

Autism and Neurodiversity

Did you know?

>> 1 in 5 people are **neurodivergent**

Neurodiversity = A non-medical term referring to the wide range of differences in how our brains work. Neurodiversity encompasses differences like autism, anxiety, dyslexia, and ADHD.

>> 1 in 30 children in British Columbia have an **autism** diagnosis.

Autism = Autism is characterized by differences with social communication, sensory sensitivities and repetitive behaviour, as well as a wide range of individual strengths, interests and abilities



Treat each Autistic person as unique.

You'll notice individuals on the autism spectrum each have their own strengths, challenges and needs for support.

How to talk about autism:

Person-First Language

"He is on the autism spectrum."

The person comes first, the identity comes afterwards.

Identity-First Language

**"They are Autistic"
or "Claire is Autistic."**

The identity leads.



LISTEN to how the person describes themselves, and mirror that language.



ASK the individual or their family about their preferences if you are uncertain.