

**1 in 100 people in the UK are diagnosed with ASD (Autism Spectrum Disorder)**



**What is autism?**

Autism is a lifelong neurological disability that affects how people communicate and interact with the world



Difficulties with over or under-sensitivity to sounds, touch, tastes, smells, light, colours, temperatures or pain

Engage in repetitive behaviours, routines and activities



**How can it affect people's lives?**

Taking things literally and will not understand abstract concepts



Can appear to be insensitive and find it difficult to form friendships

Easily overwhelmed and can have meltdowns or become very quiet and withdrawn



Finds change overwhelming and difficult to cope with



**What helps?**

Be thoughtful and considerate



Use clear language in explanations and discussions



Consider noise, light and temperature levels



Give time and space

Remember understanding and empathy from all



'RESPECT'  
Yourself  
Others  
Your School

**What do you really know about autism?**

'RESPECT'  
Yourself  
Others  
Your School