Look at the person next to you.

I am good at....

I am scared of...

Think of 3 things that are the same about you and 3 things that are different.

"I am tall"

"I have black hair"

"I have brown eyes"

"I am mathematical"  

"I am artistic"  

"I am musical"

"I can speak Japanese"  

"I am a good speller"

"I am imaginative"

People have different ways of thinking and learning too.

And you may learn different things best in different ways.
Your differences are what makes you you.

Has anyone heard this word before?

We are all different.
Autistic people may experience the world differently to you.

We are all able to cope better with stress one day than another depending on how we are feeling.

This is true of people with autism too and you can help by noticing when people are having a tough time and helping out by being kind.
People with Autism may find different things challenging.

Change makes me anxious. A predictable routine makes me less worried.
I find social situations challenging.

I'm not sure what to say.
I'm not sure what you mean.
I'm not sure what is expected of me.

I often find it hard to understand what people mean.

facial expressions.
body language.
what people say.
I can find it difficult to communicate with other people.

The input from my senses can make me feel overwhelmed.
You may have heard of some of these famous people who are autistic.

- Chris Packham
- Dan Akroyd
- Courtney Love
- Greta Thunberg

Experiencing the world differently:
- Likes to do the same things over and over.
- Finds talking to people difficult.
- Can get scared easily.
- Doesn't like bright lights.
- Doesn't like noise.
- Doesn't like change.
How you can help

“They know to be kind.”

“They wait for each other to calm down and recover.”

Be kind
Give space
Wait

National Autistic Society  World Autism Awareness Week 1-7 April