



AUTISM AND IS ME

**A SPECTRUM OF POSSIBILITIES: LET'S
CELEBRATE DIVERSITY**

**THE WORLD IS MADE UP OF
DIFFERENCE AND THAT IS WHAT
MAKES IT AMAZING!**

**PEOPLE COME IN ALL
DIFFERENT SHAPES AND SIZES**

**PEOPLE HAVE DIFFERENT
COLOURED EYES, DIFFERENT
COLOURED SKIN, AND DIFFERENT
COLOURED HAIR**

**SOME DIFFERENCES YOU CAN SEE
BUT SOME DIFFERENCES ARE
INVISIBLE...**



**JUST LIKE DIFFERENCES YOU CAN SEE,
EVERYBODY'S BRAIN WORKS DIFFERENTLY**

NOT BETTER.

NOT WORSE.

JUST DIFFERENT.

WHEN WE ARE IDENTIFIED AS AUTISTIC AFTER AN ASSESSMENT, THIS IS A WAY OF LETTING US AND OTHERS KNOW THAT WE HAVE AN AUTISTIC BRAIN TYPE.

BEING AUTISTIC DOES NOT MEAN THERE IS SOMETHING WRONG.

IT IS AN IDENTITY.

AUTISTIC BRAIN TYPES CAN OFTEN EXPERIENCE THE WORLD DIFFERENTLY, USUALLY RELATING TO OUR SENSES AND THE WAY THAT WE COMMUNICATE.

THIS CAN SOMETIMES MAKE SOME THINGS SEEM CONFUSING OR OVERWHELMING.

BUT IT ALSO CAN MEAN THAT WE ARE PASSIONATE AND DETAIL-ORIENTATED!

EVERYONE SEES AND EXPERIENCES THE WORLD DIFFERENTLY. THERE IS NO RIGHT WAY OR WRONG WAY.

AND THERE ARE EVEN DIFFERENCES BETWEEN
OUR AUTISTIC BRAIN TYPES! NO TWO BRAINS
ARE THE SAME!

IDENTIFYING AND UNDERSTANDING MY
BRAIN TYPE HELPS ME (AND OTHERS) TO
BETTER UNDERSTAND WHAT I NEED, HOW I
LEARN, AND HOW I COMMUNICATE; SO
THAT I CAN THRIVE.

IT CAN HELP ME FEEL BETTER ACCEPTED
AND CONNECTED TO MYSELF AND MY
COMMUNITY

**AUTISM IS A DIFFERENCE IN BRAIN TYPE.
NOT LESS, NOT BROKEN, NOT WRONG.**

**IDENTIFYING MYSELF AS AN AUTISTIC PERSON
HELPS OTHERS TO RECOGNISE THAT MY
AUTISTIC BRAIN IS A PERFECTLY WHOLE AND
NORMAL VERSION OF WHAT IT IS... AN
AUTISTIC BRAIN!**

**I MIGHT THINK, FEEL, AND SENSE THINGS
DIFFERENTLY AND THAT IS OK!**

**EVERY PERSON IS DIFFERENT AND EVERY
PERSON MATTERS.**