

Happy Well-being Wednesday!



National
Autistic
Society

World Autism
Acceptance Week
28 March - 3 April 2022



Last week was World Autism acceptance week. We need to work together to understand Autism to enable us to help and support and change some of the statistics shown throughout these slides. It is everyone's responsibility to help this happen.

What is autism?

Autism is a lifelong disability that affects how people communicate and interact with the world.



Challenges with communication and social interaction



Feel anxious about changes and unexpected events



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Well-known autistic people



Chris Packham



Anne Hegerty



Greta Thunberg



Niall Aslam

Considered autistic

- Sir Isaac Newton
- Alan Turing
- Albert Einstein



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Autistic stats and facts

There are approximately
700,000 autistic adults and
children in the UK.

That's about **1** in every
100 people.



2/3 Autistic children
face bullying

Currently, only **22%**
of autistic people are in
any kind of employment.

79% of autistic
people report
feeling isolated.

Autistic children are
two times more likely
to be excluded from
schools like yours.

This needs to change.



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Top 5 things everyone should know about autism

Autistic people and their families have told the National Autistic Society things they most want the public to know about how being autistic affects them. They said that autistic people may:

feel anxiety about changes or unexpected events

be under or over sensitive to sound, smells, light, taste and touch (this is called sensory sensitivity)

need extra time to process information, like questions or instructions

face high levels of anxiety in social situations

have difficulties communicating and interacting with others

Any of these five challenges could leave autistic people feeling on the edge of overload and even lead to a meltdown or a shutdown.



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How you can help

"It's important to help society understand every autistic person is different."

Spencer

-  Don't stare or be mean
-  Be kind and understanding
-  Give time and space
-  Speak clearly using short sentences
-  Wait for an answer



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