



**AUTISM RE-EXPLAINED:  
World Autism Acceptance  
Month 2025**



**Autistic  
Young  
Experts**



**Autism  
Education  
Trust**

# Introduction

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In this session we will be understanding more about autism and how we can **value differences**.

This will involve:

- Watching a series of 5 videos
- Participating in discussions and activities

This session was co-created by a panel of **autistic young people**.



# The Autistic Young Experts



**Autistic  
Young  
Experts**





# The Autistic Young Experts

## Meet Annabel

My name is Annabel. I'm currently doing my first job! Before that, I went to university.

I personally really love learning languages, geography and humanities.



**Autistic  
Young  
Experts**



Annabel

# The Autistic Young Experts



**Autistic  
Young  
Experts**

## Meet Ryan

Hi, I'm Ryan. I'm 22 and I'm part of the Autistic Young Experts Panel.

I'm here to share my experience and help others understand that everyone is different.



Ryan

# The Autistic Young Experts



**Autistic  
Young  
Experts**

## Meet Jessica

I'm Jessica and I'm 24. I'm currently studying at university.

I'd say it's quite important for people to take the time to look at the different ways people can interact with the world.



Jessica



**What is Autism?**

# What is Autism?

- Autism means someone's brain works a little differently
- Autism is not a medical condition with treatments or a "cure"
- You can't see if someone is autistic
- Each autistic person is different
- Autistic people have strengths and need help with different things





# What is Autism: Three Areas of Difference



**Social  
understanding and  
communication**



**Flexibility,  
information  
processing, and  
understanding**



**Sensory processing and  
integration**

# What is Autism?

This is because autism is considered a **spectrum**.

- The autism spectrum is **not linear** from **high** to **low** but varies in every way that one person might vary from another.
- Every autistic individual has their own **strengths, differences, likes, dislikes**, and their own life **journey** and their own unique **story**.

## Autism Spectrum

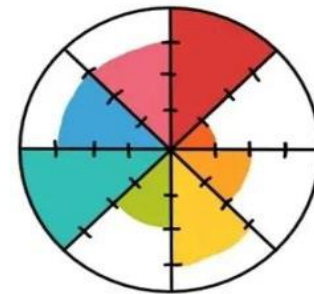
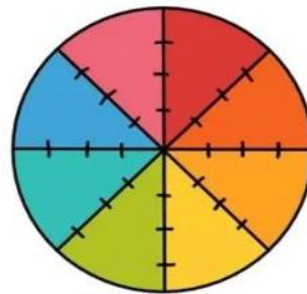
The Autism Spectrum is NOT linear



less autistic

very autistic

The Autism Spectrum looks more like:



- Social differences
- interests
- repetitions
- sensory sensitivities
- emotional regulation
- perception
- executive functioning
- other

Terms like "high functioning", "low functioning" are harmful and outdated.

Autism\_sketches

# Why Autism is a Difference, not a Deficit



**This short video explains why we see autism as a  
Difference, not a Deficit**



**Autism:  
Communication and  
Sensory Differences**



# 1. Video: Communication



**Annabel and Jessica discuss how communication can be important for autistic people**

## 2. Video: Sensory Differences



**Ryan and Annabel talk about what sensory differences are and how autistic people experience them**

## Activity: Timed Journal

Thinking about the two videos you have just watched. Please write/note/draw any thoughts that come to mind.

### Think about:

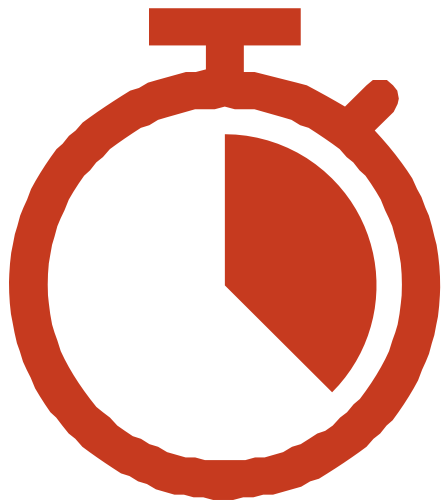
1. What is one key thing you learnt from these videos?
2. What are some different ways to communicate?

