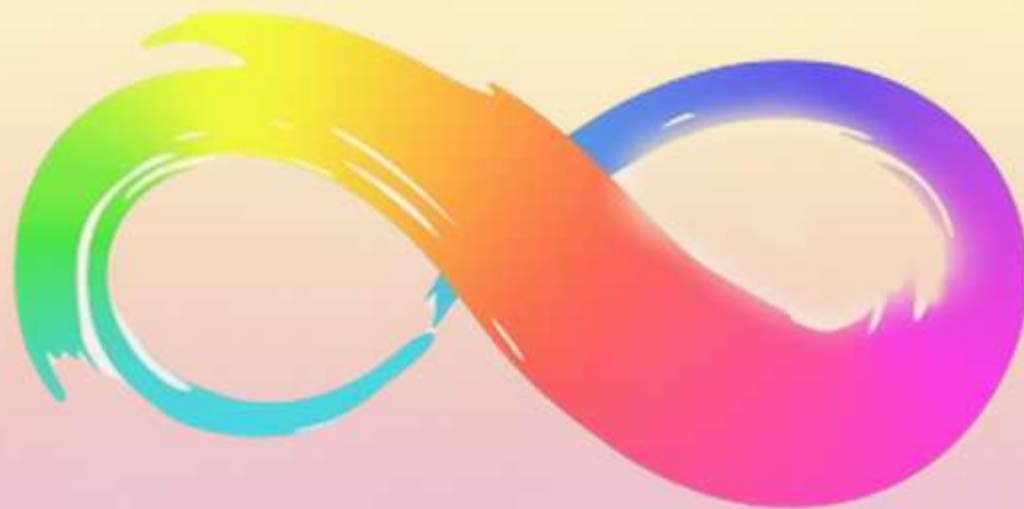


I am **AUTISTIC**
and I want
to tell you something...



An **AUTISTIC** friend
wants to tell you
something...



