I'VE GOT TO
WRITE A BOOK REPORT LATER.

SO?
SIT SOMEWHERE ELSE.
I WAS HERE FIRST!


ONCE AGAIN, ADAM IS NOT BEING THOUGHTFUL TO THE PEOPLE AROUND HIM. HIS SISTER IS JUST TRYING TO DO HER HOMEWORK.
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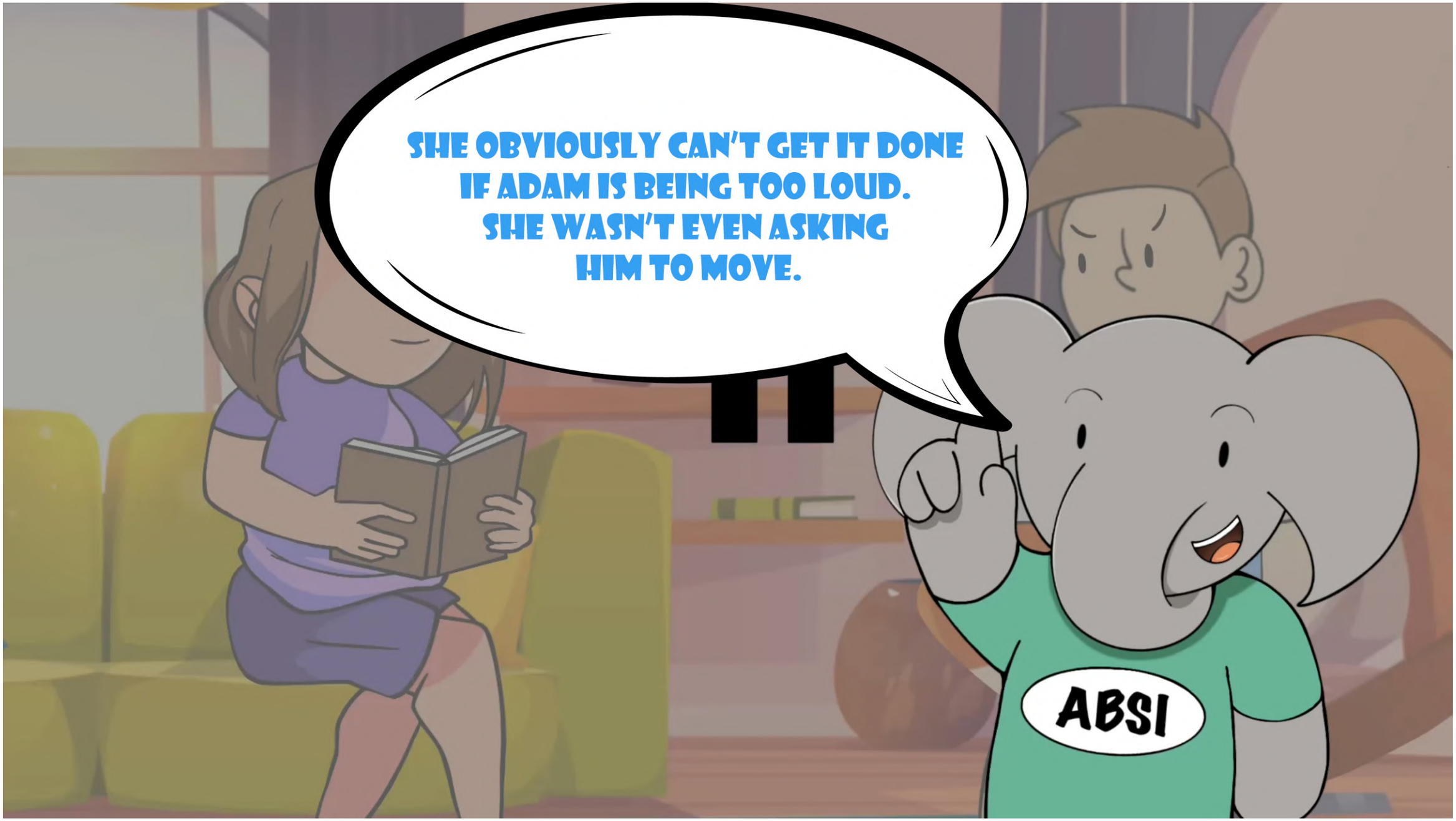
SHE OBVIOUSLY CAN'T GET IT DONE IF ADAM IS BEING TOO LOUD. SHE WASN'T EVEN ASKING HIM TO MOVE.
ABSI

