

5 Autism-Friendly Ways to Practice Kindness

Small choices that make everyday spaces more inclusive.

Kindness is not only what we do - it is also **how** we do it. These small choices can reduce stress, support communication, and make everyday spaces more inclusive for autistic people and for many others, too.

1

Lead with clarity

Say what you mean, kindly. Use direct language, clear expectations, and concrete details (who, what, when, where).

2

Offer choices, not pressure

Give options and allow a real 'no'. For example: 'Would you rather talk now or later?' or 'Email is fine if that is easier.'

3

Respect sensory needs

If someone looks overwhelmed, offer a quieter spot, lower the volume, reduce bright lights when possible, or support headphones and sunglasses without judgment.

4

Give extra processing time

Pause after asking a question. Avoid interrupting, rushing, or repeating. Written follow-up is a kind option.

5

Ask and believe

A simple 'What would help right now?' goes a long way. If someone shares a need, believe them and take it seriously.

Quick reminders: Assume competence. Be patient with different communication styles. Include people in ways that work for them, not just for the majority.

Share your kindness moments using **#FrederictonKind** and tag **@fredcommunityfoundation**.

Autism Connections - Supporting individuals with autism and their families across New Brunswick
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