You have **3 minutes!**



**Your time begins now...**

**3 minutes left**




**2 minutes left**



**1 minute left**





A young woman with long, straight dark hair is shown from the chest up, wearing a light-colored top. She has her right hand raised, palm facing forward, with fingers slightly spread. She is looking directly at the camera with a slight smile. The background is a blurred classroom with windows. A purple brushstroke graphic is overlaid on the right side of the image, containing white text.

**Who would like to share something they have noted down with the rest of the group?**



**Autism: Special Interests and  
The small things that make a Difference**

### 3. Video: Special Interests

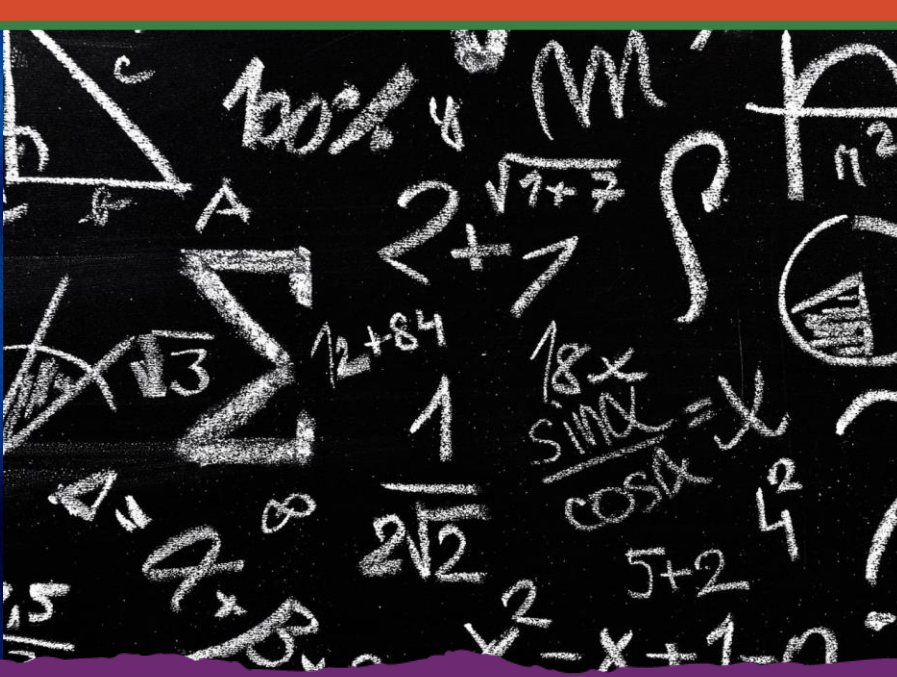


**Jessica and Ryan discuss what a special interest is and why these can be important for autistic people**





Can these be considered a special interest?





## Discussing your interests

Please talk to the person next to you or in pairs about an interest or hobby that you have and why you like it.

### Questions to ask each other:

1. What sparked the interest?
2. What interests did you have when you were younger?



## 4. Video: Small Things That Take a Difference



**Ryan and Annabel discuss how small changes and being mindful can mean a lot for an autistic person at school**






# Creating an inclusive space





A young woman with voluminous, curly brown hair is shown in profile, looking upwards and to the right with a thoughtful expression. She has her hand resting on her chin. She is wearing a blue denim shirt and a colorful patterned scarf. The background is a blurred classroom setting with windows showing greenery outside. A purple brushstroke graphic is overlaid on the left side of the image, containing white text.

**What is one thing you  
have learnt and will  
take away with you  
today?**

## Key Messages

- No autistic person is the **same**, and they experience the world in a **different** way.
- The main ways autistic people can experience the world differently is how they **communicate**, **process information** and their **sensory experiences**.
- Small adjustments and considerations at school can make a big difference to **supporting** your **autistic peers**. **Ask** people **how** you can **support** them.



## 5. Video: What Kindness Means To Me



**The Autistic Young Experts talk about the importance of being kind**



# Where to find more information

Learn more about autism and the work the [Autistic Young Experts do on their YouTube channel](#)

#DifferenceNotDeficit



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