

What are you doing this Autism Acceptance Month?

At least **one in every 100** people in the UK are autistic. That means:

- **An average primary school has at least two to three autistic students.**
- **An average secondary school has at least ten autistic students.**

This could be your child, or your child's friend or classmate.

As a parent or carer, there's a lot you can do to understand autism and help your child show up for their autistic classmates and friends.

Five simple steps to take

1. Learn About Autism

Did you know? The autism spectrum is not a straight line between 'more' or 'less' autistic. It is like a colour wheel, where the colours are the characteristics. Each autistic person has a different combination.

An autistic child or young person may:

- find social situations difficult or confusing, need more time to process information, or use and understand words literally
- have a strong passion for a hobby or interest, an entertainment figure or series, or a favourite toy
- repeat movements or behaviours such as hand flapping, hair twirling, spinning around, or listening to something on repeat
- need to know what is going to happen, want rules to be the same for everyone, or need a routine or favourite toy to feel calm
- be much more or less sensitive to sound, light, smell, taste, touch and other senses for balance, spatial awareness and emotions.

Visit autism.org.uk to learn more.



2. Access e-learning and resources

Deepen your understanding with our e-learning modules, including:

- Understanding autism
- Women and girls on the autism spectrum
- Supporting young autistic people's mental health
- A guide to the mental health experiences and needs of autistic teenagers

www.autism.org.uk/what-we-do/autism-know-how/training/e-learning

Explore our [Know yourself](http://www.autism.org.uk/Knowyourself) resources designed for teenagers at www.autism.org.uk/Knowyourself. These resources empower young autistic people to better understand themselves and their needs.

3. Talk about autism

Discuss autism at home, with family and among friends. Reflect on how you and your child can help make society more accepting and accessible for autistic people.



4. Show up for autistic people

Every autistic person is unique, so take the time to find out from someone you or your child knows, what you could do to be a better friend. Some examples of how you or your child can show up for your autistic friends are:

- Give time: Allow autistic friends more time to process information.
- Be clear: Use straightforward and unambiguous language.
- Be inclusive: Think about ways to make activities or events more comfortable. For example:
 - offering a quiet area at class parties
 - considering sensory needs when planning group activities.



5. Get involved

To learn more and take part in **Autism Acceptance Month** activities, visit:

www.autism.org.uk/waam

Let's work together to create a more inclusive and accepting world for autistic people.