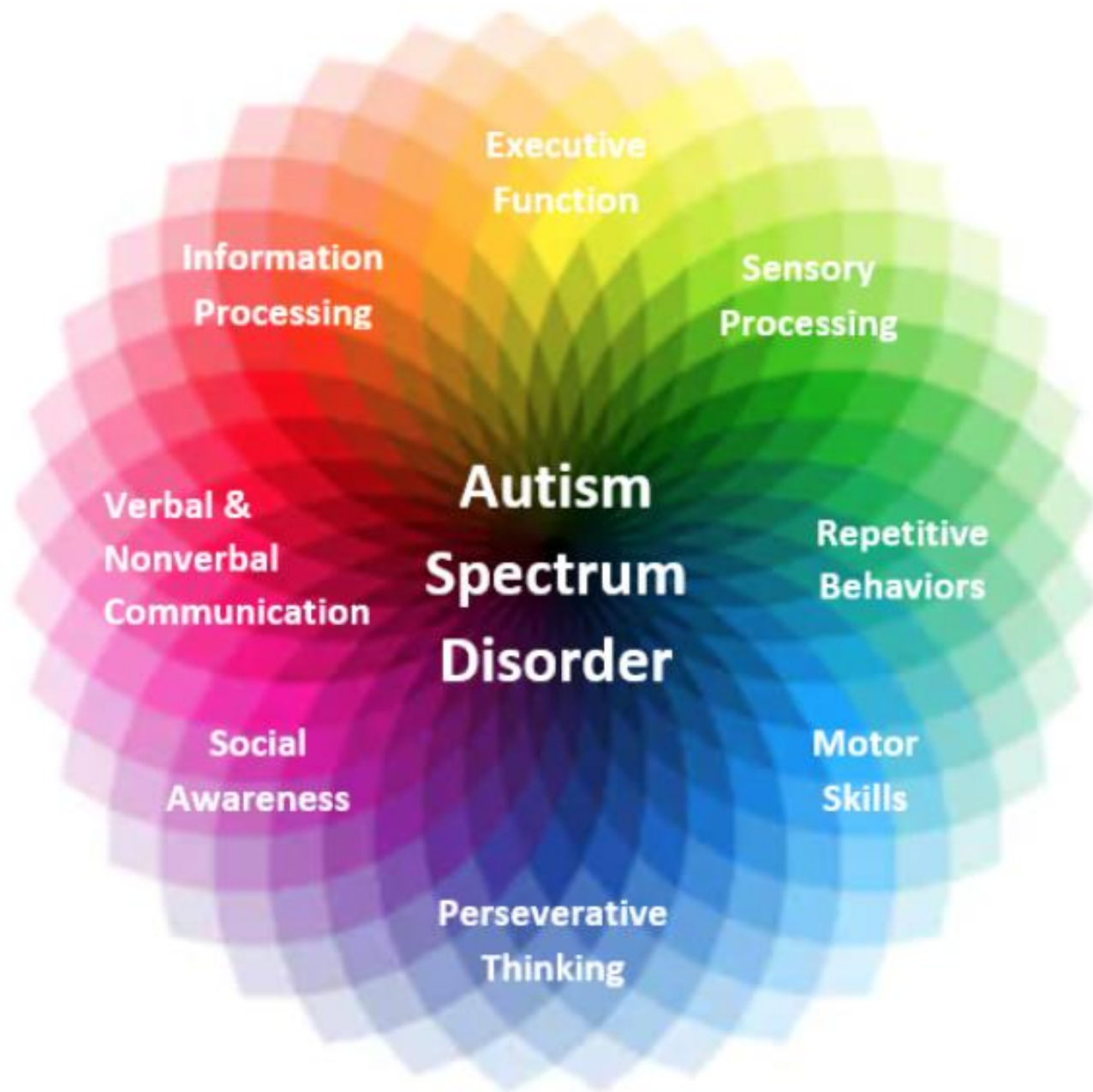




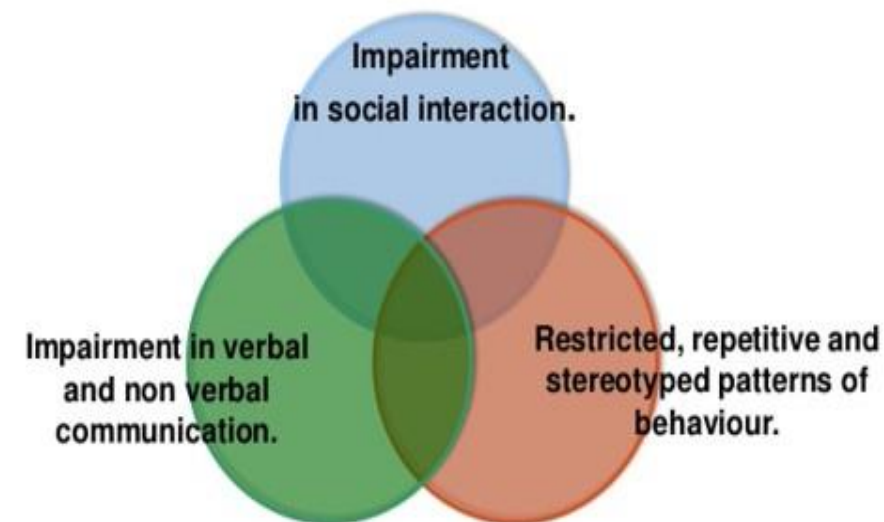
**AUTISM**

**AWARENESS**

**DAY**



## What Is Autism?



- The so-called '**triad of impairment**' summarises the difficulties of the autistic child but the actual manifestation of these can vary.

# HOW IT MAY LOOK LIKE

Trouble making eye contact



Difficulty listening



Slow to respond to verbal requests



Not able to sustain a long back-and-forth conversation



Sensitive to changes in noise, light, or other sensory outputs



