

Autism, now what?

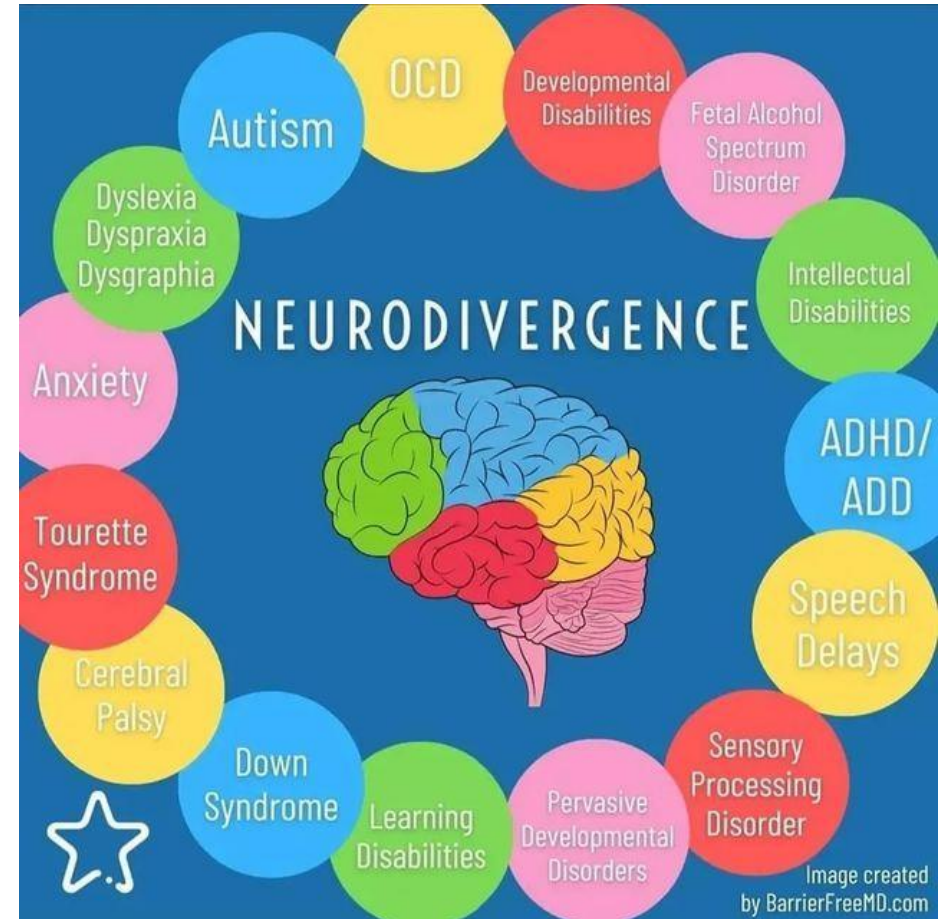
Emma Holmes



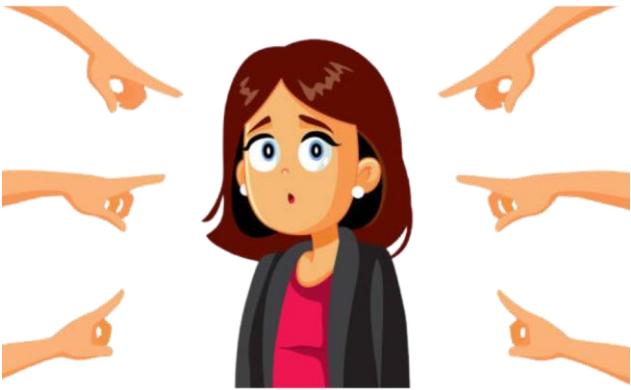
EMPOWER
YOU

Language Matters

- Neurodiversity - itself is just biological fact!
(ethnicity, gender, or culture) (Walker, 2021)
- 'Neurotypical' or 'predominant neurotype' (Luke Beardon)
- 'Neurodivergent' (Kassiane Asasumasu)



Other's might say...



You're making a rod for your own back.

You need to get tougher.

You're just giving in and making it worse.

They are fine at school.

They will grow out of it.

They are just playing you.

Have you tried a sticker chart?

Parenting Differently

Well they don't do that when they are with me.

I would never let my child get away with that.

They need to be more resilient.

Tell them you'll take their screens away.

You're spoiling them.

You should make them say please, thank you, sorry.

