



**1 in 100 people in the UK
are diagnosed with ASC
(Autism Spectrum Condition)**



What is autism?

Autism is a lifelong neurological condition which impacts on how people communicate and interact with the world



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

Autistic people can engage in repetitive behaviours and rituals



Autistic people can...

Take things very literally



Find friendships difficult and not really understand social situations

Be easily overwhelmed and can have meltdowns or become very quiet and withdrawn



Can struggle with anxiety

Find change overwhelming and difficult to cope with

What helps?

Be thoughtful and considerate - don't judge



Use clear language in explanations and discussions

Consider noise, light and temperature levels

Give time and space

Remember understanding and empathy from all



What do you really know about autism?

'RESPECT'
Yourself
Others
Your School

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