

APRIL IS AUTISM ACCEPTANCE MONTH

Together We Can Build Accepting
& Inclusive School Communities



autism
NOVA SCOTIA



What is AUTISM?

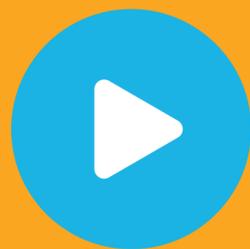
- Autism is the brain processing information in a different way
- Some Autistic individuals may need different levels of support with social communication and interaction or behavior
- Autism is lifelong and it is a spectrum, which means Autistic individuals are all unique in their own ways
- Once you have met one Autistic person, you have met only ONE Autistic person as everyone is different



Can you make it to the end?

Watch this video to understand what someone who is Autistic may be experiencing each day.

Watch now



Understanding autism

Individuals on the Autism Spectrum may have different behaviours like:



Keeping everything the same (may need a schedule or picture to help with transition)



Being upset if routine is changed; prefer predictability



May Stim such as flapping hands, wiggle or fidgeting



Repeat phrases over again



Can be overwhelmed or underwhelmed by sensory input

Just because someone is different, it is important to respect and embrace each other's differences. Everyone is different in their own way.

Do you
know
these
people?



Dr. Temple Grandin

Diagnosed with autism, overcame bullying and became a prominent author and speaker on both autism and animal behavior.

Anthony Hopkins

Diagnosed with Asperger's Syndrome, is an Oscar-winning actor known for roles in many films, including *'The Lion in Winter,'* and *'Silence of the Lambs'*

Greta Thurnberg

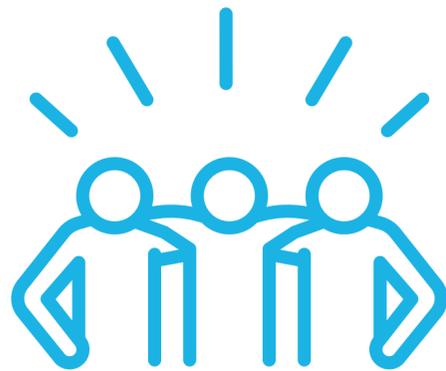
Diagnosed with Asperger's Syndrome, is an environmental activist who started #FridaysforChange, a global campaign to protest climate change.

How can I be kind to someone with autism?

No matter our differences we all deserve kindness and respect.

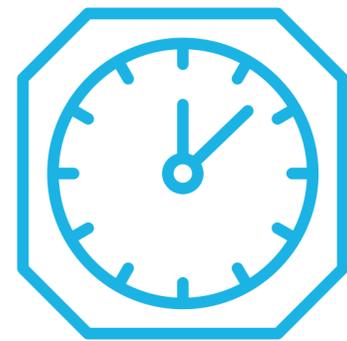
Don't Ignore or Avoid Them

Include ALL your classmates in your activities



Be Patient

Give them extra time to talk or learn something new



Listen

Listen to them when they talk to you or have questions for you



Ask Questions

Ask questions to teachers or parents if you don't understand



CELEBRATE EACH OTHER'S DIFFERENCES

Help make your school community more accepting and inclusive!



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