



*Together for Neurodiversity*  
Empowering Futures, Embracing Differences

# I am Autistic





Hello!

I have something  
special to tell you.  
I am autistic!



Being autistic means my  
brain works in a different  
way.

It helps me see the world  
in my own unique way.



Sometimes, I love things very,  
very much.

Like dinosaurs, trains, or  
spinning wheels.

I can learn lots about the  
things I love!



Sometimes I like to  
play alone.

And that's okay.

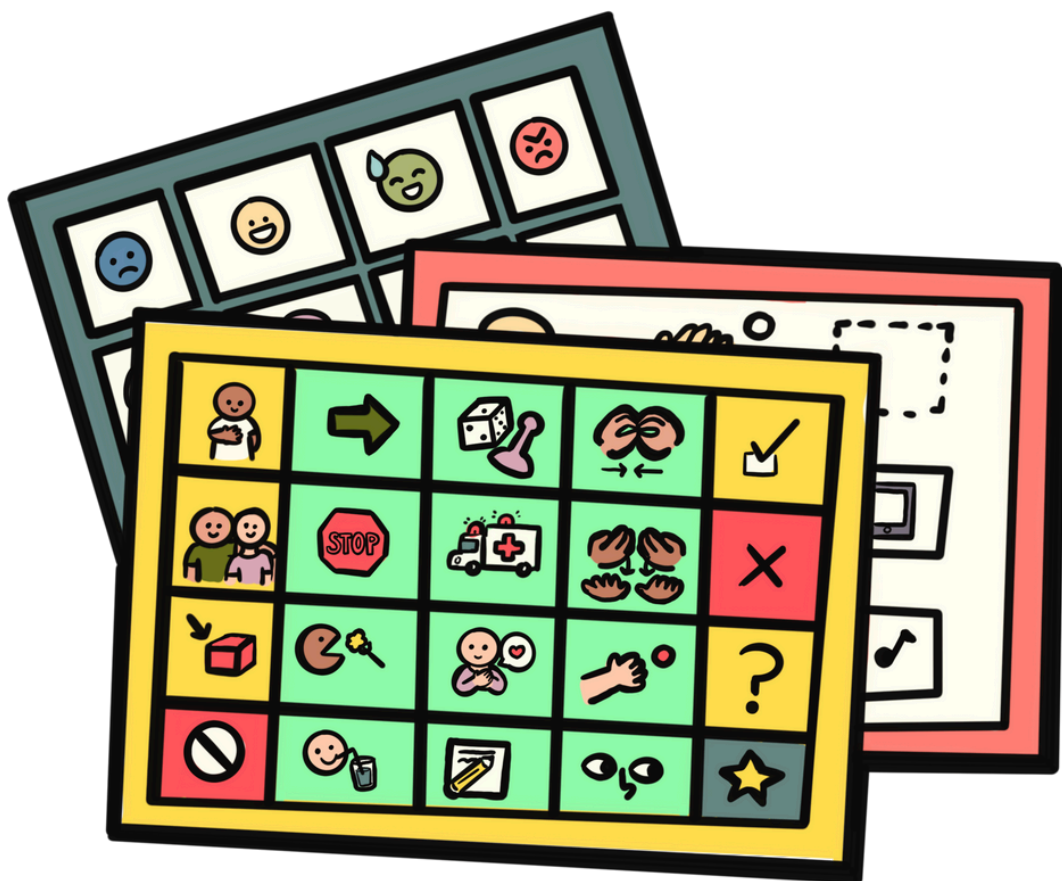
Other times, I want to  
play my way.



Loud noises, bright lights, or  
scratchy clothes  
can feel too much for me.  
They might make me feel  
upset or tired.



I might flap my hands, spin  
around,  
or make sounds when I'm  
excited or calm.  
These things help my body  
and brain feel better.



Talking can be tricky for  
me sometimes.  
I might use pictures, signs,  
or devices to help.  
But I always have  
something to say!





I like knowing what will  
happen next.

Surprises and changes can  
feel hard.

Routines help me feel  
safe.



I might not look at you,  
or answer right away.  
But I'm still listening.  
I still care.



Being autistic is part of  
who I am.  
It doesn't mean something  
is wrong.  
It just means I'm me—and  
that's wonderful!



I am kind.

I am smart.

I am curious.

I am autistic—and I'm  
proud!