

# 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.





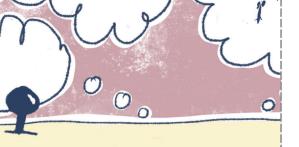


ANYONE!



As you've probably guessed by now,





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



My achievements.

And my so-called mistakes.



I AM PROUD TO BE



# 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.

