



*Together for Neurodiversity*

Empowering Futures, Embracing Differences

# I am Autistic

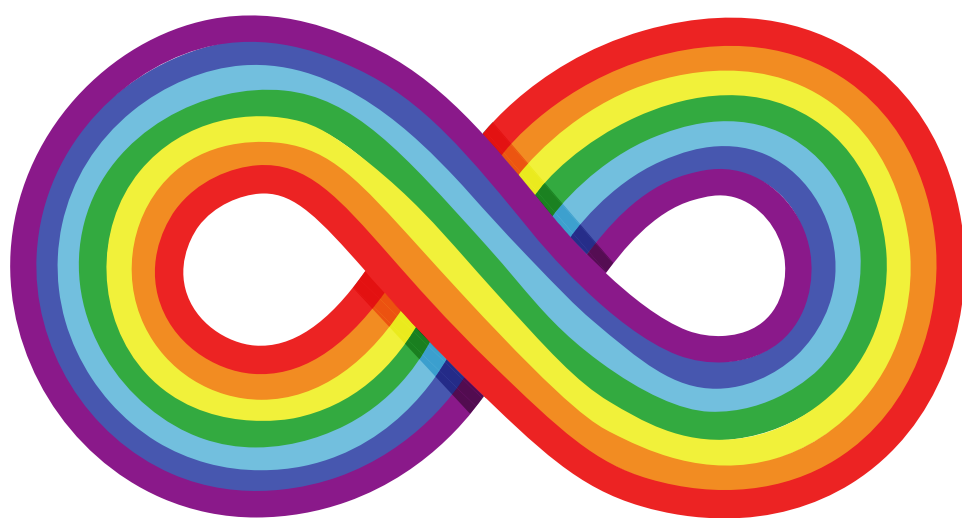




I am autistic.

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.