I have difficulties
PROCESSING sensory
information,

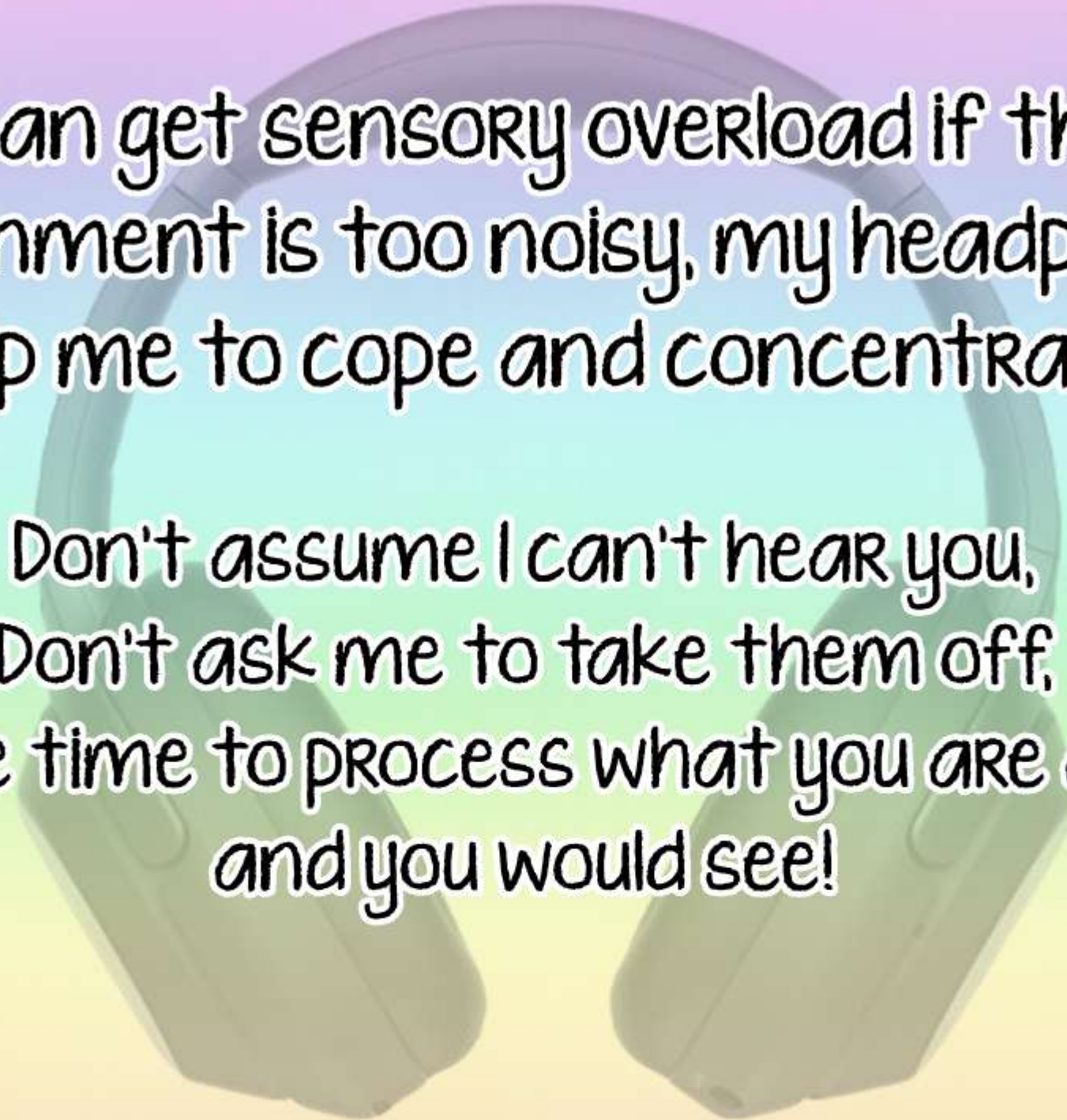


Fidgets help me to
concentrate by allowing my brain to
filter out the extra sensory information.

They are NOT just TOYS,
I am NOT a CHILD,



Be respectful, be kind!



I can get sensory overload if the environment is too noisy, my headphones help me to cope and concentrate.

Don't assume I can't hear you,
Don't ask me to take them off,
give me time to process what you are asking
and you would see!

Don't take it personal, I am not being rude,
I am just taking care of myself.



Be respectful, be kind!

I have selective mutism,
this usually depends on the environment,
and how comfortable I am in it.



Don't assume I can't talk,
Don't assume I can't understand you,
Don't insist and push me to talk,
that will just make it worse!



There are other ways of communication,
silence is a way of communication! my way and my choice!
Accept it, Be respectful, be kind!

My "movements" are called STIMMING,
and this is simply a self-stimulating behaviour,



Sometimes I do it as way to get more sensory
information from the environment but mainly,
it is a way to calm myself down when I am anxious
OR trying to cope with difficult emotions.

Don't ask me to stop it,
trust me, I know myself and what I have to do
to make myself feel better. Accept my choices,



Be respectful, be kind!

I am very honest when I say what I think,
and sometimes I am not immediately aware of the
consequences of what I say...



That doesn't mean I don't care,
Don't take it personal, I don't mean to offend you,
Talk to me, be honest too and explain to me
how I made you feel.

Don't try to change me, honesty is a great quality!

Be respectful, be kind!



I find eye contact stressful and uncomfortable so I will often avoid it.



I don't know about you, but
I listen with MY EARS, and they are working!
They actually work a lot better when I am not
under pressure!

Don't force me to look at you, that's your rule, not mine,
Let me be and you will see!



I am just A PERSON, like YOU!



With my amazing qualities, ideas,
talents and skills!

I have aspirations and passions like you too!

We are NOT that different,
I am NOT that different,



I just like to do things
in my own way.
Accept it
so we can BOTH be happy!

