



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.

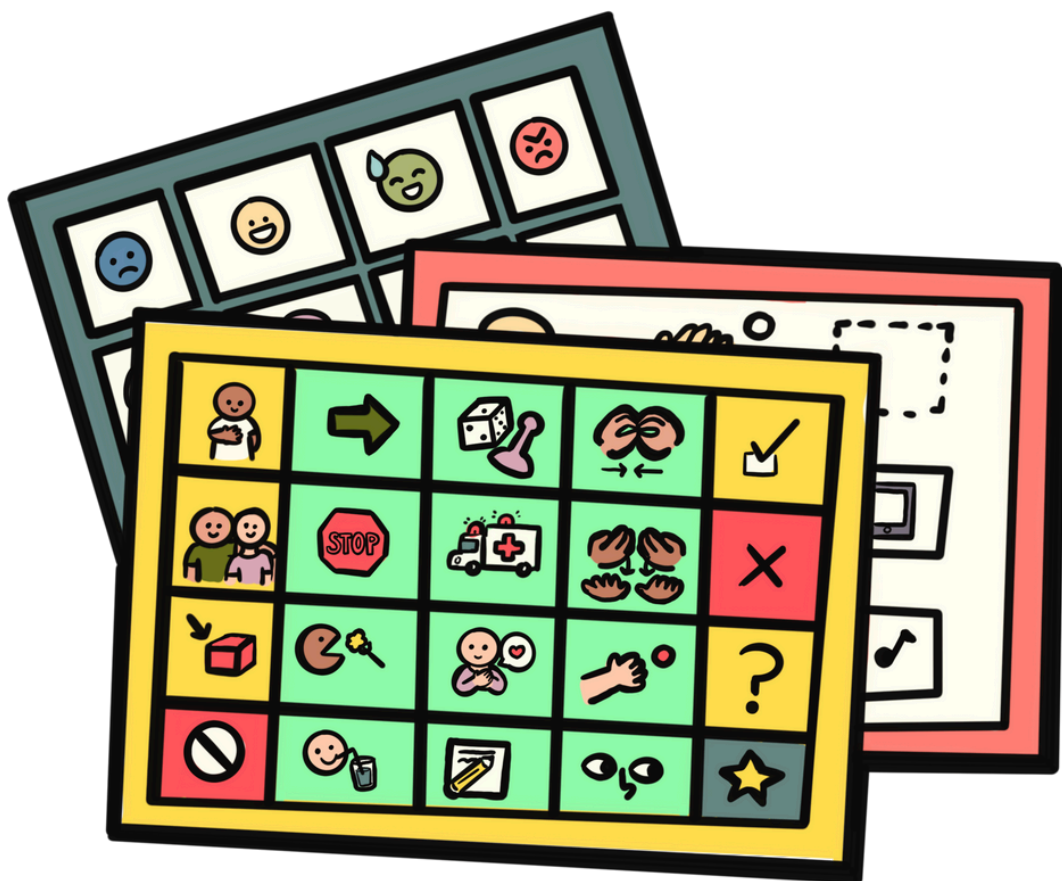
Other times, I want to
play my way.



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!