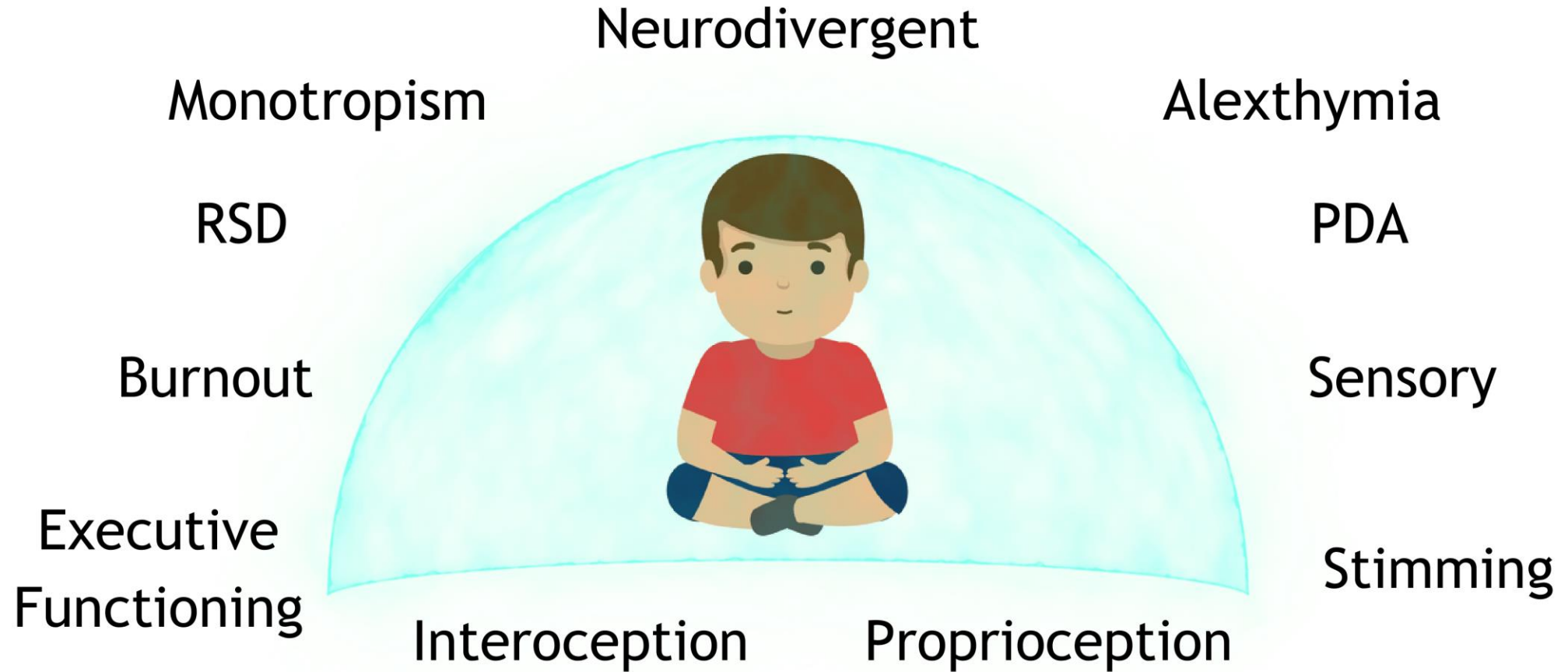
They look fine to me.

They have too much screen time.

Just make them do it.



Neurodiverse terminology:



Embracing Your Autistic Identity



"More dissatisfaction with autistic personal identity predicted lower self-esteem, and more autism pride predicted higher self-esteem" (Cordon et al., 2021);

Having a stronger sense of autistic social identity was associated with more positive self-esteem, and noted that greater autistic social identification could link to better mental health via increased self-esteem (Cooper et al., 2017);

"...Study of diagnosis disclosure in autistic adolescents found that youth who sought information and support from other autistic people reported better outcomes in self-esteem and diagnosis acceptance than those who learned about autism from other sources" (Kiely et al., 2020).

Embracing your ND identity

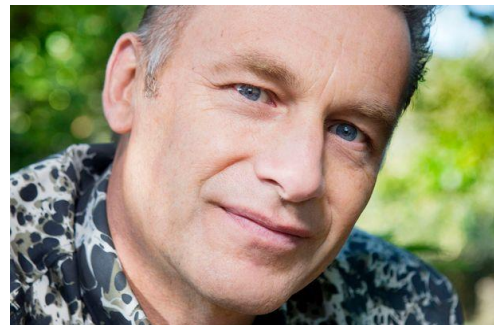
Having a positive autistic social identity offers a protective mechanism against poor mental health.

Cooper, Smith & Russell (2017) Social identity, self-esteem and mental health in autism.

- **Chloe Hayden** - Australian actress, author and advocate 'Different Not Less: A neurodivergent guide to embracing your true self and finding your happily ever after.'
- **Authentically Emily** - a 21-year-old autistic student, mental health activist and autism advocate.
- **Chris Bonello** - Author, advocate, ex teacher and renowned speaker. Austistic Not Weird and Under Dogs
- **Kind of Spark** - CBBC representing traits of ND on mainstream young peoples UK media.



Neurodiverse Celebrities



Useful links, organisations and groups

- Autistic Realms www.autisticrealms.com
- NT in a ND World www.nt-in-a-nd-world.com
- Studio 3 www.studio3.org/post/what-is-the-low-arousal-approach
- Neurobears www.pandasonline.org (understanding ND for younger children)
- Over World Studios Camberley www.overworldstudios.co.uk
- Dr Naomi Fisher www.naomifisher.co.uk
- Viv Dawes www.autisticadvocate.co.uk
- Spectrum Gaming www.spectrumgaming.net
- Autistic Girls Network www.autisticgirlsnetwork.org
- Missing The Mark www.missingthemark.blog
- BRAAIN www.braain.co.uk