

Learning
about...

MASKING



Bubbles talks about Masking

THE
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OF
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**WHAT IS
MASKING?**



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WHAT IS MASKING?

Sometimes children with SEN try very hard to hide the things that make them different.

They might copy others, stay very quiet, or act the way they think people expect.

This is called **masking**.

Masking can help a child fit in for a little while, but it often takes a lot of energy and can leave them feeling overwhelmed afterwards.

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WHY DO CHILDREN MASK?



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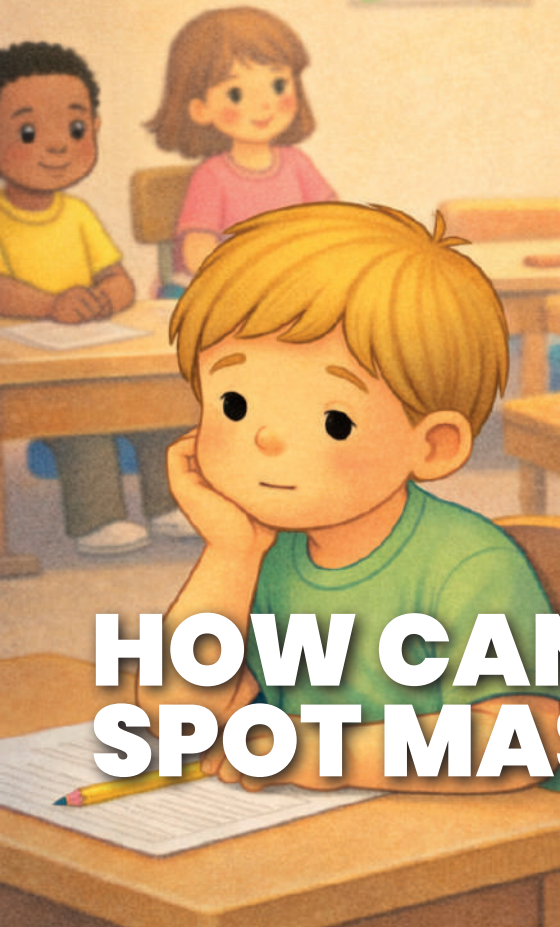
Many children with SEN mask because they don't want to stand out.

They might worry about being told off, misunderstood, or feeling different from their friends.

Masking can feel like the safest way to get through the day.

But children should never feel like they have to hide who they are to be accepted.

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**HOW CAN YOU
SPOT MASKING?**

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HOW CAN YOU SPOT MASKING?

Masking can be difficult to see. A child may seem fine at school or in public.

But you might notice they:

- Are very tired after school
- Have big emotions once they get home
- Copy others closely
- Try very hard to “hold everything in”

Sometimes the children who look the calmest are working the hardest inside.

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WHAT CAN HELP?

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WHAT CAN HELP?

If you think a child might be masking, the best thing you can do is create a safe and understanding space.

Listen to them. Be patient. Let them know they don't have to hide their needs.

Talking with teachers, SEN professionals, or support groups can also help.

When children feel accepted, they no longer need to hide.

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Every child deserves to feel
safe being themselves