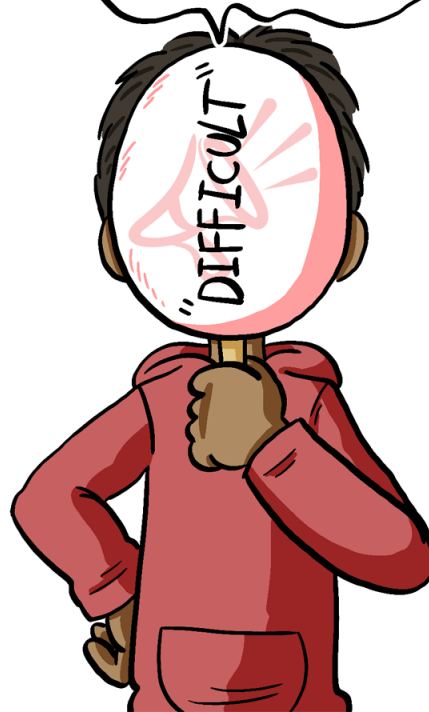


# HEAR OUR SPECTRUM OF VOICES

Move your  
thinking forward  
about autism.



Replace your  
fear with wonder.  
Be curious.  
Be positive.



Listen to what  
autistic people  
have to say  
about being on the  
spectrum...

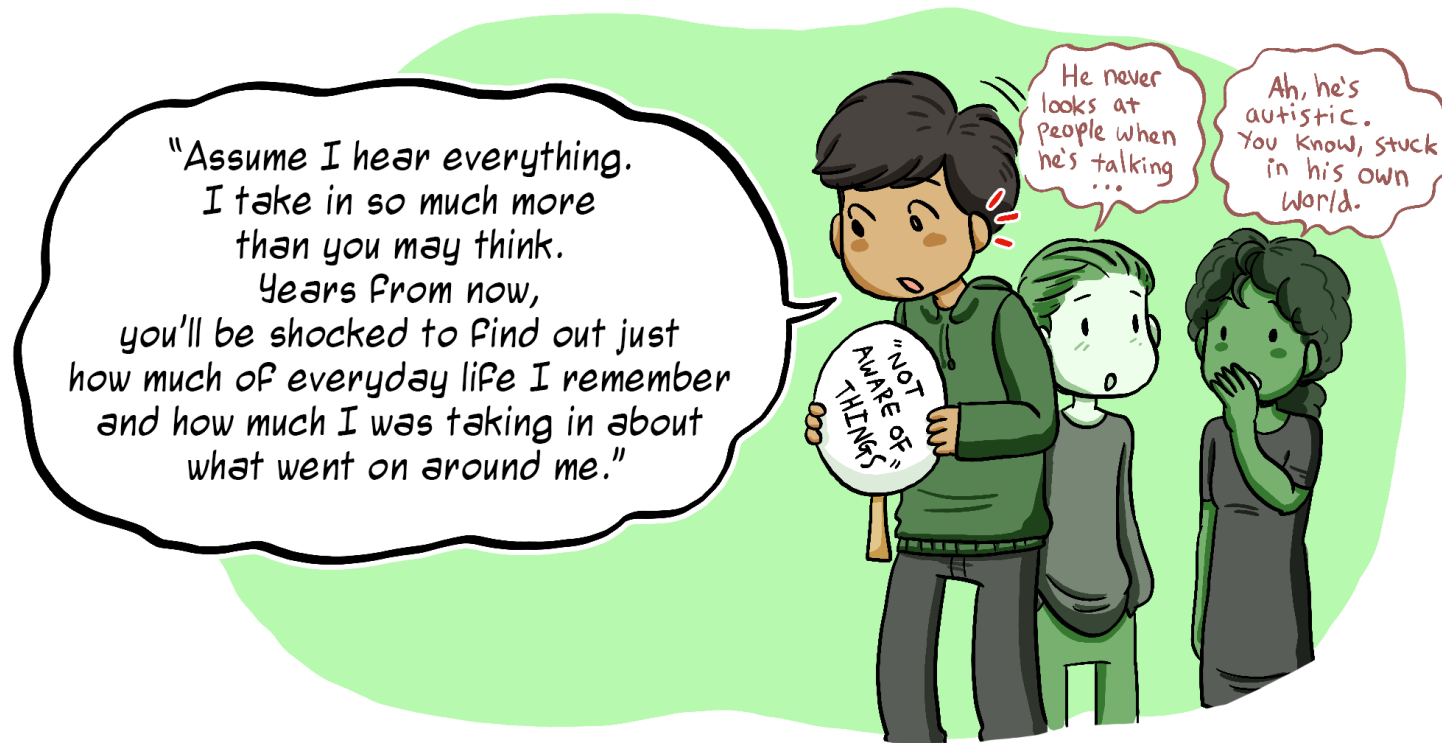




"Let go of your assumptions  
and don't try to make sense  
of autistic behaviors  
based only on your experience  
as a non-autistic person."

