



**autism**  
oxford uk

NDC Post  
Diagnostic  
Workshop

**Camouflaging**

Week 8

Hello my name is.....

Chloe



Morwenna

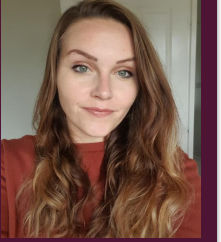


# Recap and Check-in



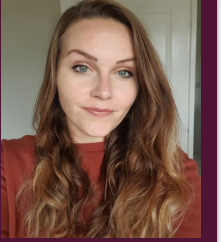
- How was week 7 – Sleep?
- How is everyone feeling?
- Any positives or learning points in the last week?
- It would be great if people want to share things as we go along.
- Remember this is a safe confidential space.

# What is camouflaging?



- **Suppressing autistic/ADHD traits.**
- **Used mostly as a survival tactic due to fear of standing out.**
- **Avoiding detection**

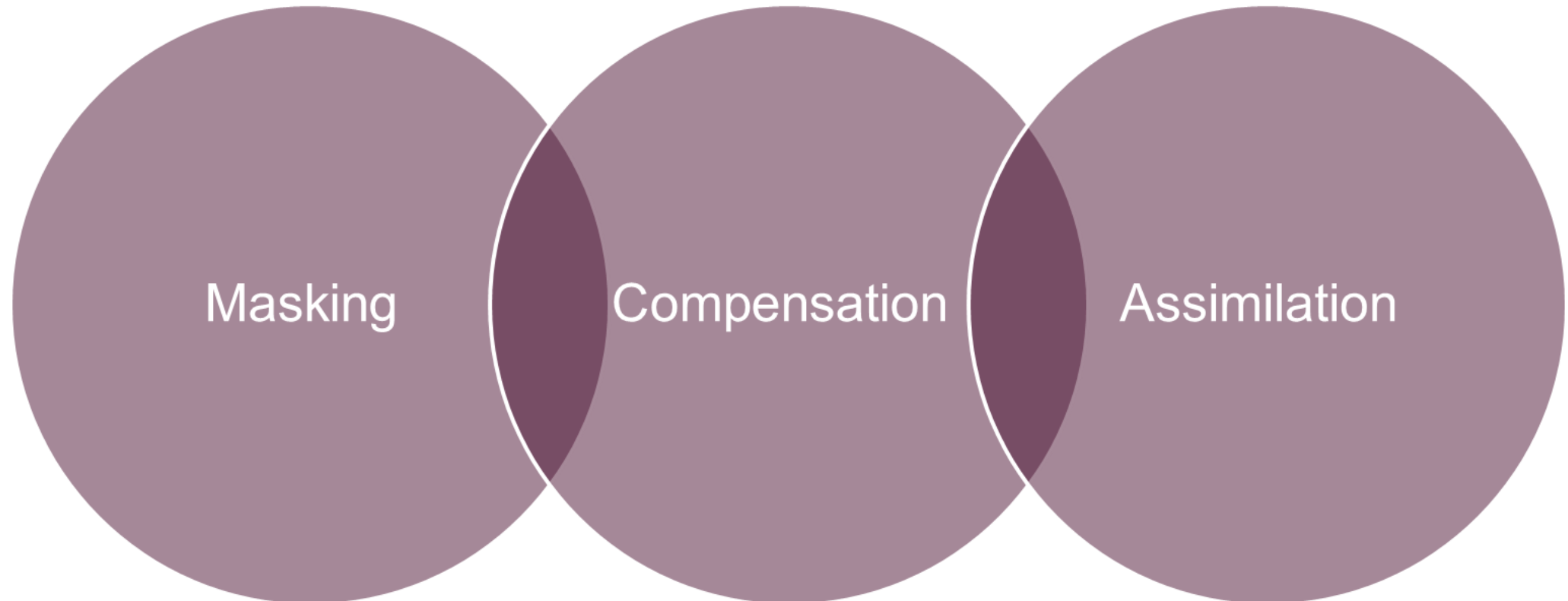
# What is camouflaging?