EVEN THOUGH ADAM WAS THERE FIRST, THAT DOESN'T MEAN ADAM CAN BE AS LOUD AS HE WANTS.
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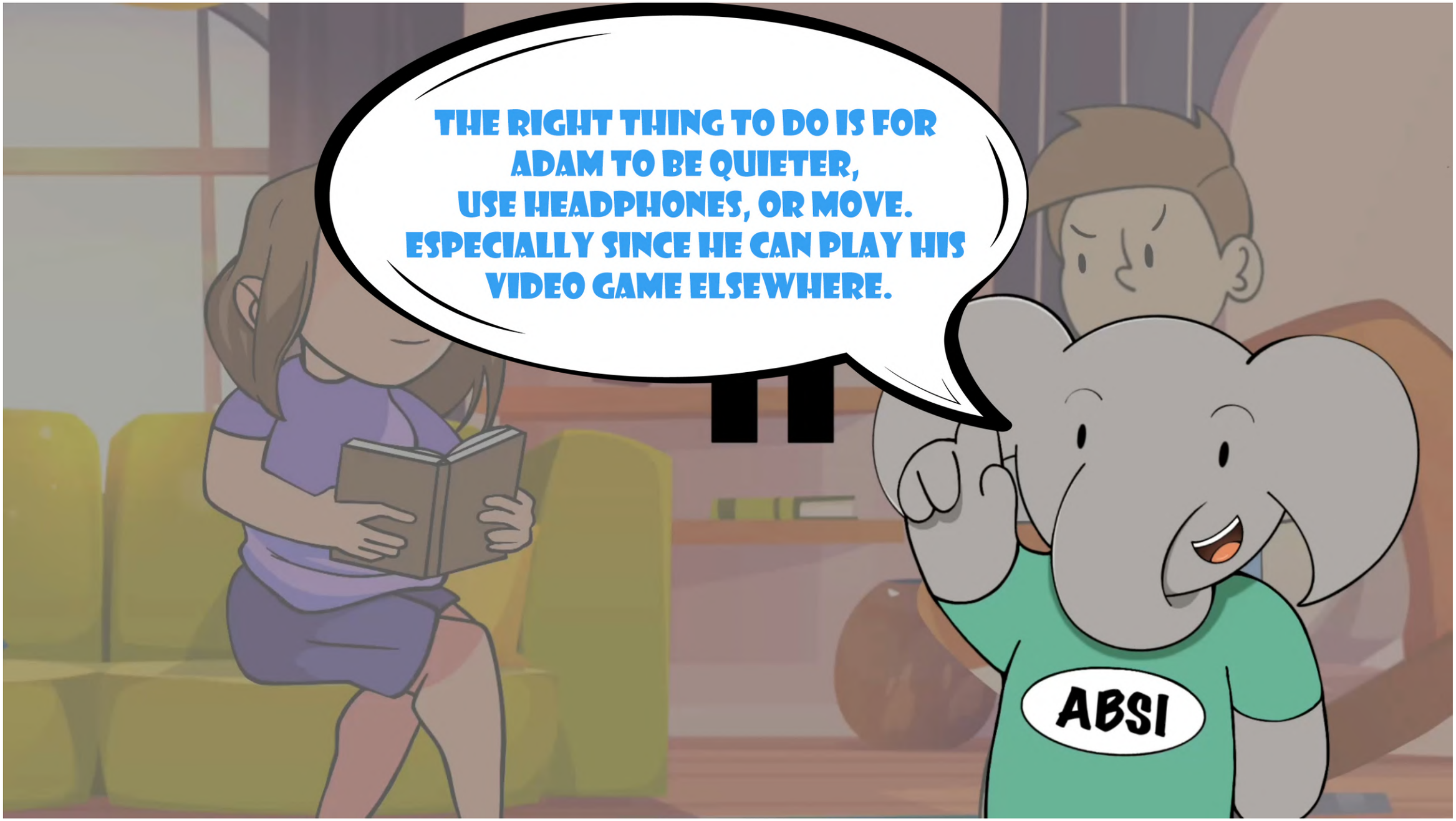
THE RIGHT THING TO DO IS FOR ADAM TO BE