



AUTISM AWARENESS

-is an OUTDATED concept-

Autism isn't just about PARENTS' experiences with their autistic children.

AWARENESS

is not needed anymore,
because we are only giving awareness to a perpetuating and negative

MYTH

Awareness

Acceptance

Lonely
UNHAPPY
OUTCAST
BURDEN
un-loving

Happy
UNIQUE
creative
loyal
sensitive

SEEK to understand the motivations,
and you will UNDERSTAND the child (or adult!)

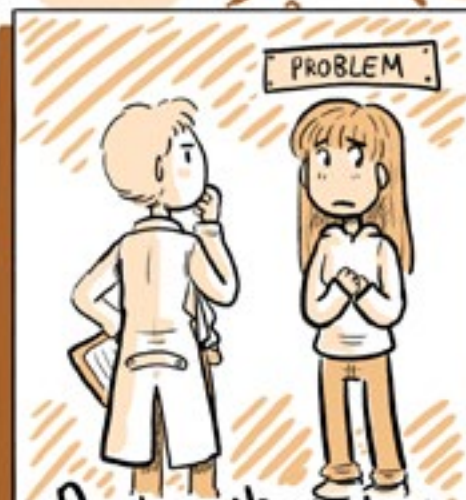
AUTISM ISN'T AN ILLNESS

It's a neurodivergence that just means our brains work differently

MY BRAIN ISN'T BROKEN...

...IT'S JUST NOT SUITED TO A NT WORLD

BOTH OF OUR BRAINS WORK GREAT - IN DIFFERENT WAYS!



Rather than try to **FIX** us when **NOTHING** actually needs fixing,



Seek to learn from us about **OURSELVES** and about the world **AS WE SEE IT**

If instead we are put through traumatic experiences to make us act more like non-autistics

TEACHES US TO NOT TRUST

START THINKING NEGATIVELY ABOUT OURSELVES

SHOWS US THAT WE AREN'T VALUED

IGNORE OUR OWN NEEDS



ACCEPTANCE allows us to be our *Best Selves* and take care of our **PHYSICAL** and **MENTAL** health.

"Rather than using **THERAPIES** that **SQUELCH** our *Natural* behaviour and coping mechanisms just so those around us can feel more comfortable, realise that these therapies are **UNHEALTHY** for us"



OUR *ABILITY TO THRIVE* often relies on **ACCEPTANCE**.

By accepting us *AS WE ARE* and taking our **STATED NEEDS SERIOUSLY**, we are able to practice the kind of *Self-Care* that maintains good mental and physical health.

SOCIETY often **FORCES** us to **CONFORM**



We want to be **OURSELVES** just like everyone else does.

By **-ACCEPTING AUTISM**, people are **ACCEPTING US**, just as we are.



POPULAR CULTURE'S
attempts at AWARENESS
have had **NEGATIVE**
side effects

MOST AUTISTIC PEOPLE don't fit



I'M AUTISTIC
AND I'M NOT
REALLY LIKE
THIS.

NEATLY inside the that
BOX
Popular culture has created
- FOR US -

These characters don't
represent the
VAST MAJORITY
- of autistic people -



NOT
EVERYONE
HAS TROUBLE
WITH EYE
CONTACT

NOT
EVERYONE
HAS
SENSORY
ISSUES

NOT EVERYONE HAS
DIFFICULTY WITH
ROMANTIC RELATIONSHIPS



IF AN
AUTISTIC
PERSON GETS
STRESSED
THEY'RE...

IF A NT
PERSON GETS
STRESSED
THEY'RE...



"**TRAITS** are viewed differently
based on the **LABELS** Society assigns
us."



ACCEPTANCE Makes it easier
for us to **HELP OURSELVES**

...Can minimise
STIGMA that might
PREVENT
ADULTS from seeking
a diagnosis,
and some parents
from seeking one
for their
CHILDREN



