

## NEURODIVERGENT

Differing in brain function from what is considered typical or 'normal'. Examples of neurodivergence include: autism, dyspraxia, dyslexia, attention deficit hyperactivity disorder (ADHD), dyscalculia and Tourette's syndrome. Anyone who is not neurodivergent is neurotypical.

## NEUROTYPICAL

Being neurotypical is the opposite of being neurodivergent. A person who is neurotypical has a more 'typical' way of thinking. Their brain experiences the world, and reacts to it, in a way that is largely understood by society.

## NEURODIVERSITY

A word that covers the full spectrum of brain types and celebrates the importance of each one! This includes both neurodivergent and neurotypical people.

# How to be an ally for autistic people

## LISTEN

Create a safe space for them to express themselves, using whatever ways of communication work best for them.

## GIVE

Be prepared to change your plans for them. Their need for structure or comfort may be greater than yours.

## KNOW THEIR BOUNDARIES

Make sure they have control of their timetables and events. Their need to leave a situation is likely to be crucial to their health for the rest of the day or week.

## HELP THEM EXPAND THEIR HORIZONS

Encourage and support them in their developing relationships and in their research around autism.

## ALLOW THEM TO TAKE A BREAK

Space and silence are crucial for an autistic person. Their need for these doesn't reflect how they feel about you.

## ALLISTIC

Someone who is NOT autistic.



## WHO CAN AUTISM AFFECT?



Simple answer:

**ANYONE!**



As you've probably guessed by now,

there is no



with autism.

# How to navigate the neurotypical world

## FIND YOUR VOICE

Learn your communication likes and dislikes, and use those preferred ways of communicating in your daily life.

## ASK FOR WHAT YOU NEED

In whatever way works best for you.  
Your needs and desires are valid.



## SET YOUR OWN BOUNDARIES

Work out what your limits and boundaries are, then stick to them.

## FIND YOUR TRIBE

Believe it or not, there are people like you out there; it's just a case of finding them.



## GIVE YOURSELF A BREAK

You don't have to solve all the world's problems, or even your own, right now. Sometimes the best thing you can do for yourself and for the world around you is to rest and give yourself time to recharge.



I am proud of my past.  
My present.  
My future.



My achievements.  
And my so-called mistakes.



I AM PROUD TO BE  
ME.



I AM PROUD TO BE

A DIFFERENT  
SORT OF  
NORMAL.

