

Autism Hub

making a difference

Autism and demand avoidance

Featured resources

Research

[Teacher perspectives on the signs and helpful strategies for anxiety in autistic students](#)

Raising Children Network

[Recognising, understanding and managing emotions: autistic children and teenagers](#)

inclusionED

[Harnessing student interests](#)
[Modelling emotional literacy](#)



I CAN Network

[Work avoidance](#)
[cognitive overload](#)

Autism Awareness Australia

[Pathological demand avoidance](#)

Student Wellbeing Hub

[Understanding emotions and behaviour of autistic children](#)
(Video)

Did you know?

Anxiety could be underpinning an autistic student's avoidance of tasks and expectations. Learn more about the impact of anxiety here:

[Autism Connect - autism and anxiety summary.pdf](#)

Who else can help?

Using a **multidisciplinary approach** to support autistic students is recognised as good practice. Consider the involvement of an **occupational therapist** to explore the barriers and enablers to engagement for autistic students.

Have you tried...

Whole class adjustments such as visual schedules and supports; accessible quiet working spaces within the classroom; technological tools to support organisation and handwriting demands.

