



AUTISM RE-EXPLAINED: World Autism Acceptance Month 2025



Autistic
Young
Experts



Autism
Education
Trust

Introduction

April is **World Autism Acceptance Month**.

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**



A young boy with short brown hair and blue eyes is looking directly at the camera. He is holding a white fidget spinner in front of his face, with his fingers wrapped around it. The spinner is blurred, indicating it is spinning. He is wearing a light blue t-shirt. The background is a brick building with several windows, some of which are out of focus. The image has a torn paper edge effect.

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



AUTISM RE-EXPLAINED

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

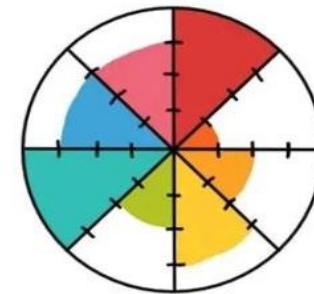
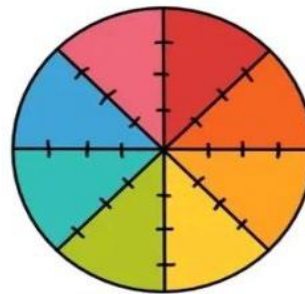
The Autism Spectrum is NOT linear



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Terms like "high functioning", "low functioning" are harmful and outdated.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

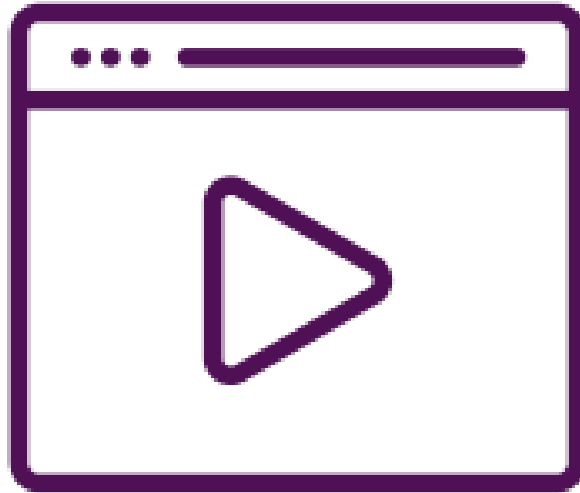


This short video explains why we see autism as a
Difference, not a Deficit



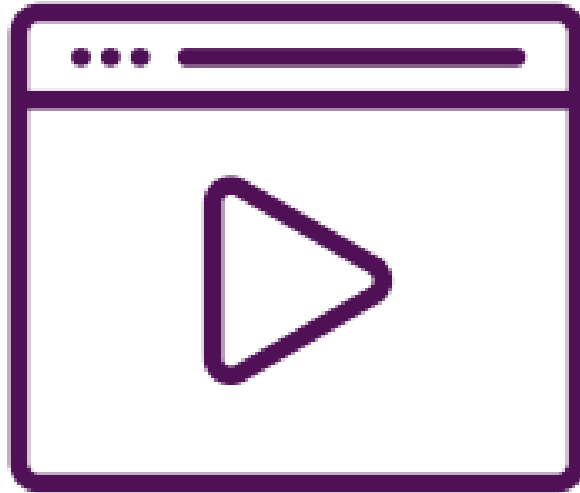
Autism: Communication and Sensory Differences

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...

2 minutes left



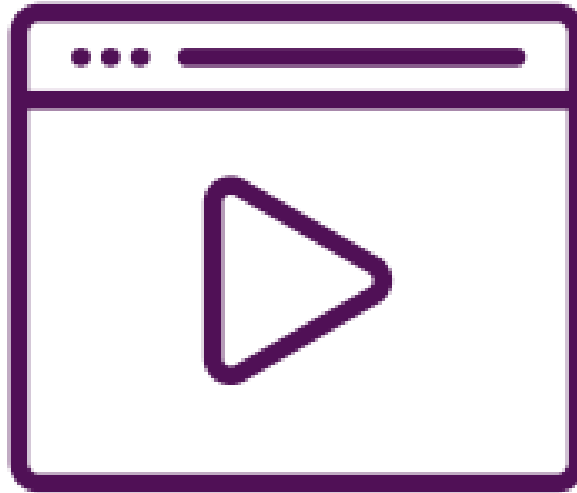
1 minute left





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

3. Video: Small Things That Make 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. Her hand is resting on her chin. She is wearing a blue denim shirt and a colorful patterned scarf. The background is a blurred indoor setting with large windows showing greenery outside. A large, dark purple, brush-stroke style text box is overlaid on the left side of the image.

**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.



Quote from “What Kindness means to Me” video

**“Everyone is different, and it is good,
it is unique, we’re not all the same
and it is good to be different.
Otherwise, it would be a pretty boring
world.”**

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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