

# 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 behaviour
- Autism is lifelong and it is a spectrum. “Spectrum” means Autistic individuals are all unique in their own ways
- Once you have met one Autistic person, you have met only ONE Autistic person - everyone is different



# Explaining Autism

Watch this video to better understand differences of each Autistic individual.

[Watch now](#)



# Understanding Autism

Individuals on the Autism Spectrum may have different behaviours like:



Keeping everything the same, like keeping items in the same spot



Preferring predictability. This can look like wanting to know what is happening that day



May stim such as flapping hands, wiggle or fidgeting  
This is OK!



Repeat phrases over and over, like saying a line from a favourite movie



Can be overwhelmed or underwhelmed by sensory input and need things to support them in regulating (like headphones for noise)

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 Thunberg

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

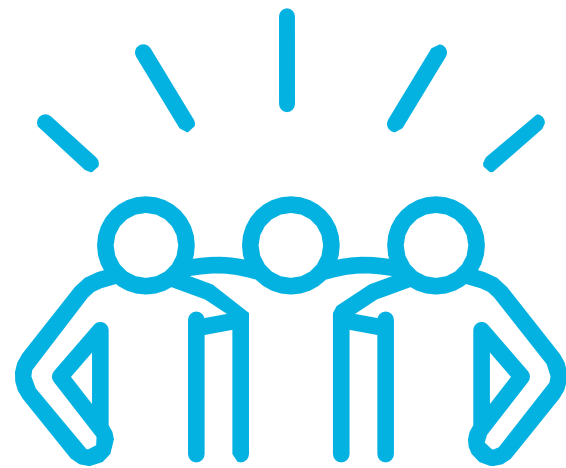


# How can I be kind to someone with autism?

No matter our differences we all deserve kindness and respect.

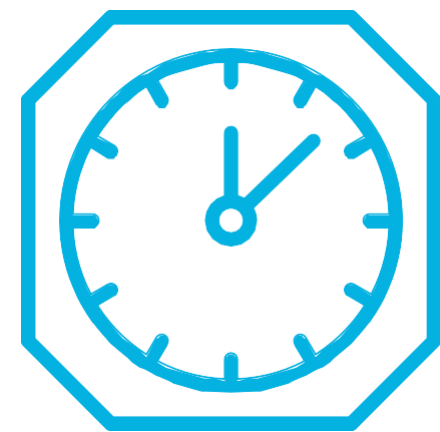
## Don't Ignore or Avoid Them

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!

