

Using a Public Restroom





There are times when I am not home and I need to use the restroom.

The restroom may look different than the one I use at home.

I can use the restroom just like I do at home.

Restroom



Men
Boys



Women
Girls



Men
Boys
Women
Girls

The sign on the door will tell me which door is for the restroom I need to use.

There may be words or pictures. I should only use the one that is made for me.

Sometimes a restroom can be for both men and women.

If I have a question, I can ask a person nearby.



Sometimes there are lines to get into the restroom.

Sometimes there are lines inside the restroom.

I need to wait my turn before I can go.

I knock on the door or the stall to make sure that no one is using the restroom.



The restroom is a private place.

I use the restroom to use the toilet, wash my hands, or check how I look in the mirror.

I don't look at, touch, or make comments to other people while they are in the restroom.

I don't use a public restroom for other things except for using the toilet, washing, or checking how I look.



The restroom may have urinals or stalls.

I should pick one that is not being used by another person.

I close the door when I use the stall.

I can urinate or make bowel movements in the toilet in a stall with the door closed. I can also urinate in the urinal. I make sure that the urine or bowel movement does not get on the floor or wall.

Once I am done, I wipe myself to make sure I am clean. I put the used toilet paper into the toilet bowl. I try not to use too much toilet paper at one time so I don't clog the toilet bowl.

After I am finished, I flush the toilet.



When I am finished going to the restroom, I wash my hands.

The soap will be in a dispenser. I should use only a small amount of soap to wash.

I can use a paper towel to dry my hands.

Sometimes there are fans in the restroom to dry my hands. The fans make noise and feel warm on my skin. I stay calm when I hear this noise. I can keep my hands away from the fan so that it is not too hot.



When I am finished washing and drying my hands, I can look in the mirror to make sure my clothes are on correctly and zippers or fasteners are closed.

When I am finished, I leave the restroom.

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For more information about this program contact: KohlsAutismAwareness@childrens-specialized.org



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