

I have autism

My name is _____.

I have autism. I can also say that I am autistic.



There are lots of people who are autistic in the world; I might know someone else in my family or school who has autism.

Autism means that my brain works a little differently to some other people's brains.



This is okay - every person's brain is different!

Our brains control our bodies and what we say and do.

My brain helps me to do lots of great things - these are some of the things I am good at:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Because my brain is wired a little differently, I see the world in a different way.



Sometimes the way my brain works means I do things a bit differently to other people.

For example, I might say something or make noises that other people find unexpected, or move my body in a way that people don't expect.

Being autistic can help me do lots of things, but it can also mean that I can find other things tricky. Some things that I might find tricky are:

- Making sense of what other people are thinking or feeling
- Knowing what to say to other people



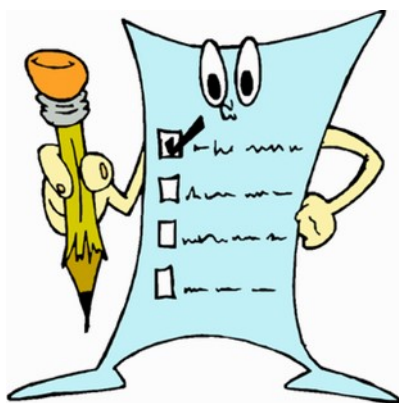
- Being able to focus my attention on things I don't find interesting
- Being around certain tastes, textures, noises, smells or lights e.g. the touch of a certain fabric, the tastes of certain foods. I might also really enjoy certain things as well!



I might need help at school to manage things I find tricky. This might involve a teaching assistant helping me in the classroom, or me doing different work from the rest of the class.



I might also have access to some extra things in class, such as a visual timetable or electronic tablet. These are all things that help me to do the best that I can.



I should always remember that being autistic is just one part of what makes me who I am! There are lots of things that make me, me!