...INTO

ACCEPTANCE

TURNING

AWARENESS

AWARENESS

DISEASE
ILLNESS
MUST BE
FIXED



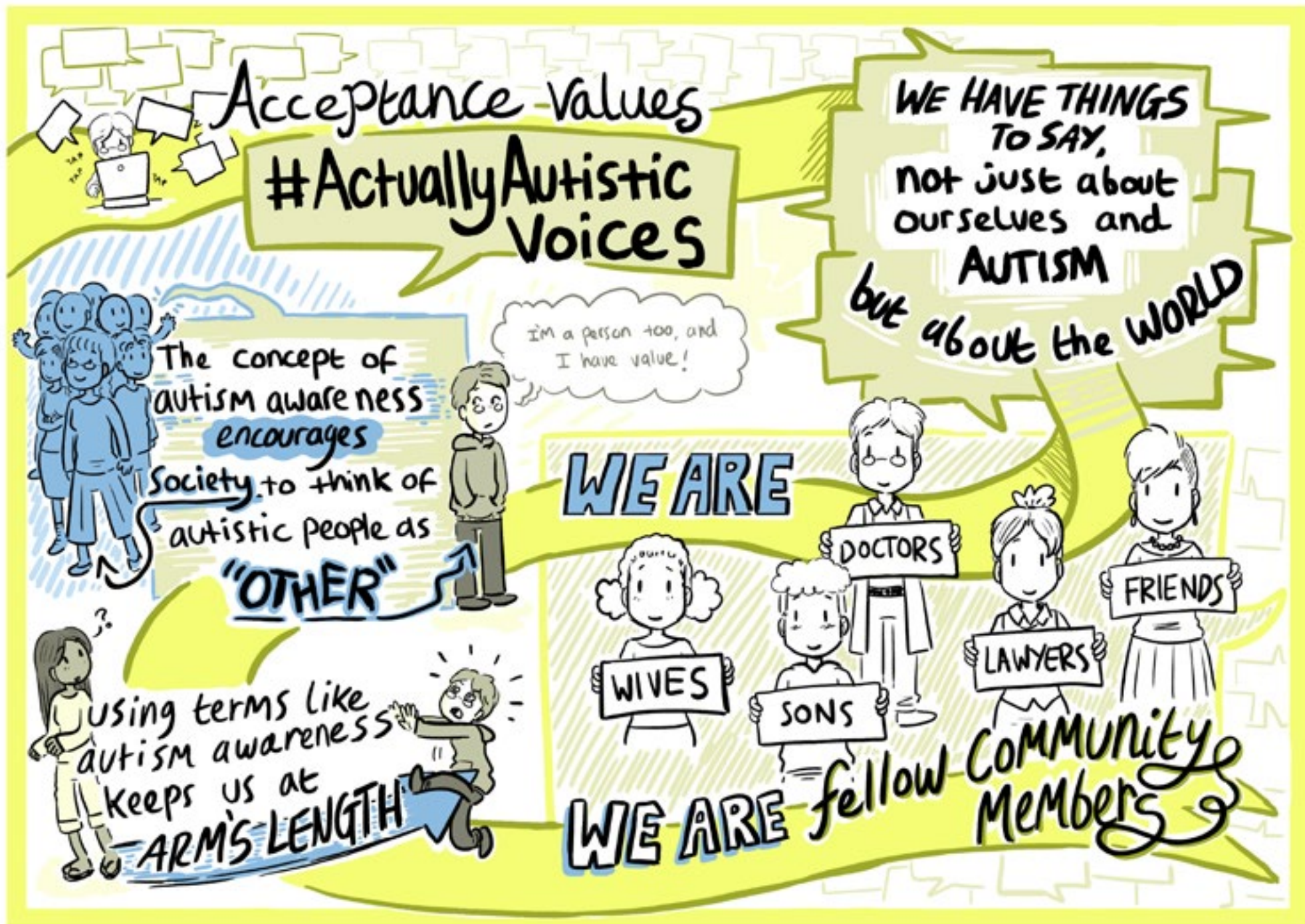
SELF-UNDERSTANDING

provides
us
additional **TOOLS**
to navigate this
TRICKY WORLD



A diagnosis helps us
understand ourselves
BETTER, including our
STRENGTHS and **CHALLENGES**





ACCEPTANCE
Leads to
**INTEGRATED
SUPPORTS**

**We also need
supports for
adults.**



Even if we become good at **MASKING** our **AUTISTIC TRAITS**
to **FIT IN** better... **WE'RE STILL THE SAME PEOPLE.**



We can't keep the **MASK** up for long.

WE NEED THOSE SUPPORTS.

By accepting autism as
something that is a natural
part of **WHO WE ARE,**



it will be **EASIER** to
implement **INTEGRATED
SUPPORTS** for autistic people.

ACCEPTANCE ~~can begin to undo and prevent~~ **FURTHER DAMAGE**

caused by well meaning ~~BUT-ULTIMATELY-HARMFUL~~
organisations and therapies

HARMFUL "CURES"



Point Parents in
← THE WRONG
DIRECTION →

"If your child
is getting classic
ABA Therapy,
what you are
seeing is an
ILLUSION!"



"What looks like
PROGRESS
is happening at
THE EXPENSE OF...

sense of self
comfort
ability
to love
who they
are
feelings
safety
stress
levels



AND MORE "





WRITTEN BY JENNY BRISTOL

WITH INPUT FROM:
K. TILDEN FROST
REBECCA BURGESS
JULES SHERRED
BECCA LORY HECTOR
MATHIAS DERIDER

COMIC BY REBECCA BURGESS

#ENDWARENESS

#LIVINGOUTSIDETHEBOX

#ACTUALLYAUTISTIC