

Warning!

- [Why autism awareness month can be traumatizing for autistic people](#)
- [Media urged to recognize shift from “Autism Awareness Month” to “Autism Acceptance Month” this April](#)
- [So you want to understand autism?](#)

What is neurodiversity?

- Neurodiveristy is a word to describe differences in how human brains work.
- Everyone is neurodiverse, as all of our brains work differently, but approximately 20% of people are neurodivergent. Being neurodivergent means you have less common differences in how your brain works. This could include autism, ADHD, dyslexia, dyspraxia, dyscalculia, Tourette's and more.
- One difficulty is that people can't see your brain is wired differently, which can result in being misunderstood and your individual needs not being met.

What is autism?

- [What is autism?](#)
- [Autism — what we know \(and what we don't know yet\)](#)
- [Autism in 60 seconds](#)

It is thought to be [genetic](#), not from vaccines.
Other [myths](#)

Autism Spectrum

People think Autism Spectrum is like this:

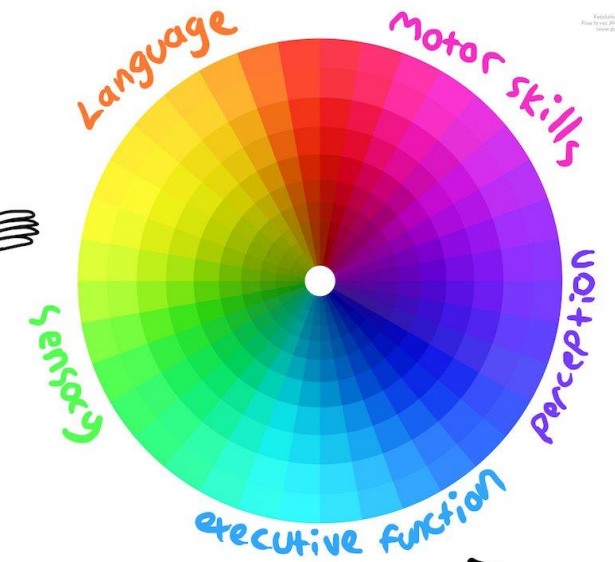


But it's NOT. It's more like this:



Only with LOTS more sliders. Each person with different settings. Some locked in, some variable, especially with stress. "Low Functioning" and "High Functioning" labels are actually pretty hurtful, and an incorrect way of looking at Autism.

The truth is though, someone who is neurodiverse in some areas of their brain, will also be no different to your average person in other areas of their brain.



You see, the autistic spectrum looks something more like this.

Autistic soothing behaviors (examples)