QUIETER, USE HEADPHONES, OR MOVE. ESPECIALLY SINCE HE CAN PLAY HIS VIDEO GAME ELSEWHERE.
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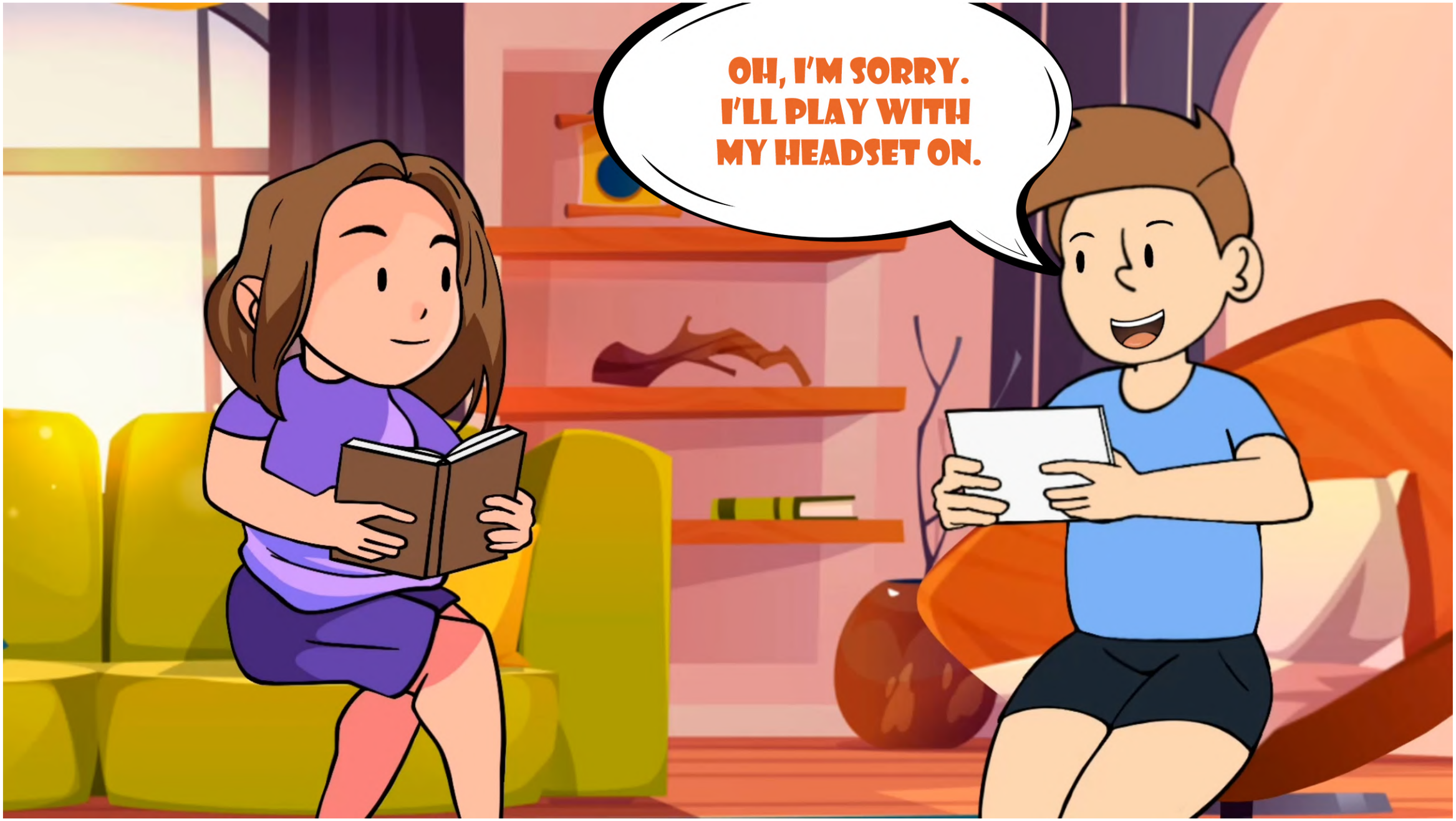
OH, I'M SORRY. I'LL PLAY WITH MY HEADSET ON.

