SOCIAL STORIES

Social Story: Having a Haircut

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A simple social story about having a haircut, written for sensory and waiting difficulties as well as the haircut itself.

This is a simple social story you can adapt. Change names, details and wording so they are true for this person. Read it when things are reasonably calm, not only in a crisis. It is a support, not a script the person must perform, and it is not a licensed or official programme. Stop if it adds worry.

Who this is for

Children, young people and adults who find haircuts difficult, and the people supporting them.

What is inside

- How to use the story
- Story pages
- A notes page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

How to use this story

This is a simple social story you can adapt. Change names, details and wording so they are true for this person. Read it when things are reasonably calm, not only in a crisis. It is a support, not a script the person must perform, and it is not a licensed or official programme. Stop if it adds worry.

A familiar person, a quieter time, a home haircut, or short first appointments can all be valid adjustments. Only put in the story what will actually happen.

HAVING A HAIRCUT

I am having a haircut

I am going to have a haircut. A haircut is when someone cuts my hair so it is the length we have asked for.

Haircuts can feel strange because of the sounds, the cape, the touching, or sitting still. It is okay if I find some of this hard.

Where I will have my haircut, and who will go with me

HAVING A HAIRCUT

Arriving

We will go in and tell the person I have arrived, or wait for our turn. I may have to wait a little.

I can look at a book, use a quiet activity, or stand with my adult while we wait, if that is okay in that place.

What helps me while I wait

HAVING A HAIRCUT

Sitting and the cape

I will sit in a chair. The person may put a cape around my shoulders to keep hair off my clothes. I can say if the cape feels too tight or itchy.

I can hold a comfort item if it does not get in the way. I can look at something I like, if that helps me sit.

What I want them to know before they start

HAVING A HAIRCUT

The sounds and the cutting

I may hear scissors, or a clipper, which can buzz. I may feel a comb or water. The person can tell me before a new feeling starts, if I ask.

I can ask for a break. I do not have to keep going if I need to stop. My adult can help me say this.

Sounds or feelings I find hard, and how I will ask for a break

HAVING A HAIRCUT

When it is finished

When the haircut is finished, the cape comes off. Loose hair can be brushed away. I can look in a mirror if I want to, and I do not have to.

Then I can leave and go to the next thing we have planned. The haircut is finished.

What we might do afterwards

Our haircut plan

Where, who, supports, and anything I will change so this stays true

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk family and school resources
- Adapt every story so the facts are true for this person
- This is not a licensed Social Story™ product

> **A reminder about this free pack**
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