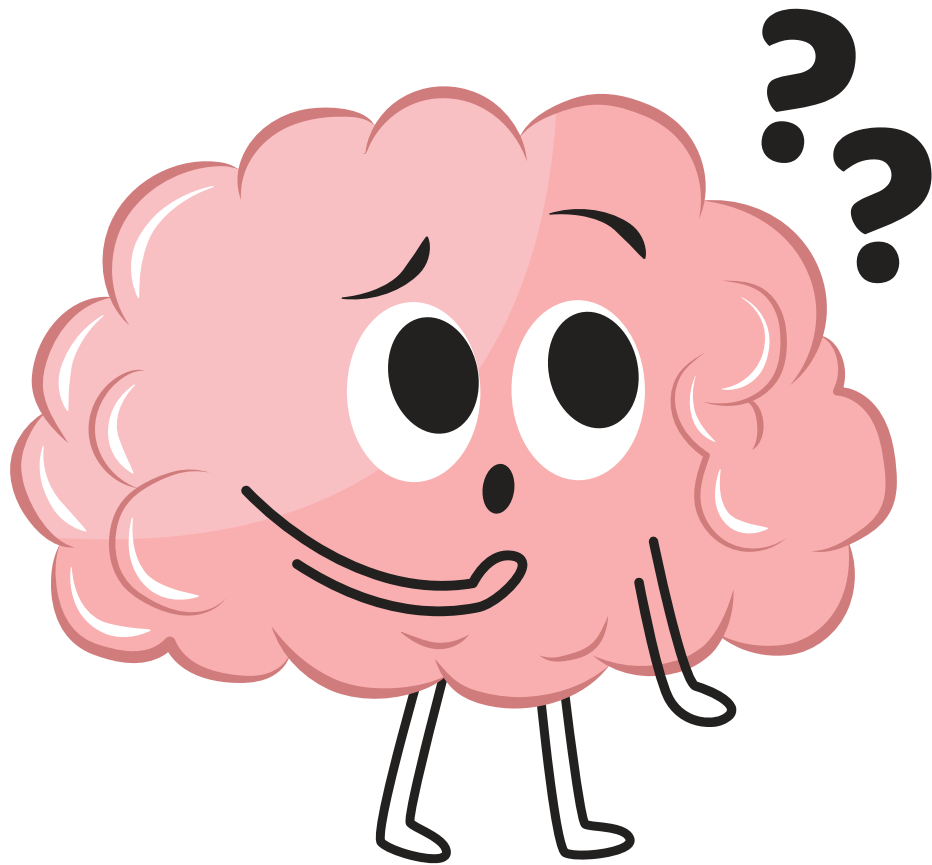


Some things can be difficult for  
me.

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.

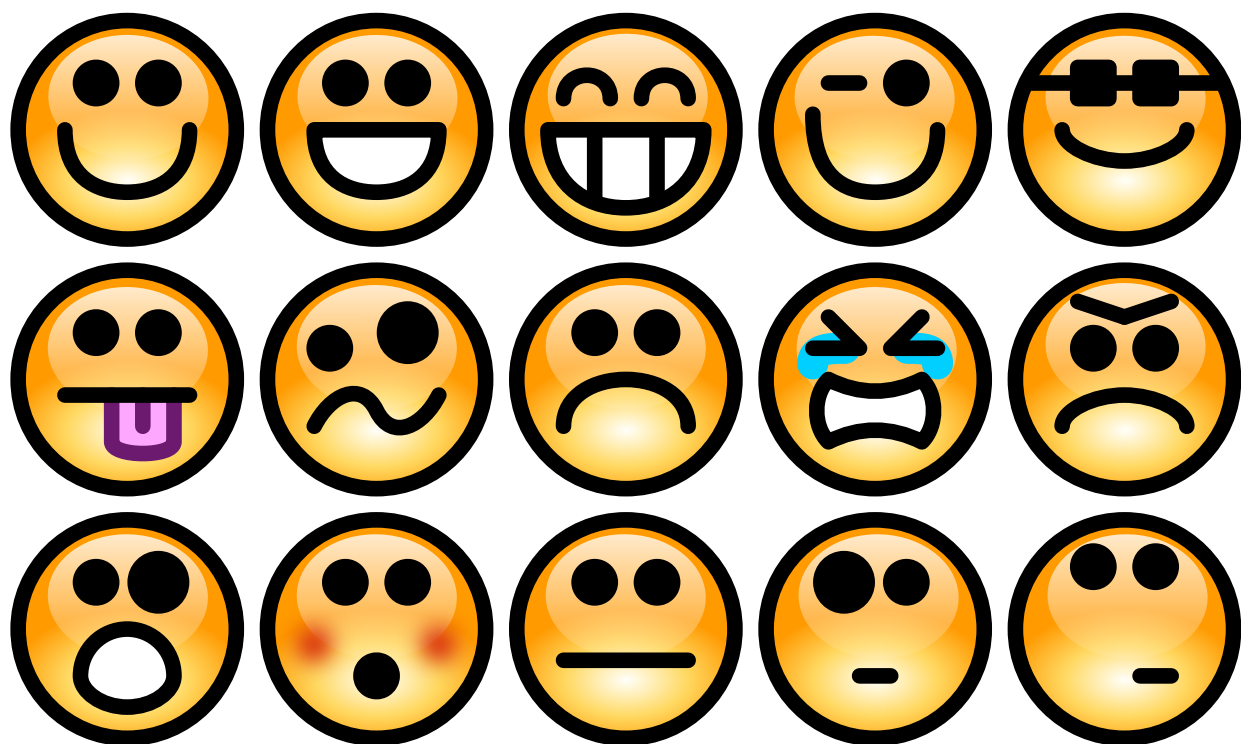


Social situations can be tricky.  
I might find it hard to know  
what to say,  
when to say it, or how someone  
else is feeling.  
That doesn't mean I don't care—  
because I do.



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.