Try looking at the world  
From our view—read our stories,  
study our artwork, watch how we interact  
with the world. It can only lead to  
better understanding and  
happiness for you and for us, too."









"Autism is not the monster  
my parents made it out to be.  
I have discovered that not  
only can I live with autism,  
but I can thrive."

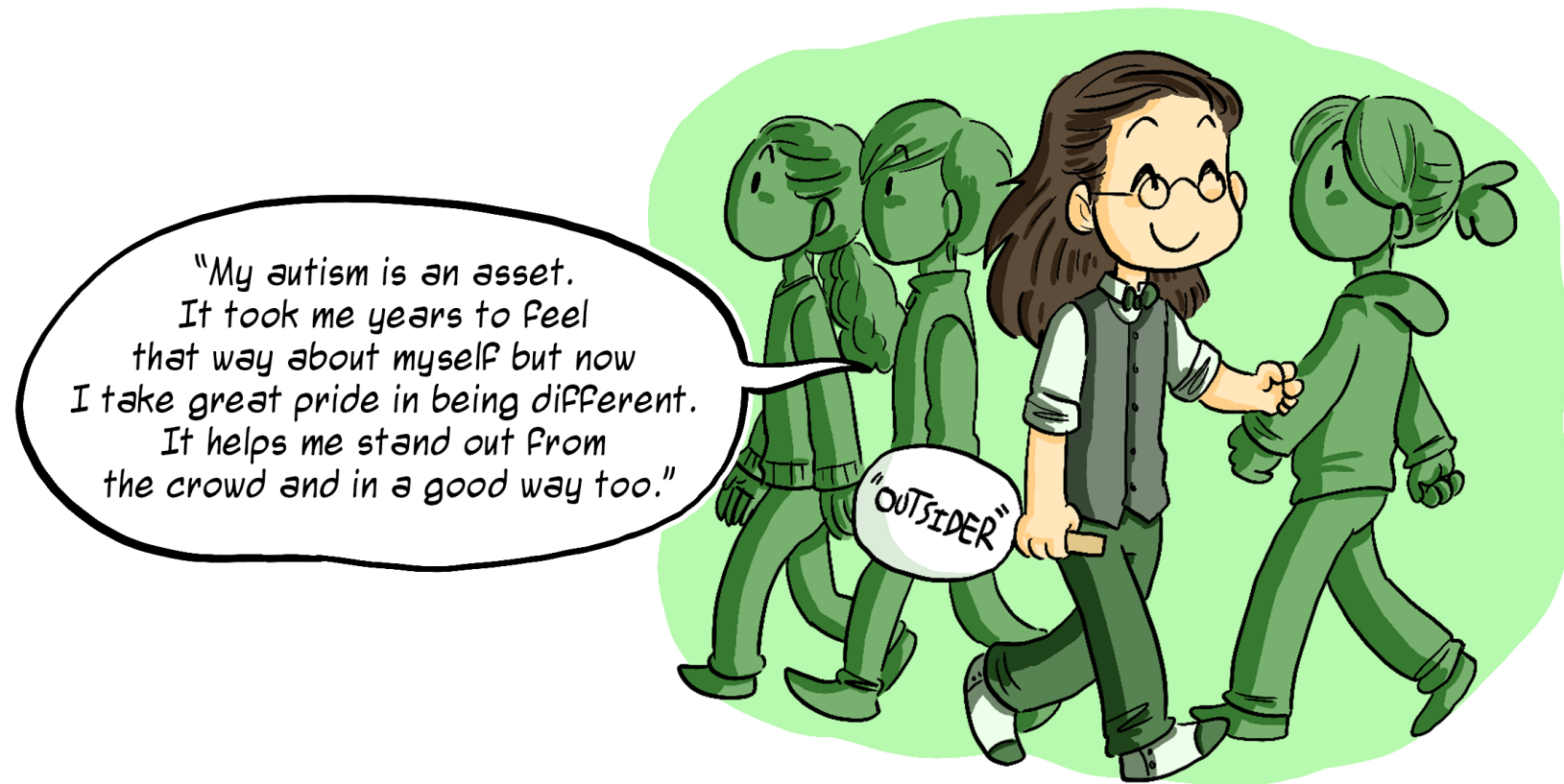
I can have it all.  
Autism does not bind me in chains.  
It gives me the strength to fly!  
I am a joyful person. I can do anything."