THANK YOU, ADAM.

ADAM DID A LOT BETTER IN THAT SCENARIO. THE ROOM WAS QUIET, AND WHEN HE WAS TOO LOUD ANDREA POINTED THAT OUT TO HIM.
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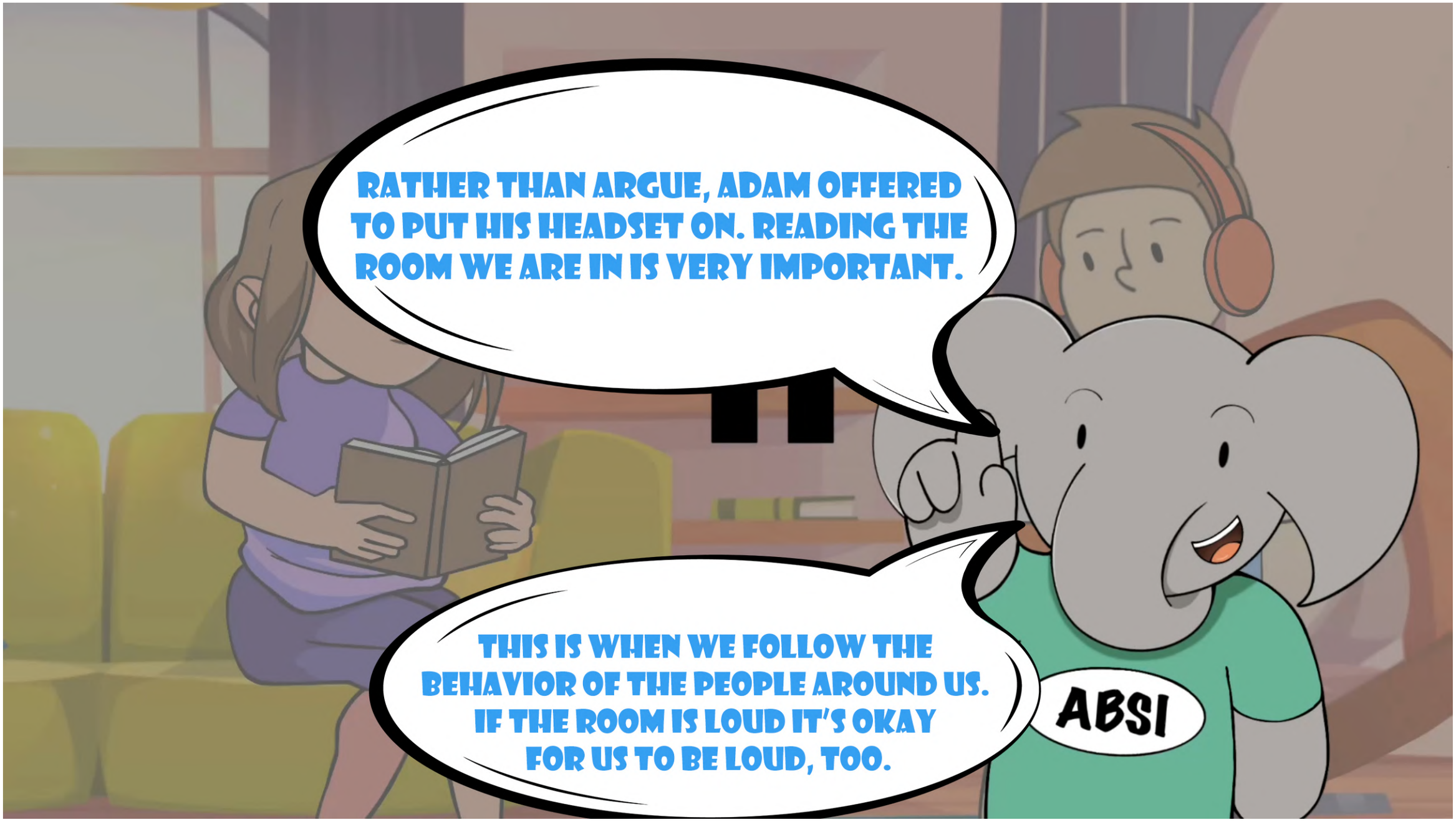
RATHER THAN ARGUE, ADAM OFFERED TO PUT HIS HEADSET ON. READING THE ROOM WE ARE IN IS VERY IMPORTANT.
THIS IS WHEN WE FOLLOW THE BEHAVIOR OF THE PEOPLE AROUND US. IF THE ROOM IS LOUD IT'S OKAY FOR US TO BE LOUD, TOO.
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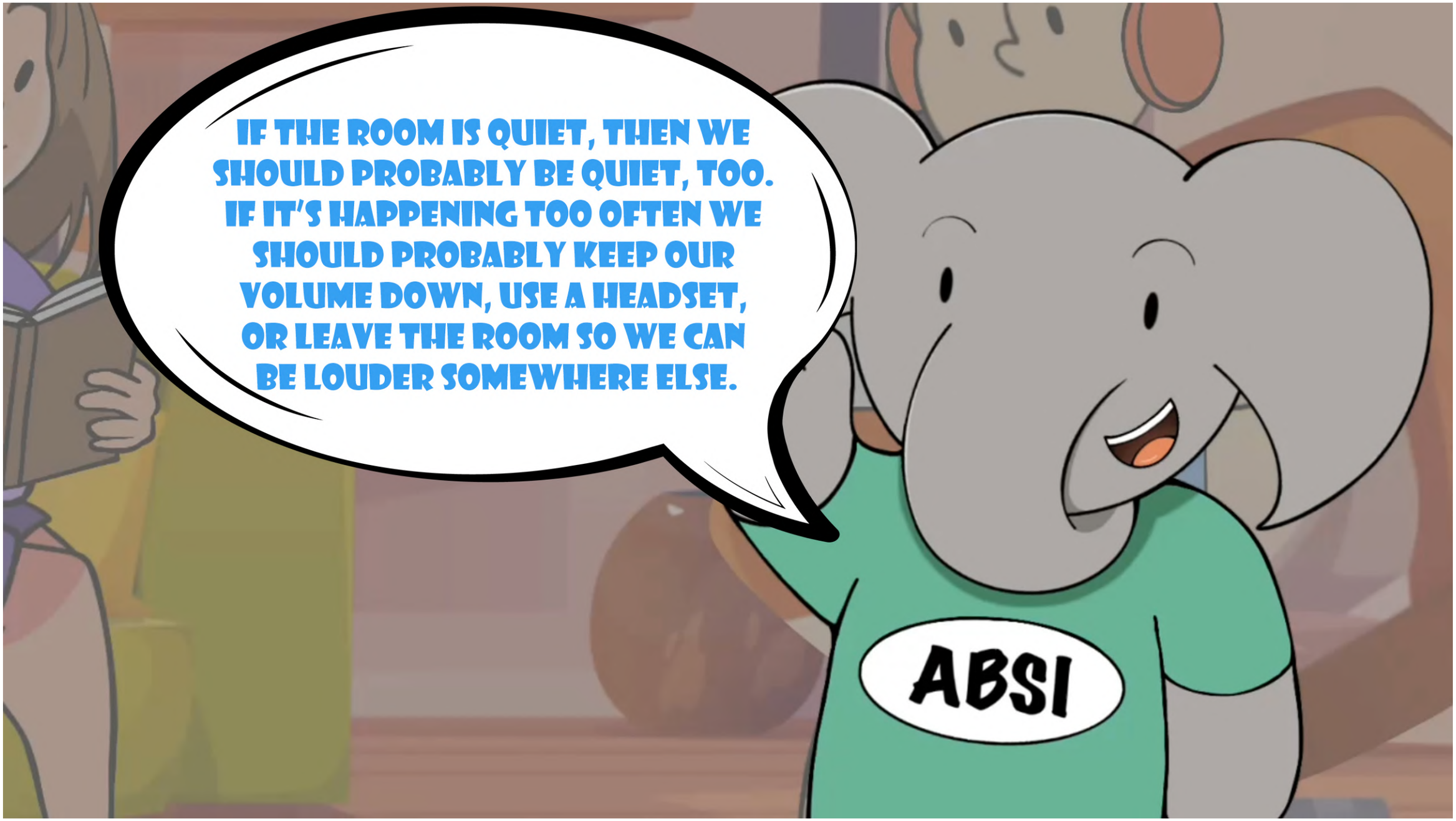
IF THE ROOM IS QUIET, THEN WE SHOULD PROBABLY BE QUIET, TOO. IF IT'S HAPPENING TOO OFTEN WE SHOULD PROBABLY KEEP OUR VOLUME DOWN, USE A HEADSET, OR LEAVE THE ROOM SO WE CAN BE LOUDER SOMEWHERE ELSE.
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WH Questions

1) At the start of the story, is Adam being too loud or too quiet?

2) How does he respond at first when Toby and Andrea ask him to “keep it down”?

3) What are some ways Adam can “keep it down” and not bother others when he is being loud?

For More Resources
and Information please visit:

www.autismbehaviorservices.com

For More Information on
Autism or Careers in autism please contact:

1-855-581-0100

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