Great ability to remember detailed facts and numbers



Source: National Institutes of Health

BUSINESS INSIDER

## UNDERSTANDING The SPECTRUM

Introduced by Archie!



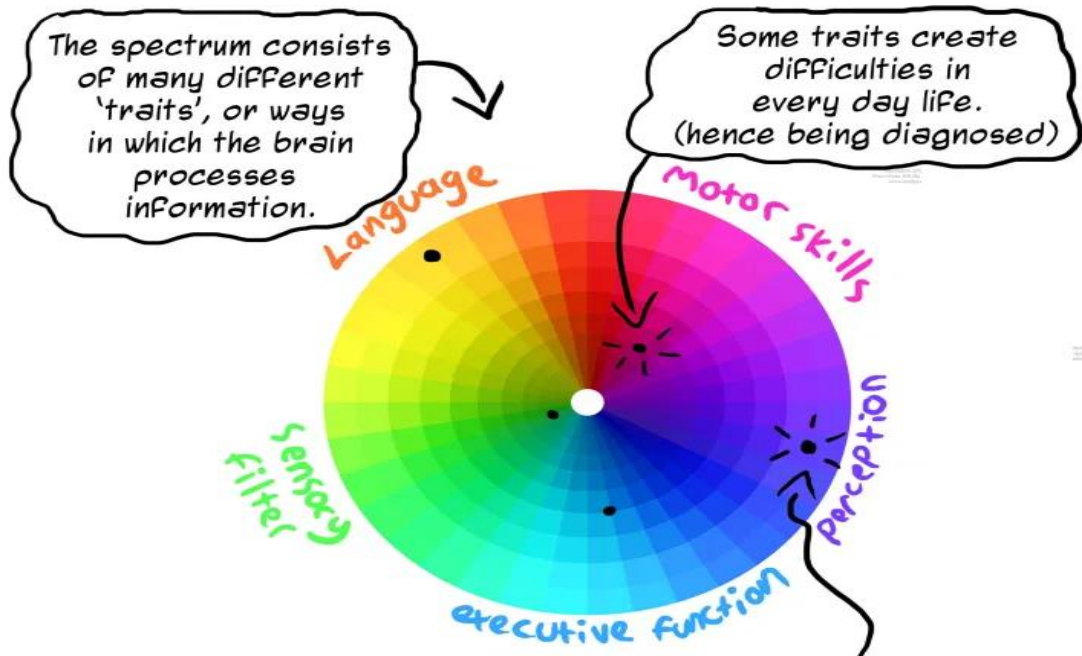
Language can be confusing for me.

It takes me longer than the average person to process conversations.

And although I am good at making conversation, it can take me longer than normal to respond.

But, neurotypical people find language confusing too. And it can lead to some people misperceiving who I am.





But also many traits are useful in every day life.

