

Do you know a child

...who can talk freely at home but appears frozen in other settings like at school and out in public?

Do you know a child

...who seems shy and takes a very long time to warm up in a social situation, if at all? Does it seem out of the normal range of shyness you observe in other children?

If so, you may know a child with Selective Mutism

...and you've come to the right place.

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for more information.



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Voices*



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What is Selective Mutism?



Selective Mutism (SM) is best understood as a complex childhood anxiety disorder characterized by a child's or adolescent's inability to speak in one or more social settings (e.g., at school, in public places, with adults) despite being able to speak comfortably in other settings (e.g., at home with family).

These children:

- talk normally in settings where they feel comfortable
- have an actual fear of speaking when there is an expectation to talk
- can "freeze" due to anxiety

Without intervention, over time this can lead to social difficulties and/or isolation.

SM can persist into adolescence and even adulthood if left untreated. However, with diagnosis at a young age, early intervention and effective treatment, **the prognosis for children with SM is good.**



The Selective Mutism Association (SMA) is a 501(c)3 nonprofit organization dedicated to providing information, resources and support to those impacted by a child with the anxiety disorder known as selective mutism.

Whether you are a parent of a child with SM, a teacher of a student with SM, a therapist with a SM patient, or anyone interested in learning more, SMA can help. We are the nation's premier resource for SM information, providing a network of families and treating professionals around the world who uniquely understand the struggles of SM. Stop struggling alone. Start seeking information and new ideas today.



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