

1. I am a person with autism but it is not all that defines me.
2. I see, feel, hear, smell and taste the world around me differently. Things you find 'ordinary' I can find painful.
3. If I get upset, it is for a reason. Ask me why or ask someone who knows me.
4. Please be patient. I cannot always describe my feelings but that does not mean I am not having them.
5. Don't think I am not listening. It might be that I cannot understand you or that I do not like eye contact.
6. Say what you mean and mean what you say. I probably will!
7. Show me what you want as well as telling me. You might have to repeat it several times too.
8. Help me with my social interactions. I want friends just like you do.
9. Focus on my strengths and interests. There is usually more than one way to do something and you might learn from me too!
10. Please accept me for who I am and support me where you can.

Depending on your level of interest and personal preference for learning style, there is a lot of great information available out there about autism. If you are struggling to find what is right for you, don't hesitate to get in touch and we will do our best to point you in the right direction.

