

# What are you doing this Autism Acceptance Month?

At least **one in every 100** people in the UK are autistic. That means:

- **An average primary school has at least two to three autistic students.**
- **An average secondary school has at least ten autistic students.**

This could be your child, or your child's friend or classmate.

As a parent or carer, there's a lot you can do to understand autism and help your child show up for their autistic classmates and friends.

## Five simple steps to take

### 1. Learn about autism

Did you know? The autism spectrum is not a straight line between 'more' or 'less' autistic. Every autistic person is different, with a unique combination of characteristics, strengths and challenges.

An autistic child or young person may:

- find social situations difficult or confusing, need more time to process information, or use and understand words literally
- have a strong passion for a hobby or interest, an entertainment figure or series, or a favourite toy
- repeat movements or behaviours such as hand flapping, hair twirling, spinning around, or listening to something on repeat
- need to know what is going to happen, want rules to be the same for everyone, or need a routine or favourite toy to feel calm
- be much more or less sensitive to sound, light, smell, taste, touch and other senses for balance, spatial awareness and emotions.

Visit [autism.org.uk](https://autism.org.uk) to learn more.



## 2. Access e-learning and resources

Deepen your understanding with our e-learning modules, including:

- Understanding autism
- Women and girls on the autism spectrum
- Supporting young autistic people's mental health
- A guide to the mental health experiences and needs of autistic teenagers

[www.autism.org.uk/what-we-do/autism-know-how/training/e-learning](http://www.autism.org.uk/what-we-do/autism-know-how/training/e-learning)

Explore our [Know yourself](http://www.autism.org.uk/Knowyourself) resources designed for teenagers at [www.autism.org.uk/Knowyourself](http://www.autism.org.uk/Knowyourself). These resources empower young autistic people to better understand themselves and their needs.

## 3. Talk about autism

Discuss autism at home, with family and among friends. Reflect on how you and your child can help make society more accepting and accessible for autistic people.



## 4. Show up for autistic people

Every autistic person is unique, so take the time to find out from someone you or your child knows, what you could do to be a better friend. Some examples of how you or your child can show up for your autistic friends are:

- Give time: Allow autistic friends more time to process information.
- Be clear: Use straightforward and unambiguous language.
- Be inclusive: Think about ways to make activities or events more comfortable. For example:
  - offering a quiet area at class parties
  - considering sensory needs when planning group activities.



## 5. Get involved

To learn more and take part in **Autism Acceptance Month** activities, visit:

[www.autism.org.uk/waam](http://www.autism.org.uk/waam)

Let's work together to create a more inclusive and accepting world for autistic people.