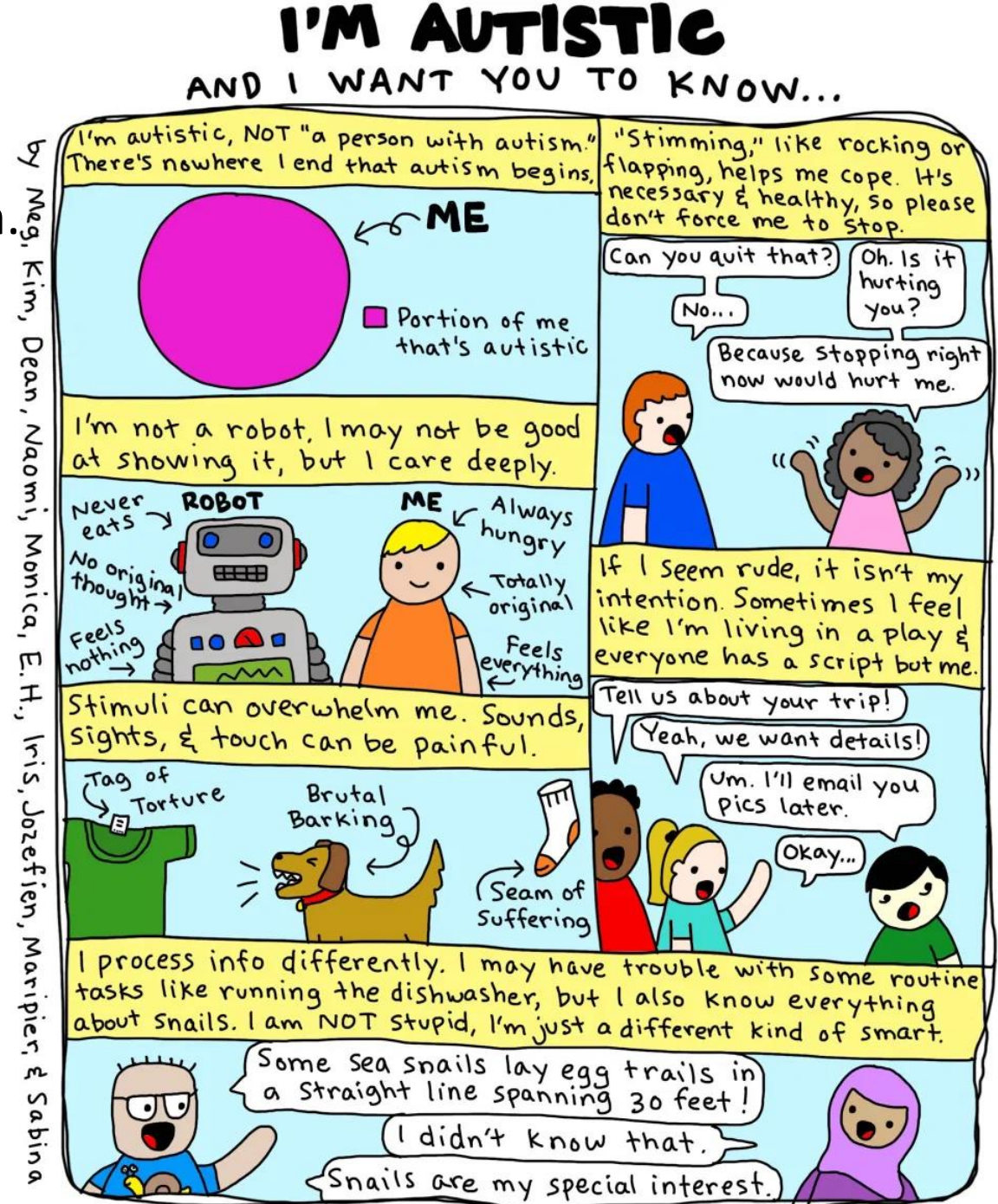
Stimming

Repetitive behaviors

Vocabulary

Neurotypical person (NT): Non-spectrum person.
And a bit of [humor](#).

This [link](#) has a table with language that is better to use when we talk about autism



Diagnosis

Some people self-identify as autistic without a professional diagnosis. Self-diagnosis in the adult autism community is widely accepted. Pursuing a diagnosis can be expensive as most health plans won't cover the cost and it can be difficult to find a professional who is adept at providing an adult diagnosis.

Most research on autism has been done in boys/men, leading to a bias in diagnosis in [Women and girls](#). This is because of female [autism does not look the same](#) as in men/boys. Women/girls learn or develop a [masking behavior](#) to appear more social. Many adults have a late diagnose, often because their kids are diagnosed as autistic.

<https://researchautism.org/the-autism-dilemma-for-women-diagnosis/>

[Book: Aspergirls \(Rudy Simone\)](#)

[Adult Women with Asperger Syndrome. Moving towards a female profile of Asperger Syndrome.](#)

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AUTISTIC CHILDREN AND ADULTS ARE OFTEN DENIED A DIAGNOSIS BECAUSE THEY:

- have a sense of humor
- are professionally successful
- can maintain a conversation, are polite
- have friends
- are too "high-functioning" or mask too well
- are "too smart"
- have a family
- are girls/women
- are able to make eye contact

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Autistic struggles

- Sensory issues: [The world according to autistic people](#) and [Walk in my shoes](#)
- [Communication](#) and social interactions (body language, eye-contact, etc.)
- Masking
- [A Conceptual Analysis of Autistic Masking](#)
- [Shutdowns](#)
 - [Spoon theory](#) as a way to understand limited energy available to function in the world
- [Meltdowns](#)

Autistic Masking at School



Often, autism is not alone

Autism is not alone, it could be together with other conditions such as:

[Attention Deficit Hyperactivity Disorder \(ADHD\)](#)

[Anxiety](#)

And [others](#)

Autistic research and problems

- [Why everything you know about autism is wrong](#)
- We need participatory research, incorporating the views of autistic people about what research gets done, how is done and how is implemented.

Autistic people

- Are all different (it's a spectrum!!!)
- Can have [special areas of interests](#)
- Can be scientists, artists, etc.
 - Temple Grandin (Professor at Colorado State University, very famous!)
 - <https://www.templegrandin.com/>
 - There's a [movie](#) 😊 , here's the [trailer](#)
 - TED Talk: ["The world needs all kinds of minds"](#)
 - Author of [several books](#), a pioneer in the area
 - [Anthony Hopkins](#)
 - Tim Burton
 - Stanley Kubrick
 - [Others](#)

Autism on TV

- [Everything's gonna be okay](#)
- [Atypical](#)
- [Star Trek](#)

[Others](#)

More books! (Written by autistic people)

- [The autistic trans guide to life](#)
- [Cynthia Kim](#)
- [Rudy Simone](#)
- [Navigating college](#)

Other resources

- <https://autisticwoman.weebly.com/>
- [The Secret Life of Rose](#): Youtube channel of an 11 years old girl who wants people to understand autism from her perspective.
- [9 Things Autistic People Want You to Know About Communication Differences](#)
- [Dr. Tony Atwood](#)
- [Dr. Kenneth Roberson](#)