

Am I really that different ...if I am Autistic?

Being autistic means that your brain works in a different way than other people's brains do.

- Autism is a way of thinking, gaining information, understanding information, and learning.

You are more like everyone else than different.

- You have your own interests and things that you like to do, just like other people do. Your interests might not be the same as other people's, but that's okay because everyone has different interests and hobbies.
 - You have your own goals and dreams, just like other people do. Yours might be unique and different from your friends' goals and dreams, but that's okay because that's what you want to do!
- You are also a person just like everyone else, and you deserve respect and love like every other person in the world.

You do have differences, and these are shared by other autistic people; you're not alone.

- **The way you experience your senses is different from other people. You might have a harder time with the school bell or in the school cafeteria than your classmates.**
- **You might like to move in different ways than other people.**
- **You might rock side to side or front to back, or flap your arms or hands, or flick your fingers near your face, or walk differently than other people.**

This is okay.

RESOURCES:



ASAN
AUTISTIC SELF ADVOCACY NETWORK



**AUTISM
ACCEPTANCE
MONTH**

autisticadvocacy.org

autismacceptancemonth.org