Each person with autism will have a set of traits all in different areas of the spectrum. The areas where they don't have a trait will function no differently to a neurotypical brain, but may be affected by circumstances. In example, I am good at making conversation (language). But I get sensory overload in loud and crowded spaces, which then makes conversation very hard for me.

The problem with thinking of the spectrum in this way, is that a perception of an autistic person also becomes linear.



You're only a little autistic, Archie.

Hm. I still don't understand, can you be less vague?

You're able to have a normal conversation with me and act pretty normal! You're not severely autistic.



...And so you see, if someone thinks you're on a 'low end' of this spectrum, this often happens:

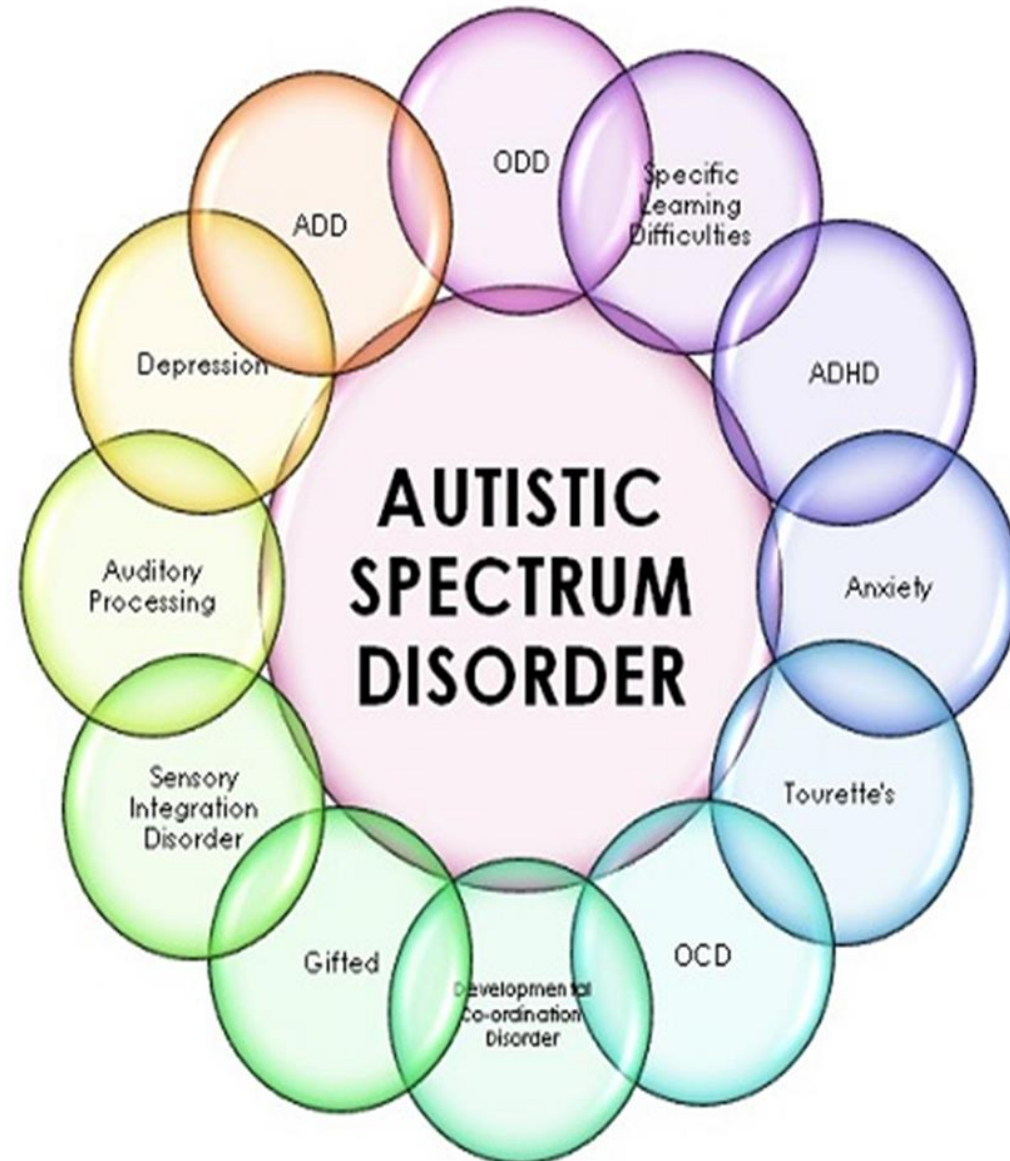


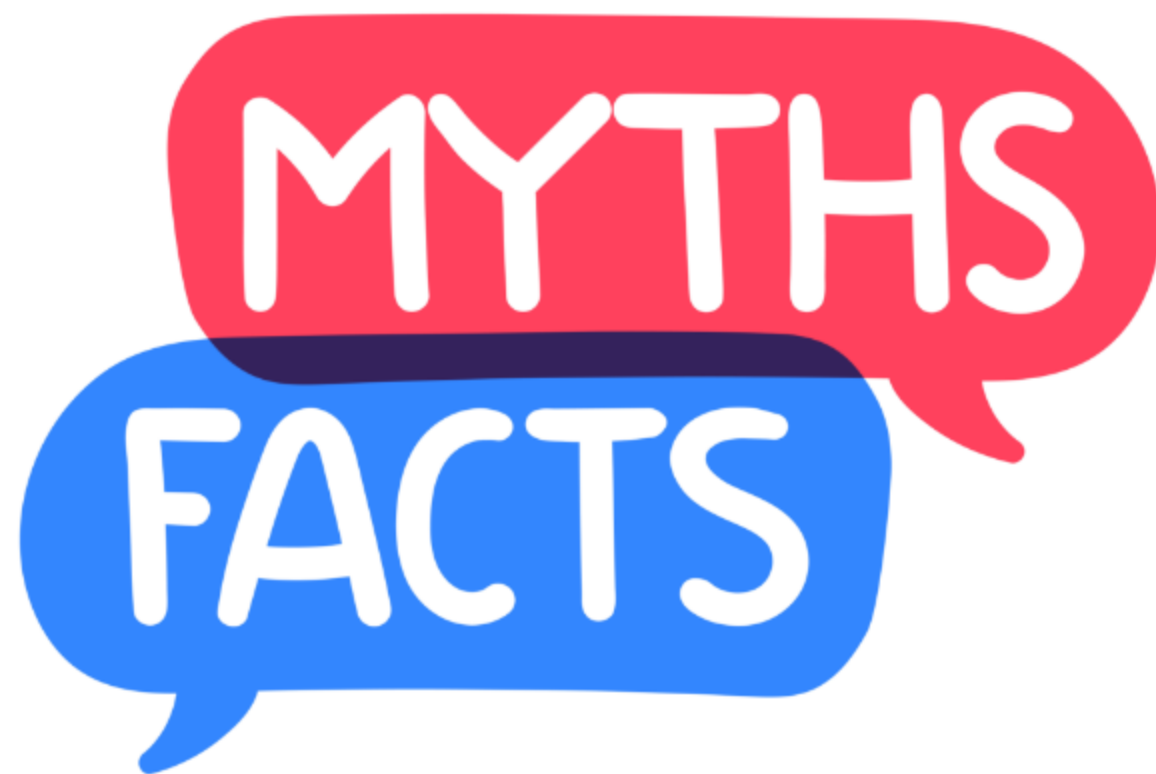
Archie you can handle all of this just fine, you're not *that* autistic.



**NEW** Situations  
 Too Much NOISE  
 LACK of ROUTINE  
 SMART tight clothing  
 DONT STIM  
 loads of conversations all at once  
 DONT FIDGET  
 BE MORE ORGANISED!

Let's not forget that often, Autism may not be a single diagnosis. There are many comorbidities that can exist with the disorder.





# Individuals with Autism should look different

## DEBUNKING MYTH 1

**Fact:**

People with Autism look the same as anybody else. It is their mannerisms and behaviours that make them stand apart.



CAN YOU TELL WHICH ONE OF THEM HAVE AUTISM?

# FACES OF AUTISM in Singapore





Having Autism means having a special talent or gift.



