

misofriendly classroom suggestions

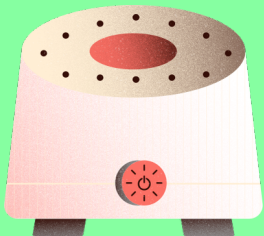
difficulties with diagnosis

- Misophonia isn't specifically listed in diagnostic manuals (yet!).
- IEPs only cover specific disabilities, and misophonia, without a co-occurring disorder, doesn't fit (yet!).
- 504 Plans require that the disability be documented.
- If a student's family is unsupportive, they may not have the authority or resources to advocate for accommodations on their own.



be open to feedback

- Listen to your students' sensory concerns.
- Regularly ask for their input regarding classroom policies.
- Explain why you make a choice beyond "because I said so."



ideas for classroom-wide accommodations

- Play white noise in the background.
- Allow use of earplugs during exams.
- Apply blinders (i.e., folding screens) around desks during exams.
- Give students some agency over their own seating.
- Enact "no gum" and/or "no food" policy in the classroom.
- Create a sensory-safe space in a corner of your classroom where students can work individually.
- Make lecture notes/materials available for students who request them.

teaching adaptive coping mechanisms



- Encourage journaling/expressive writing.
- Introduce mindfulness exercises as a class.
- Model positive self-talk & self-advocacy.
- Introduce students to resources in the misophonia community.
- Lead by example: prioritize rest!

awareness is key. find more information at www.soQuiet.org