

Masking

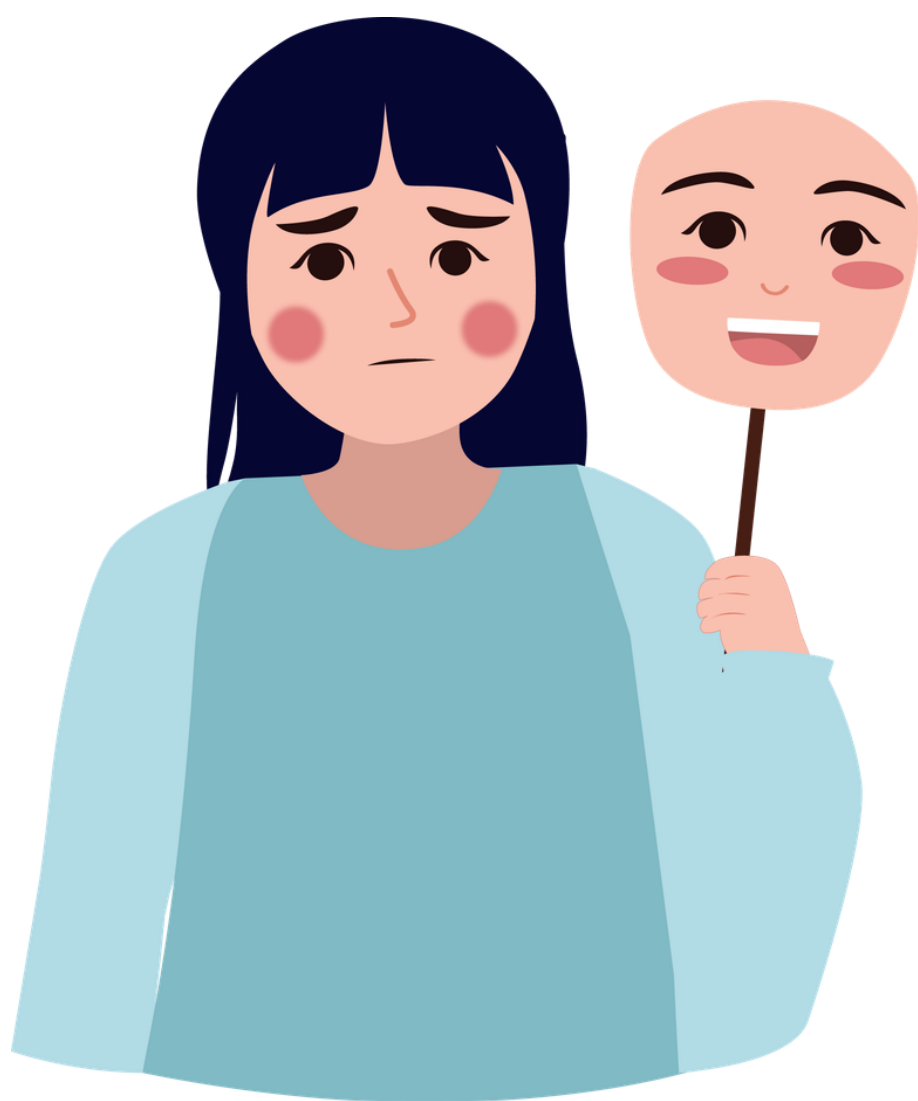
Masking is a strategy used by some autistic people, consciously or unconsciously, to appear non-autistic in order to blend in and be more accepted in society. Masking can happen in formal situations such as at school or work and in informal situations such as at home with family or socialising with friends.

Masking is sometimes referred to as 'camouflaging', 'social camouflaging', 'compensatory strategies' and 'passing'. Research suggests autistic people learn how to mask by observing, analysing and mirroring the behaviours of others – in real life or on TV, in films, books, etc.

Autistic people have described masking as:

- hyper-vigilance for and constant adaptation to the preferences and expectations (whether expressed, implied or anticipated) of the people around you
- tightly controlling and adjusting how you express yourself (including your needs, preferences, opinions, interests, personality, mannerisms and appearance) based on the real or anticipated reactions of others, both in the moment and over time.

[Masking in Autism](#)



Autism in Girls: Autistic girls are often misunderstood – and too often, they go undiagnosed. While boys are more frequently identified, research shows that girls are just as likely to be autistic. The difference? Girls often mask their traits, leading to late or missed diagnoses and missed support.

<https://www.optionsautism.co.uk/support-advice/autism-in-girls/>

How to support Autistic people who mask: <https://www.autism.org.uk/advice-and-guidance/behaviour/masking#How%20to%20support%20autistic%20people%20who%20mask>