

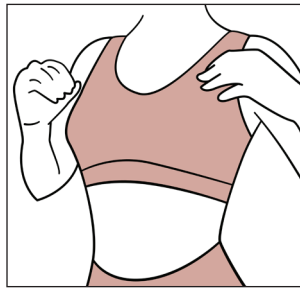
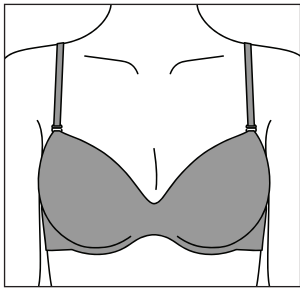


Dylan

Plans Actions to Manage Appearance (SCS.2)

Social Narrative

***DIRECTIONS:** Cut out each page & assemble a book. Read with student during life skills instruction & prior to times she would need to wear a bra.



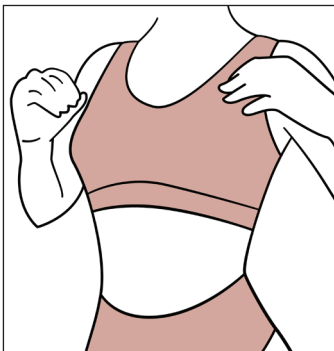
Wearing a Bra

-1-



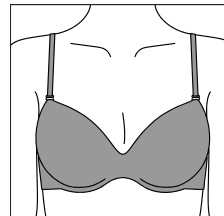
As I get older my body changes, I am growing from a girl to a young woman.

-2-



Part of growing into a woman is making sure my body is taken care of. Teenage girls and women wear bras to support their chest.

-3-



There are different types of bras, like traditional bras or sports bras. My mom will help me find the one that is most comfortable for me. At first it might be uncomfortable to wear a bra, but I will get used to it.

-4-

Plans Actions to Manage Appearance (SCS.2)

Social Narrative

***DIRECTIONS:** Cut out each page & assemble a book. Read with student during life skills instruction & prior to times she would need to wear a bra.



When I'm in public (like school, the store or with my friends) I need to wear a bra. When I am in private (like at home, in my bedroom, in the shower) I don't have to wear a bra.

-5-



I will always wear clothes over my bra, no one should see my bra. If I need help with my bra I can ask my mom or trusted female adult.

-6-

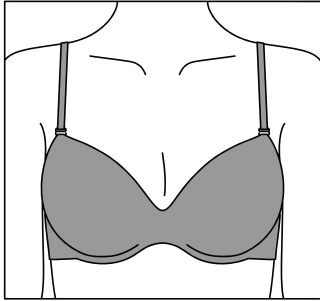


Wearing a bra is okay. It is a part of growing into a young woman, it is my responsibility to take care of my body.

-7-

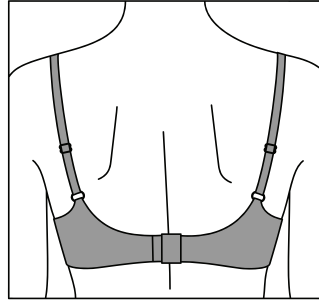
Visual Task Analysis

How to Put on a "Traditional" Bra



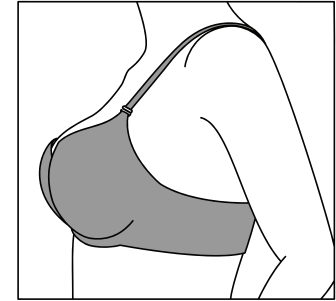
Step 1: Unhook bra & put over your shoulders, with the cups on your chest.

- Tip-Lean forward a little, it helps make sure the cups fit.



Step 2: Stretch the back bands & put the hook & clasp together

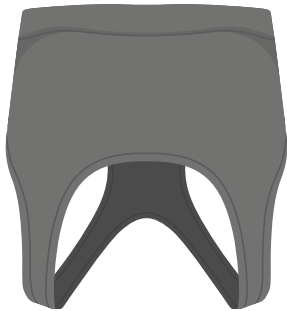
- Tip- Find the hook set that is most comfortable for you



Step 3: Adjust straps as needed

- Tip- A good fit for a bra means you can put 2 fingers under the straps easily

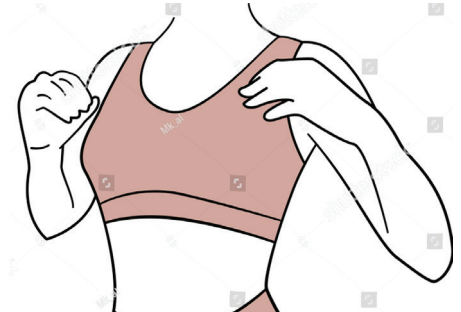
How to Put on a Sports Bra



Step 1: Hold bra upside down, by the band, cups facing you



Step 2: Stretch the band with your hands & bring up to your elbows



Step 3: Lift arms up and stretch the sports bra down until it rests on your shoulders

- Tip-Make any adjustments to the straps, band or cups to make it fit comfortably