

# Address biases, threats, and distractions



## Address biases, threats and distractions



### Vary approaches

- Charts, calendars, cues, routines, previews
- Activities with degrees of risk or surprise



### Vary the social demand required in:

- Speaking in front of others, whole school events
- Assessment activities



### Vary the level of sensory stimulation

- Background noise, visual stimulation
- Pace of work, break-out times, timing of activities

Adapted with permission: UDL Guidelines 3.0, CAST (2024)

### Source:

UDL Guidelines 3.0, CAST (2024)

<https://udlguidelines.cast.org/engagement/interests-identities/biases-threats-distractions/>

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