

The Social Filter

A filter is something that allows clean or good material to pass through it and blocks the dirt or germs. Look at the image below. Filters are used to clean drinking water. The dirty water goes through the filter and the dirt and germs get trapped resulting in clean water.



Everyone has an invisible 'filter' in the front part of his or her brain. Our brains have a **SOCIAL Filter**. This is a thinking skill that most people can control without even realising it. <u>The Social Filter helps us to say words and do actions that make others have good thoughts about us.</u> It is ok to have unkind thoughts sometimes, but we should keep them in our head to protect other people's feelings.

REMEMBER: We do not always say out loud what we are thinking.





When your Social Filter is ON, you use kind and friendly words and think about how others might feel.

When your Social Filter is OFF, you are not trying to protect others' feelings and you might embarrass yourself.

This person put the thoughts through their Social Filter so only friendly words came out and their friend is happy. Their social filter holds the unkind thoughts in their head.





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