



Together for Neurodiversity
Empowering Futures, Embracing Differences

My Brother is Autistic

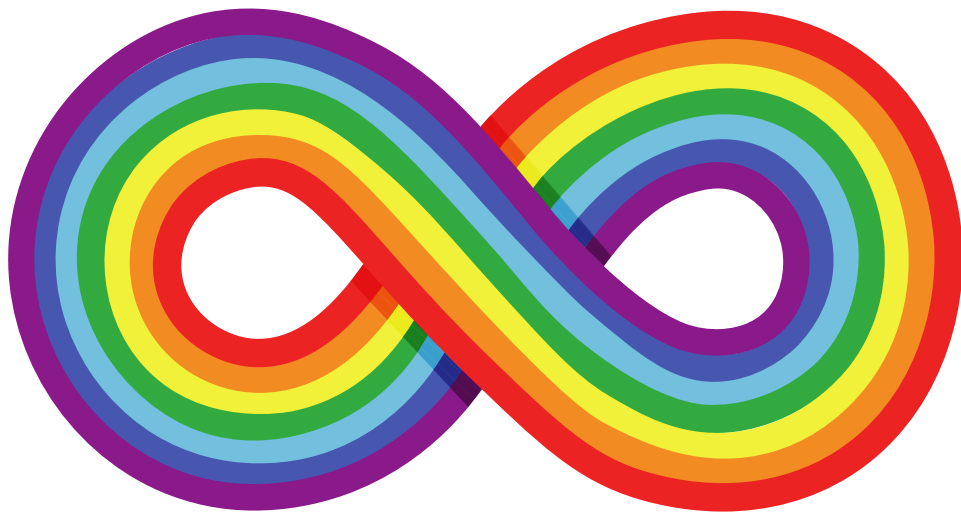




I have a brother who is
autistic.

That means his brain works
a bit differently from mine
– and that's okay!

We're both amazing in our
own ways.



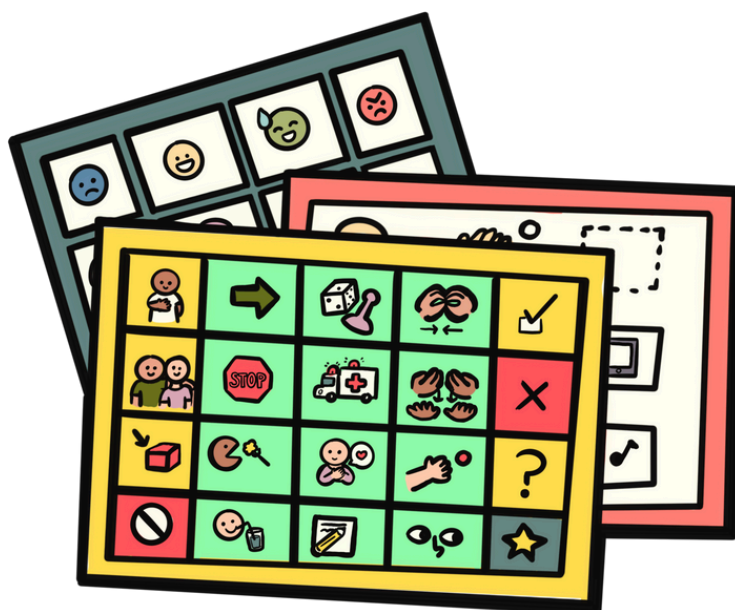
Autism is something some
people are born with.
It isn't something you can
catch or something that
needs to be "fixed".
It just means the person
sees, hears, and feels the
world differently.



My brother might:

- Find loud noises or bright lights really hard.
- Like to do the same thing over and over.
- Have big feelings and not always know how to show them.
- Struggle to understand jokes or social rules.

That doesn't make him wrong. It just means his brain works differently.



Some autistic people don't use words to talk.

My brother might:

- Use signs or pictures.
- Talk, but only about things he's really interested in.
- Find it tricky to have conversations.

I've learned new ways to understand him
– and he understands me too!



My brother might play in a
different way.

He might line up his toys or
watch the same show lots of
times.

He might get upset if things
change suddenly.

Routines help him feel safe and
calm.



His brain might feel things more strongly than mine.

He might:

- Hate the feel of certain clothes.
- Only want to eat certain foods.
- Flap his hands or jump when he's excited.

These things help him cope with the world.



My brother has amazing strengths too!

He might:

- Remember facts really well.
- Be really honest and kind.
- Notice tiny details no one else sees.
- Be brilliant at puzzles or drawing.



Sometimes I feel sad, left out,
or even annoyed.

That's normal.

But I also feel proud to be his
sibling.

He teaches me patience,
kindness, and how to see the
world differently.



I don't have to be perfect. But I can:

- Be kind and understanding.
- Help him feel safe.
- Ask grown-ups for help if I feel overwhelmed.
- Celebrate who he is.



We might not always get along
(no siblings do!), but we're still
a team.

My brother is autistic – and
he's awesome.
And I'm proud to be his sibling.