



Together for Neurodiversity
Empowering Futures, Embracing Differences

I am Autistic



What does 'autistic' mean?

Autistic means that your brain works differently from most people's.

It affects how you experience the world, how you communicate, and how you think and feel.

Being autistic isn't something "wrong" with you—it's just part of who you are.



Everyone's experience is different

There's no single way to "be autistic."
Some autistic people are chatty. Others don't use speech.

Some love routine. Some are more flexible.
Autism is a spectrum—every autistic person is unique.






How autism might affect you

You might find loud sounds or bright lights uncomfortable.

- ✓ You may like routines and feel anxious when things change unexpectedly.
- ✓ You might have strong interests you love learning about or doing for hours.
- ✓ Social rules can feel confusing, tiring, or frustrating.
- ✓ You may need time to recharge after being around people.
- ✓ You might move or stim (like fidgeting, tapping, or rocking) to stay calm.

All of these are normal for autistic people. You're not alone.



Stimming: What it is and why it helps

Stimming is short for self-stimulation—things like tapping, spinning, rocking, humming, or flapping. It helps some autistic people feel calm, focused, or happy.

There's nothing wrong with it. It's just part of how some people regulate their emotions and energy.



Masking: Hiding your traits

Masking means hiding your autistic traits to “fit in.” Maybe you copy others, force eye contact, or hide how you really feel.

Lots of autistic people do this—but it can be exhausting.

It’s okay to be yourself. You don’t have to mask to be accepted.



You Might Need Support and That's Okay!

You may need:

- Clear instructions or routines
- Extra time to process things
- A quiet space when you're overwhelmed
- Visual supports or communication tools
- People who listen without judgement

Asking for support doesn't mean you're weak. It means you know what helps.



Strengths of being autistic

- ✓ Amazing memory
- ✓ Creative thinking
- ✓ Honesty and loyalty
- ✓ Passion for your interests
- ✓ Attention to detail
- ✓ Seeing things others miss

Your brain brings value—don't let anyone tell you otherwise.



You're Not Alone

There are millions of autistic people around the world—adults, teens, children.

Some speak. Some don't. Some need lots of support. Some live independently.

There's no one way to be autistic—and all of us deserve respect.



You are Autistic

That's something to be proud of—not ashamed of. You don't need to change who you are. You just need people who accept and support you as you are.

And you deserve that—always.

