

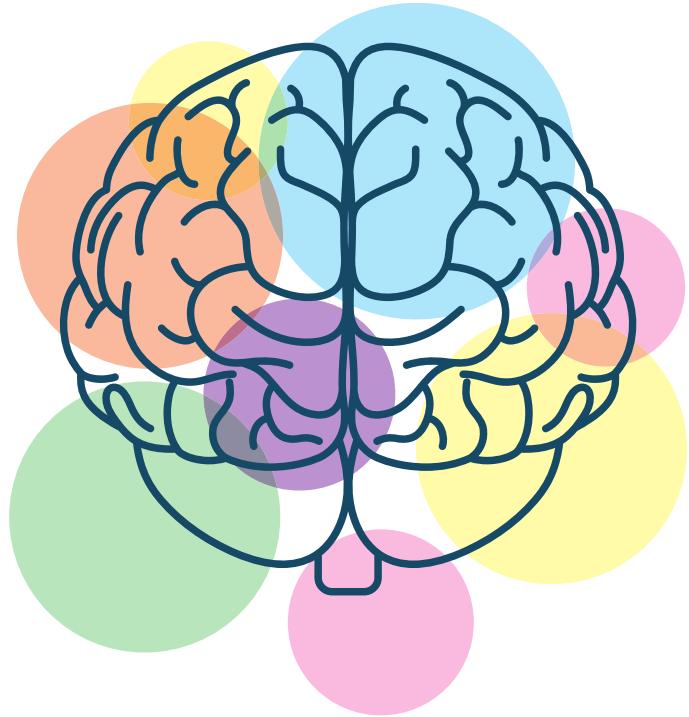


Together for Neurodiversity

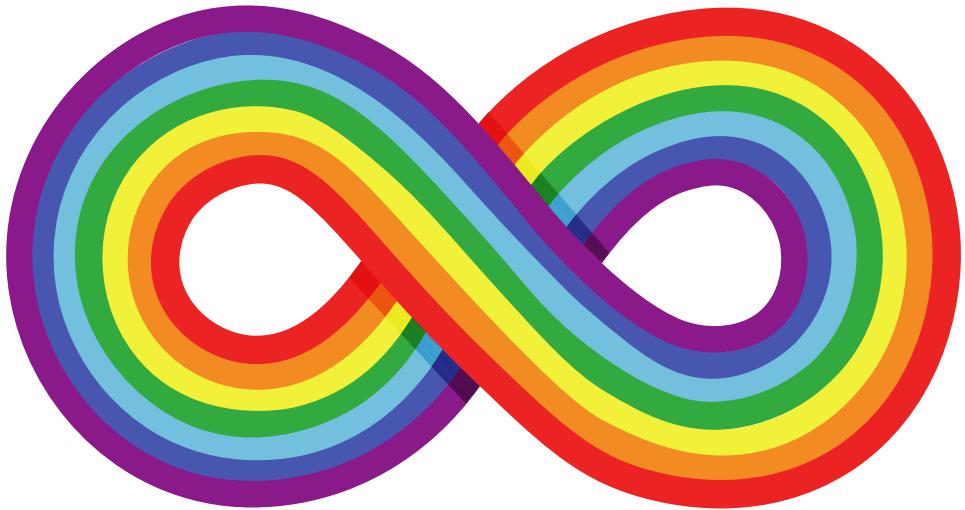
Empowering Futures, Embracing Differences

I am Autistic





I am autistic.
That means my brain
works in a different way—
not better or worse—just
different.
And different can be
amazing.



Autism is part of who I am.
It affects how I understand
things,
how I feel about things,
and how I connect with the
world around me.



I might think deeply about things other people don't notice. I often have special interests—topics I care about a lot and want to learn everything about. That's one of my strengths.