- **Imitation of others**
- **Hiding true self**
- **Used to blend in**



# The different types of camouflaging



# Masking



- **Hiding or suppressing your Autistic or ADHD traits**
- **Putting on an act**
- **Being consistently aware of own tone of voice, speed of speech, facial expression and body language**

# Assimilation



**Trying to fit  
in**



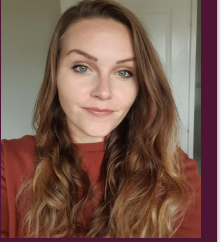
**Mimicking/  
mirroring  
others**

**Adopting words and  
phrases from people  
around us or TV/film**





# Compensation

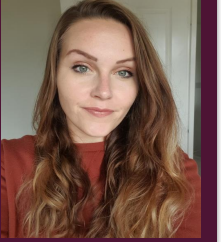


- **Finding a way around things that you naturally find difficult**
- **This could be forcing yourself to make eye contact**
- **Participating in small talk but unsure of what to say or how to respond in conversation**



# What are the risks of camouflaging?

# What are the risks?



- **Fatigue and exhaustion**
- **Feeling withdrawn**
- **Constantly feeling on guard**

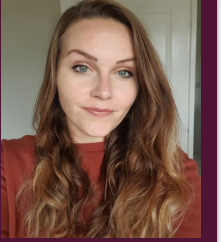
# What are the risks?



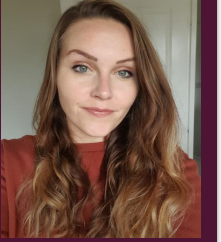
- **Externalising and internalising emotions**
- **Meltdowns and shutdowns**
- **Burnout**



# What are the risks?

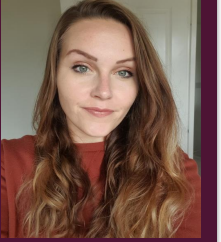


- **Loss of self-identity**
- **Greater exposure to mental health conditions**



**Is camouflaging always a bad thing?**

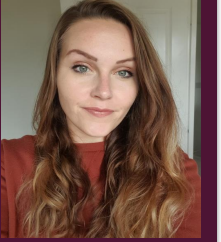
# When to use camouflaging



**Camouflaging can be a great resource and tool for autistic / ADHD individuals if used correctly and it needs to be a conscious choice to use it instead of survival tactic.**



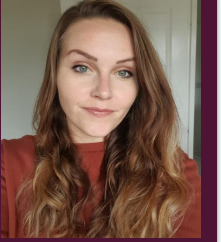
# When to use camouflaging



**Things for your children to ask themselves....**

- **Will I benefit from camouflaging in any way?**
- **Do I feel safe?**





# How can you support your child?

# Supporting your child



- **Recognising situations and environments where camouflaging may happen**
- **Sensory breaks to avoid overwhelm**

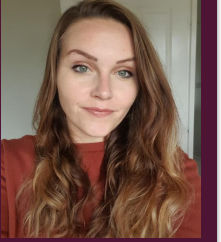
# Supporting your child



- **Allow some time alone for decompression after school**
- **Talk about camouflaging and celebrate their neurodivergent identity**



# Supporting your child



- **Share your own feelings to encourage self-awareness**
- **Implement a self-care routine**
- **Practice self-care yourself to set the standard**

# Top tips



- **Encourage self-care and rest**
- **Practice setting boundaries**
- **Requesting accommodations and asking for support**



# Top tips



- **Understanding which people are safe people**
- **Recognise their strengths**
- **Embracing the neurodivergent community**

# Useful links



- <https://www.theminiadhdcoach.com/post/adhd-how-it-can-be-masked>
- <https://kids.frontiersin.org/articles/10.3389/frym.2019.00129>
- <https://autisticgirlsnetwork.org/keeping-it-all-inside/>
- <https://www.pbs.org/parents/thrive/simple-self-care-habits-for-kids>
- [https://blackwells.co.uk/bookshop/product/9781787755482?gC=5a105e8b&gclid=EAlaIQobChMI89Xvg8Wb-QIVCLrtCh3RbwwPEAQYAyABEgKSY\\_D\\_BwE](https://blackwells.co.uk/bookshop/product/9781787755482?gC=5a105e8b&gclid=EAlaIQobChMI89Xvg8Wb-QIVCLrtCh3RbwwPEAQYAyABEgKSY_D_BwE)



**Thank you**