Hi, my name is

and I have SELECTIVE MUTISM (SM)

**What is SM?**

Selective Mutism is an anxiety disorder that prevents me from speaking in certain situations and to certain people. I can talk as well as any other ENTER GRADE HERE at home with my mom, dad, and ADD SIBLINGS, but when I am out of my comfort zone, my anxiety creeps in and I can’t speak. You may notice that I might not make eye contact, my body may tense up and freeze, and I may not respond to your question - I want to so bad, but I simply cannot. Please don’t think that I’m being defiant, rude, or that I can’t hear you. I am working very hard to be brave and I ask that you are patient with me. For more information about

Selective Mutism, visit [www.smhelp.org](http://www.smhelp.org)

**MY LIKES:**

**How to Communicate with Me:**

* Show me or tell me your interests, likes,

and dislikes so I can relate to you

* Comment on my clothes, hair, shoes, etc

to give me confidence in myself

* Say Hi and wave to me, but please

don’t expect a response

* Ask me yes/no questions so I can nod my head

until I’m ready to use my brave voice

**To help keep my anxiety low, please DON’T**

|  |  |
| --- | --- |
| * Ask “How are you today?” * Ask Open Ended Questions * Take away privileges if I don’t speak | * Tell others that I CAN’T talk * Force me to answer you * Be loud and use big gestures |