Sample Social Story

Here is an example of a social story:

My name is Charlie. I go to the bathroom like my mom and dad. I can pee and poop in the toilet. It is a good idea to sit on the toilet to poop. It can take a long time. Sometimes when you poop it makes a noise. It is like a splash because it is going into the clean water in the toilet. If I hear the splash I just know everything is good and say “That’s OK!” The water in the toilet might splash me a little bit. That is OK too. It is only water. When that happens I can just wipe myself with toilet paper. I can say, “Help” if I need someone to help me wipe. When I am finished pooping I can wipe myself and put the paper in the toilet. If I have trouble I just call an adult to help me. After I wipe, I pull up my pants and wash my hands. Going to the toilet is part of growing up!