

BEST PRACTICES GUIDE

INTRODUCTION

Creating an inclusive and supportive learning environment for students with autism is essential for their academic and social development. This best practice guide presents effective strategies that schools can implement to improve the educational experience of students with autism. These strategies focus on personalised support, structured routines, sensory-friendly environments, and support for social inclusion.

DESCRIPTION OF IMPLEMENTED STRATEGIES

To support students with autism, schools can implement the following key strategies:

1. Individual Learning Plans (ILP) - each student with autism should receive a personalised learning plan that takes into account their strengths, challenges and specific needs.

MODULE 1

AUTISM SPECTRUM





- 2. Structured routines and visual schedules** – classrooms should follow a predictable routine supported by visual schedules to reduce anxiety and improve task management.
- 3. Sensory-friendly classrooms** - schools can create quiet spaces, provide noise-cancelling headphones and use soft lighting to accommodate sensory sensitivity.
- 4. Social skills training** - students should participate in structured peer interaction programmes, including buddy systems and social stories, to develop communication and socialisation skills.
- 5. Training teachers and staff** - All teachers and support staff should receive training in autism awareness, communication techniques and de-escalation strategies.
- 6. Involvement of parents and the community** - Schools should work with parents and autism specialists to ensure consistency between the home and school environments.

RESULTS AND IMPACT

- **Improved academic performance:** Students with autism will show increased engagement and progress in their studies thanks to individualised support.
- **Reduced anxiety and behavioural challenges:** Implementing structured routines and sensory accommodations can lead to a more comfortable learning environment.





- **Increased social integration:** Peer interaction programmes will help students build friendships and feel more included in the school community.
- **Increased confidence of staff:** Teachers and support staff will show greater confidence in effectively supporting students with autism.
- **Positive feedback from parents:** Families will notice improvements in their children's communication and behaviour, leading to closer cooperation between home and school.

CONCLUSIONS AND RECOMMENDATIONS

Implementing structured support strategies will significantly improve the educational experience of students with autism. To further increase integration, schools should:

- Continue to train staff in autism-friendly teaching techniques.
- Expand access to sensory-friendly spaces and flexible learning environments.
- Ensure cooperation with families and specialists.
- Support peer education programmes to promote understanding and acceptance.

By adopting these best practices, schools can create an inclusive and supportive environment in which all students, regardless of neurodiversity, can thrive academically and socially.