

A Social Story

BRAVE IN THE BATHROOM

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Sometimes when I am away from home, I need to use a public restroom. Public restrooms are in places like stores, restaurants, parks, and schools. Lots of people use them every day. It is important to go when you feel the urge.

PUBLIC BATHROOMS CAN HAVE SOUNDS THAT ARE LOUD OR SURPRISING.



- **Toilets can flush loudly: WHOOSH! Sometimes they flush by themselves.**



- **Hand dryers can be very loud: RRRRRR!**



- **Sinks and water can make splashing sounds.**

These sounds might surprise me, but they cannot hurt me. They only last a short time.



I CAN BE READY FOR THE LOUD SOUNDS.

- **I can cover my ears with my hands.**
- **I can wear headphones or earplugs if I have them.**
- **I can take a deep breath and know the sound will stop soon.**
- **A grown-up can warn me before a toilet flushes by saying, “Flush coming!”**
- **My parents can carry sticky notes/ covering the sensor on an automatic flushing toilet, to flush when I am ready**



PUBLIC BATHROOMS CAN HAVE SMELLS.

Some smells might be strong or yucky. I can:

- **Breathe through my mouth instead of my nose.**
- **Plug my nose gently with my fingers.**
- **Remember the smell will go away when I leave.**



**PUBLIC BATHROOMS CAN
LOOK AND FEEL
DIFFERENT FROM HOME.**

- **The floors and walls might be a different color.**
- **The lights might be bright.**
- **I might need to wait in a line. That is okay.**

HERE IS WHAT I DO, STEP BY STEP:

1. I go into a stall and lock the door.
2. I use the toilet.
3. I flush (or a grown-up can help). I can cover my ears!
4. I wash my hands with soap and water.
5. I dry my hands. If the dryer is too loud, I can use a paper towel instead, or cover one ear while drying.
6. I am all done!





**If I feel upset, I can ask for help.
I can say, “This is too loud,” or “I need a break.”
My grown-up will help me feel calm.**



**When I am finished, I did a great job!
Using a public bathroom can be tricky, but I used my tools and
stayed calm. I can be proud of myself.**