



Together for Neurodiversity

Empowering Futures, Embracing Differences

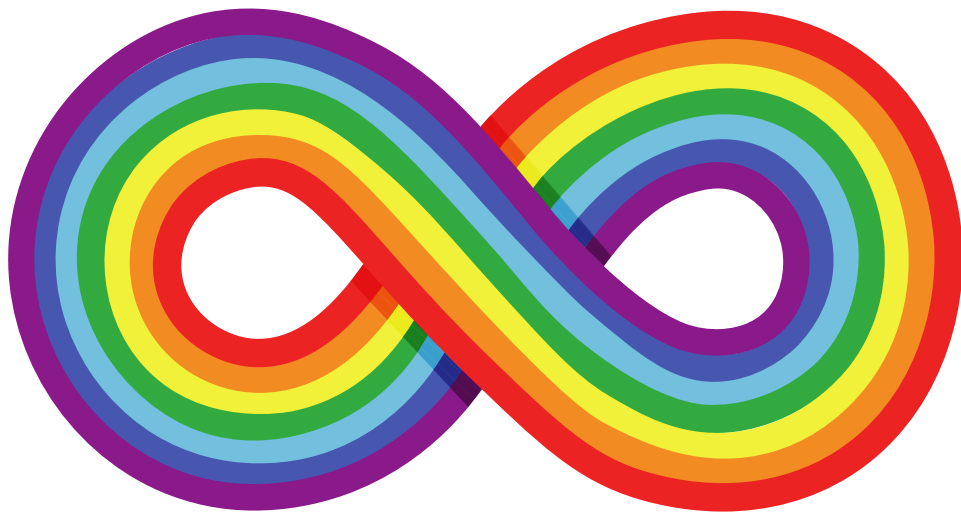
My Sister is Autistic





I have a sister who is
autistic.

That means her brain
works a bit differently from
mine – and that's okay!
We're both amazing in our
own ways.



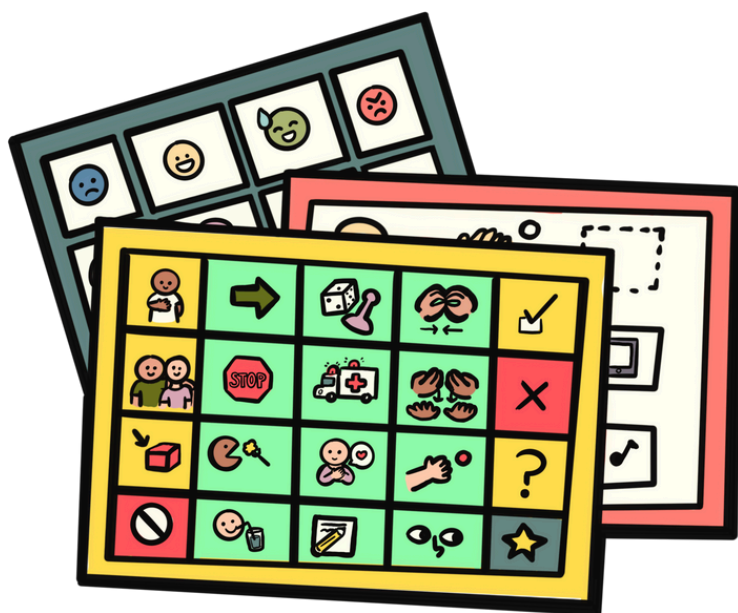
Autism is something some
people are born with.
It isn't something you can
catch or something that
needs to be "fixed".
It just means the person
sees, hears, and feels the
world differently.



My sister 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 her wrong. It just means her brain works differently.



Some autistic people don't use words to talk.

My sister might:

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

I've learned new ways to understand her – and she understands me too!



My sister might play in a
different way.

She might line up her toys or
watch the same show lots of
times.

She might get upset if things
change suddenly.

Routines help her feel safe and
calm.

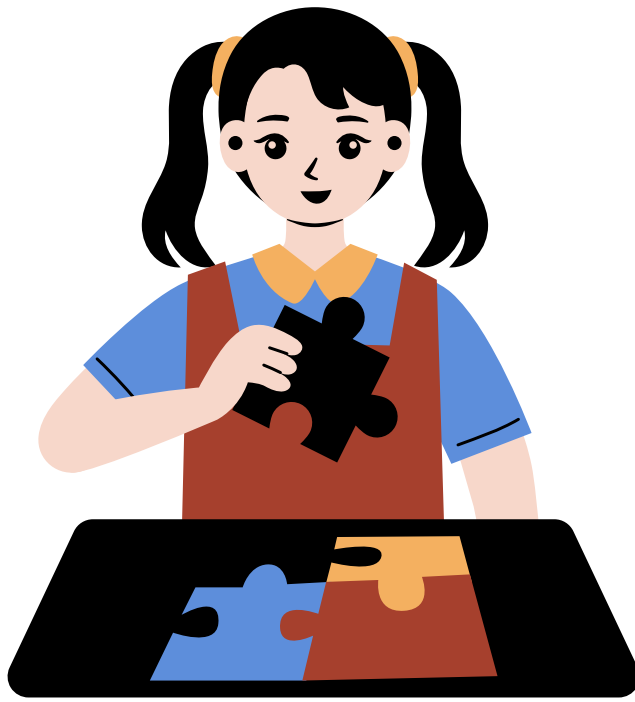


Her brain might feel things more strongly than mine.

She might:

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

These things help her cope with the world.



My sister has amazing strengths too!

She 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 her
sibling.

She 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 her feel safe.
- Ask grown-ups for help if I feel overwhelmed.
- Celebrate who she is.



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

My sister is autistic – and she's
awesome.

And I'm proud to be her
sibling.