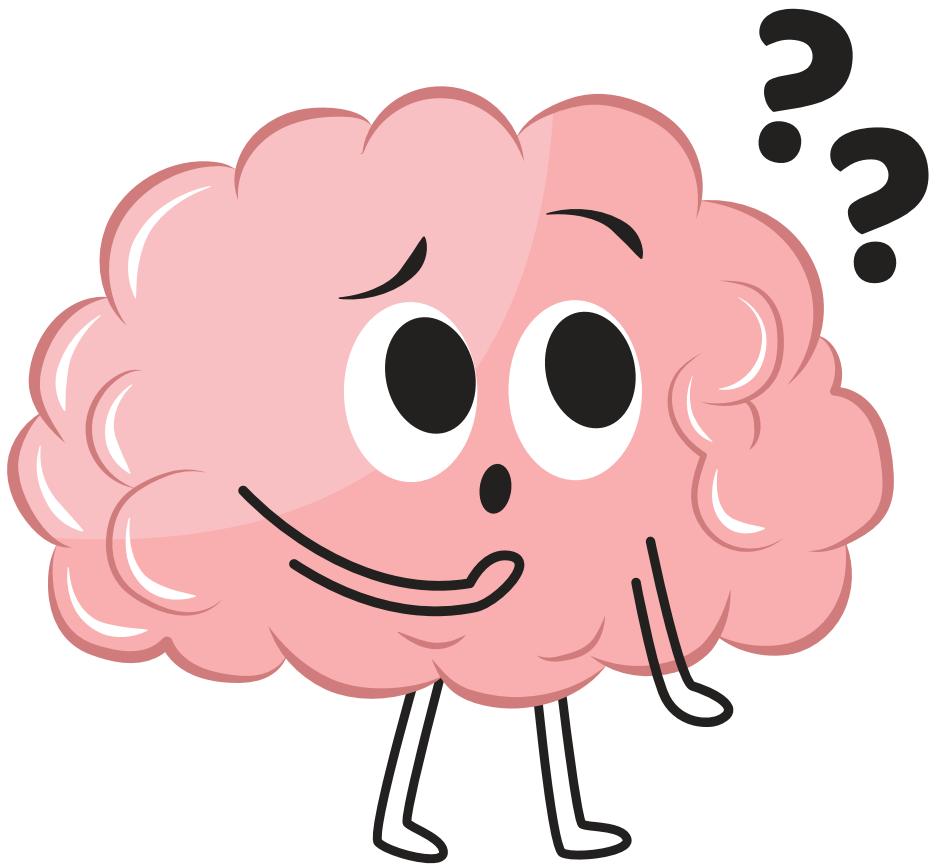


Some things can be difficult for
me.

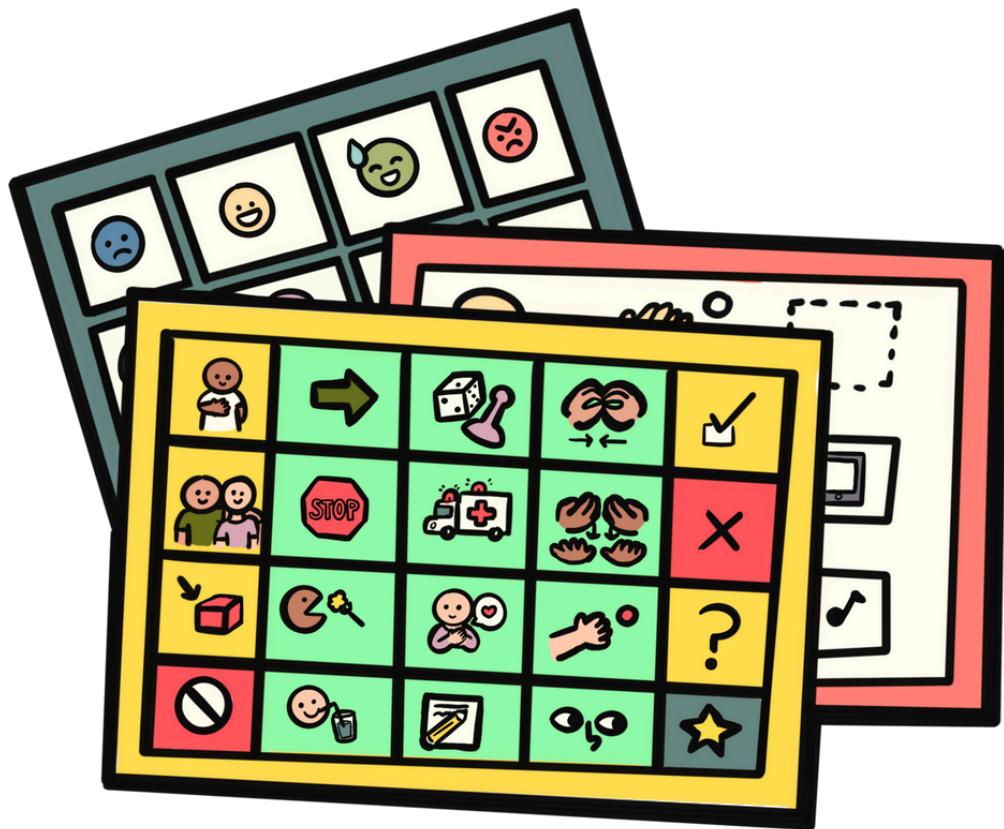
Bright lights, loud noises, strong
smells, or busy places
can feel too much.