"One of the biggest myths of autism is that we lack empathy. It is quite simply untrue. In fact, I would dare to say that most of us are over-empathizers.

We tend to absorb the mood and energy of the people around us. This is intensified 10-fold with people we care about."







"Forget the puzzle piece because it says that I am a problem to be solved."



Think of us autistics as an infinity symbol...there are infinite possibilities of personality, function, traits, challenges, skills and potential."

"I am both  
my abilities  
and my  
disabilities.

I am both high-functioning  
and low-functioning.

To describe me  
accurately  
you have to describe  
all of me.  
Labels can't do  
that."



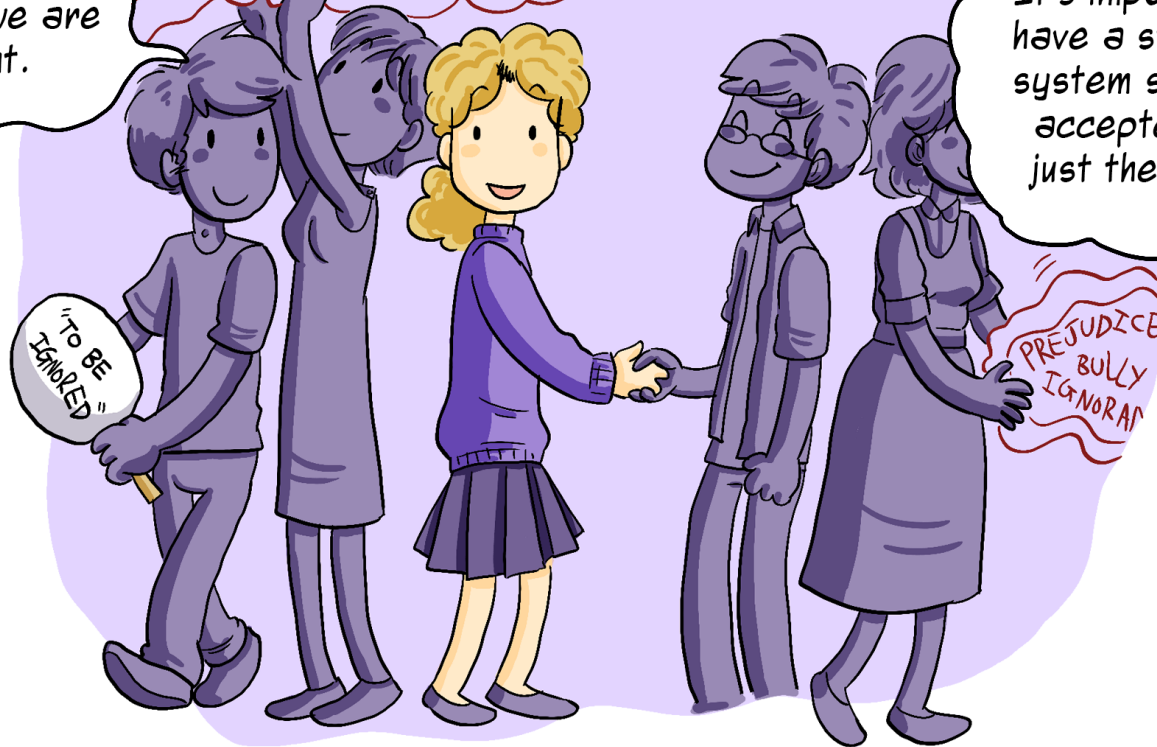


"Those of us  
on the spectrum  
are glaringly  
aware that we are  
different."

SENSORY  
OVERLOAD

SENSORY  
OVERLOAD

SENSE  
OVERLOAD



We think,  
act and socialize  
differently.  
It's important that we  
have a strong support  
system so we can feel  
accepted and loved  
just the way we are."

Imagine if people were determined to reshape your entire identity because your natural way of being is considered socially unacceptable.





Autism is not  
a tragedy.  
It is a difference,  
despite what most of  
the world has been  
led to believe.  
We are not broken  
or in need of fixing.

It pains me because I can see our autistic innovation  
and autistic creation everywhere influencing the  
way that everybody lives but we don't get that recognition.



Our type of brains don't follow trends...ours are the brains that solve issues and help humankind.







Activate your hearts for acceptance!  
Stay open and keep listening to a spectrum of voices...



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