



**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 shown from the chest up, wearing a light blue t-shirt. He is holding a silver fidget spinner in front of his face, with his fingers positioned around the central hub. The spinner is blurred, indicating it is in motion. The background consists of a brick building with several windows. A large, horizontal purple brushstroke is overlaid on the bottom right portion of the image, containing the text "What is Autism?" in white, bold, sans-serif font.

**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

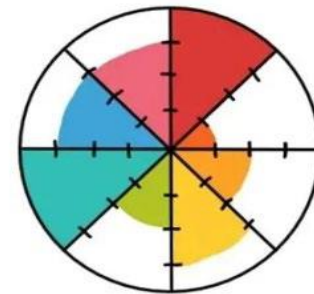
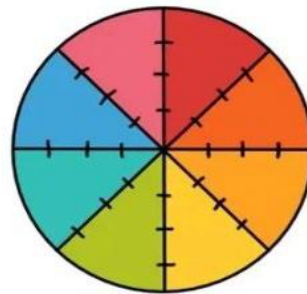
The Autism Spectrum is NOT linear



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...**

**2 minutes left**



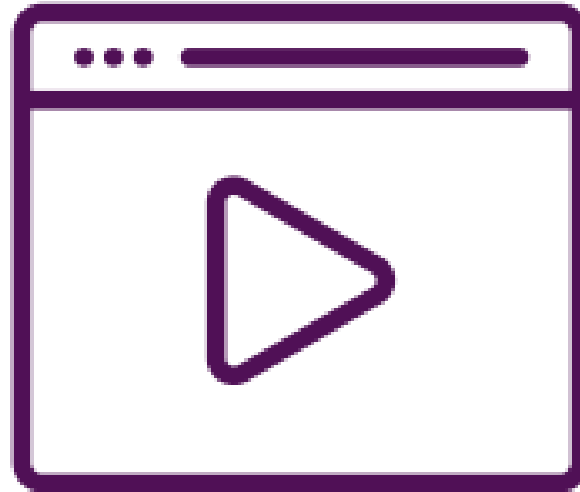
**1 minute left**



A young woman with long, straight, dark brown hair is the central focus. She is wearing a light-colored, possibly peach or beige, top. Her right hand is raised, with fingers spread, as if she wants to speak or has a question. She has a slight smile and is looking directly at the camera. The background is a blurred classroom with windows and other people, including a man in a blue patterned shirt to the left and a woman with blonde hair to the right. 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?**

### 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**







**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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