This is called sensory overload. It's
not fun.

I might need a break or a quiet
space.



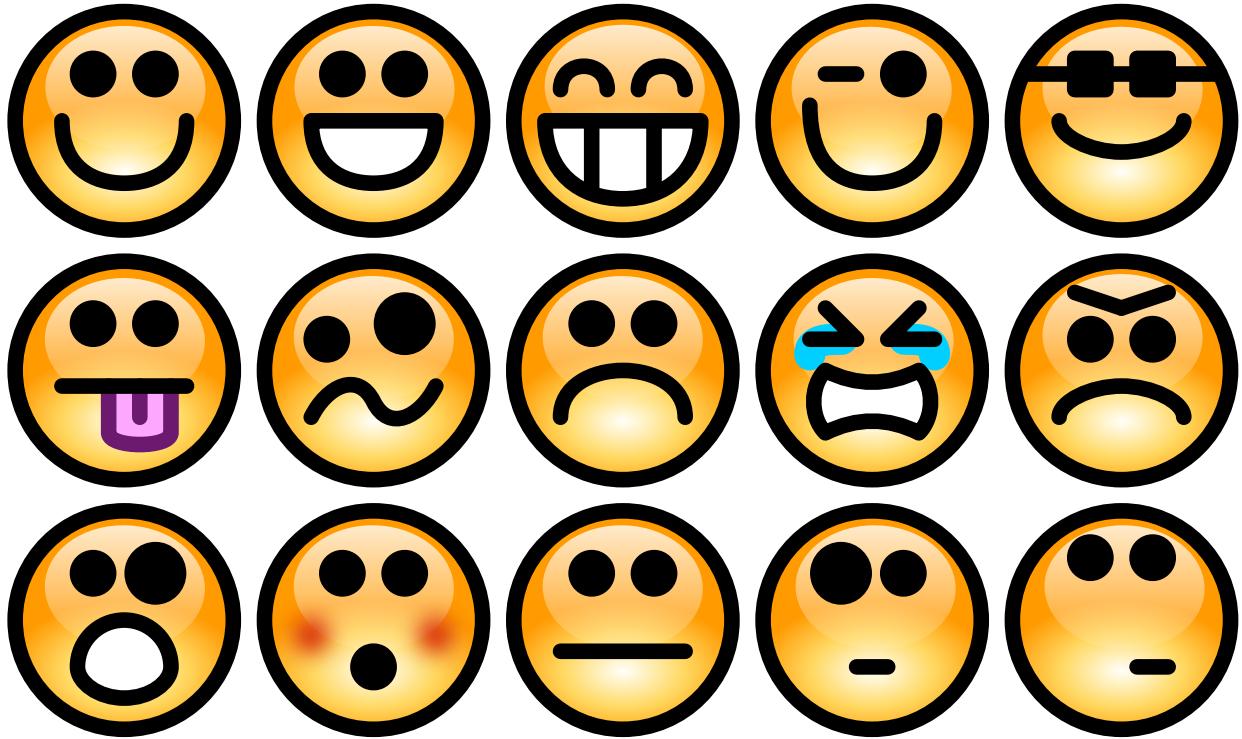
Social situations can be tricky.
I might find it hard to know
what to say,
when to say it, or how someone
else is feeling.
That doesn't mean I don't care—
because I do.



I might not always make eye contact,

or I might communicate differently.

Sometimes I talk with words, but sometimes I use pictures, signs, or a device.



I feel things strongly—sometimes
really happy,
sometimes really overwhelmed.
I might move, flap, bounce, or
fidget to help myself feel better.
These are my ways of coping.
They're called stims.a



I like routines.
Knowing what to expect helps
me feel safe.
Unexpected changes can make
me feel anxious or upset.



Autism isn't something wrong.

It's a different way of
experiencing life.

I don't need to be "fixed"—I
need to be understood,
supported, and accepted.



There are many autistic people
in the world.

We are artists, scientists,
inventors, gamers, writers,
musicians, and more.



I am proud to be autistic.
It's part of what makes
me me.
And I like who I am.