

The Incredible 5-Point Scale and Other 5-Point Scale Resources

The resources reviewed in this presentation are authored by Kari Dunn Buron and/or Mitzi Curtis. They are special education teachers from Minnesota. They have over 20 years of classroom experience and are currently working as Autism resource specialists, supporting students with Autism Spectrum Disorders (ASD) and their teachers within the classroom. These resources specifically target the social cognitive disorder present in ASD and in helping students understand where and why social interactions sometimes fall apart.

Promoting Social Understanding Through the Use of a Scale

- We have all used scales to assist individuals to rate their anger, feelings or pain.
- Doctors use pain scales with their patients, therapists use anxiety scales with clients; these practices are extremely useful in assisting individuals to identify what they are experiencing.
- The reason scales are so useful is that it gives individuals a concrete way to describe their feelings.
- It is no wonder that this same concept is so effective and useful in assisting individuals with ASD in identifying their emotions within social interactions.
- There are a two main reasons number rating scales work with individuals with ASD.
 - The scales are visual which increases understanding for all individuals as well as those with ASD.
 - They reduce abstract ideas to simple numbers which matches one of the major learning characteristics of individuals with ASD.

Which Individuals Most Benefit From The Use of Scales?

- In the beginning of this book, the authors site that they initially began using the 5-point scale with predominantly students with Autism.
- They found however, that through their work with a variety of students that the 5-point scale worked with many other students with other identified issues. Some are listed as follows, but this is by no means a complete list:
 - Tourette Syndrome
 - Obsessive Compulsive Disorder
 - Other Anxiety Disorders
 - Attention Deficit Hyperactivity Disorder
 - Oppositional Defiant Disorder
 - Intermittent Explosive Disorder

5-Point Scale Example Issues

- Voice level – helping an individual modulate the volume and/or tone they are using in different environments and in general. (Ball game as opposed to Church)
- Touching- helping an individual identify the level of touching that is acceptable in different environments and with different types of people. (Family vs. school)
- Obsessions – helping an individual identify and cope with specific obsessions and what they can do to help themselves.
- Meeting and Greeting Others – knowing what types of greetings are appropriate for different settings.
- Anxiety- helping an individual identify their specific anxiety scale and ways to manage it.
- Anger- helping an individual identify their emotional states that lead up to anger that can get out of control and coming up with ways to cope.
- Sadness-helping an individual identify their levels of sadness and figure out what strategies would most help them to express and move through these feelings.

Case Example

Abby's Physical Therapy Scale

Rating	Looks like? How do you feel?	What makes it better?
5	<ul style="list-style-type: none"> • I can walk, swing and push all day. • I can walk to work. • I can walk to school. • I can walk to the grocery store. 	<ul style="list-style-type: none"> • I can walk, swing & push all day. • I can walk to work and school. • I can walk to the grocery store.
4	<ul style="list-style-type: none"> • I can walk, swing and push for 30 minutes. • I can walk to work. • I can walk to school. 	<ul style="list-style-type: none"> • I can walk, swing & push for 30 minutes. • I can walk to work and school.
3	<ul style="list-style-type: none"> • I can walk, swing and push for 15 minutes. • I can walk to work. • I can walk to school. 	<ul style="list-style-type: none"> • I can walk, swing & push for 15 minutes. • I can walk to work and school.
2	<ul style="list-style-type: none"> • I can walk, swing and push for 5 minutes. • I can walk to work. • I can walk to school. 	<ul style="list-style-type: none"> • I can walk, swing & push for 5 minutes. • I can walk to work and school.
1	<ul style="list-style-type: none"> • I can walk, swing and push for 1 minute. • I can walk to work. • I can walk to school. 	<ul style="list-style-type: none"> • I can walk, swing & push for 1 minute. • I can walk to work and school.

Diving into an Example of a 5-Point Scale

Header: _____ My _____ Scale

Rating Looks like Feels like I can try to

5			
4			
3			
2			
1			

Using Social Stories to Assist Individuals Learn Their 5-Point Scales

- There are times individuals will be resistant to learning from their 5-Point scales that we create together.
- One way to work through this is to use a social story, the idea coming from Carol Gray's work.
- Social stories are written in specific ways using sentences that describe social situations, state the perspectives of the people involved, and gently give direction to the individual.
- They are designed to give individuals more information about a social event or misunderstanding.
- They are great for helping an individual understand their 5-point scale and can be written to further explain and practice the strategies they have identified to help them. (page 6 of book)

Additional Ideas

- Quick reference key ring
- Lanyard
- Pencil wrap
- Desk references
- Voice Meter

A 5 Is Against the Law!

Kari Dunn Buron

- This book is meant to assist teens and young adults learn social boundaries using the 5-Point scale.
- Who will this book help?
 - Teens and young adults who have gotten into trouble because of how they talked to someone or touched someone.
 - Teens and young adults who want to find friends and fit in socially but keep making mistakes that make that really hard.
 - Teens and young adults who have pursued a relationship and the object of their affection has accused them of harassment.

The 5 Point Behavior Scale

- 1 on this scale indicates appropriate, informal social behaviors, such as waving, smiling, and saying "Hi". This is where people first begin to notice each other.
- 2 on this scale indicates reasonable social behaviors, such as eating lunch together, working in a group setting or playing a board game. These behaviors allow for people to get to know one another better.
- 3 on this scale is considered "odd" behavior. This behavior may make others feel uncomfortable or nervous, such as sitting too close to someone or putting your face too close to someone. These behaviors are not against the law, but they could get someone in trouble. For example, getting fired at work or being sent to the principals office at school.
- 4 on this scale is considered scary behavior, such as swearing or staring at others. These behaviors may be against the law and you could most likely get fired from your job or be suspended at school.
- 5 on this scale is physically hurtful or threatening behavior such as hitting someone, or grabbing them in a private place. These behaviors are against the law.

How Age Affects the 5 Point Scale

- This scale can be useful for helping our consumers begin to understand how their behaviors were at one point acceptable and that as they get older, others may perceive the same behaviors as "odd" or scary.
- The "Fred" example: When Fred was in elementary school, he used to touch and smell other student's hair.
- A good activity to work through with your consumer is to think through behaviors you had when you were a child and how those would be perceived now.

Using the 5 Point Scale to Teach Theory of Mind

- Using the 5 point scale, this activity assists consumers in identifying thoughts about various behaviors and their guesses about how someone else perceives the same behaviors.
- First with your consumer identify a list of behaviors, preferably some with which they have had trouble. Next, the therapist and the consumer separately rank where they 'think' each behavior falls (i.e. hitting=5, staring without saying 'hi'=4, etc.). Each person also has to make a "guess" about where the other person thinks the same behaviors rank. Once the scales are completed, comparisons are made.
- The different rankings of behavior allow the consumer to see that not everyone views behaviors in the same way.

The “Hidden Curriculum”

- This a term used to describe the unwritten social rules and expectations of behavior that we all seem to know, but were never taught (Bieber, 1994)
- Some people understand social interactions faster than others.
- Social interactions can be a challenge and the 5-Point Scale can help people understand the “gray” areas. (Page 23 of book)

Additional Resources

- A “5” Could Make Me Lose Control – An activity-based method for evaluating and supporting highly anxious students by Kari Dunn Buron
- Additional examples of ways you can use the 5-Point Scale
- Questions or case review if time allows