## DEBUNKING MYTH 2

### FACT

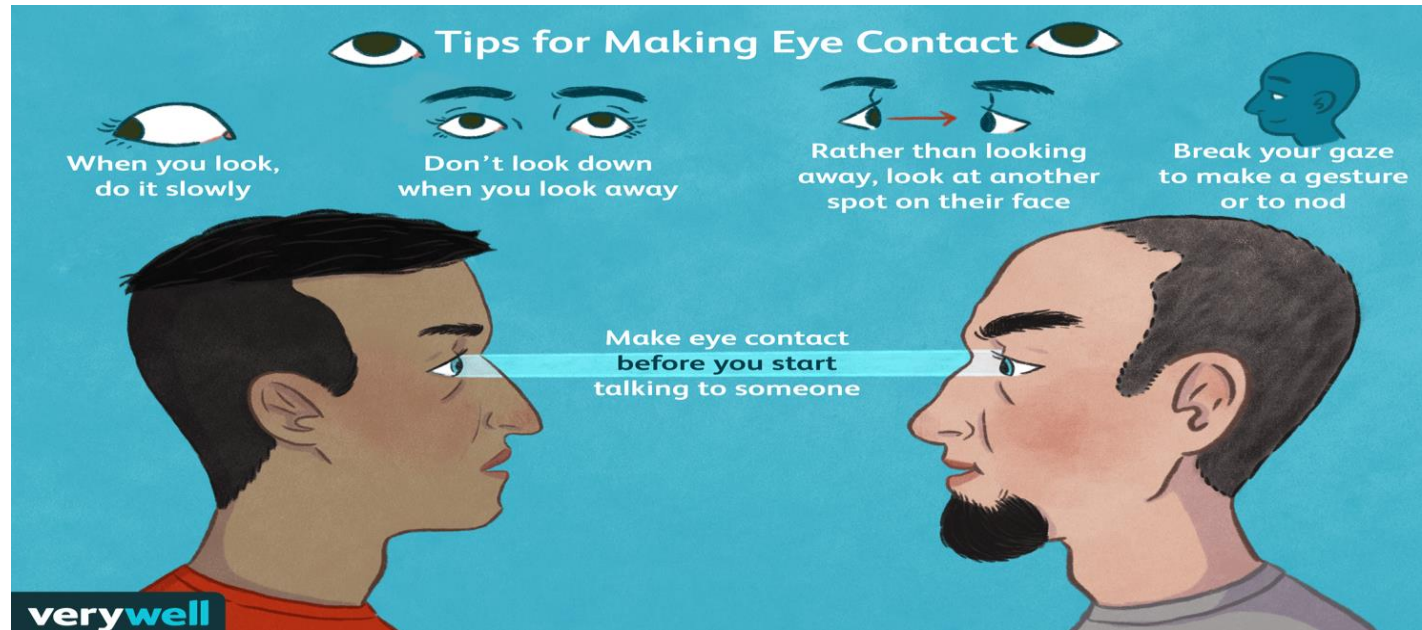
- Every individual is **Unique**. The ones who have been highlighted in media do not actually represent the rest in the community.
- Fact is, there is a larger majority who are struggling to lead independent and meaningful lives.

# They do not make eye-contact

## DEBUNKING MYTH 3

### FACT

- Autism affects individuals in varying ways.
- Not every individual with Autism have difficulties with eye-contact so it should not be a determining factor to decide if a person has Autism.
- More importantly, maintaining appropriate eye-contact can be taught.



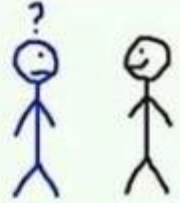
# They don't want friends.

## Fact

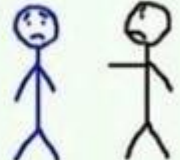
- Many on the spectrum have spoken about their desire to make and keep friends. However, due to their impairment in social communication, it is extremely challenging for them to relate to others and to seek understanding and acceptance from others.
- In fact, many either get bullied or is simply left out.
- Therefore, it is easier for them to give up trying.
- What they actually need are friends who can understand their communication styles and accept them for their unique ways.
- Social skills education is also vital for them to understand how to interact and interpret social contexts.

## DEBUNKING MYTH 4

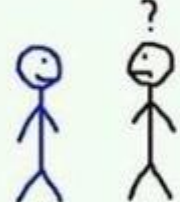
Being autistic, I've always found it difficult to read other people.



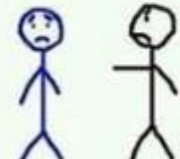
People see this as "My Fault" for not having an expected life skill.



At the same time, other people find it difficult to read me.



This is also seen as "My Fault" for not communicating more clearly.



The sad truth is: if you're autistic, a lot of things are unfairly seen as "Your Fault".

Autisticnotweird.com  
www.facebook.com/  
autisticnotweird

# Autism can be cured

## DEBUNKING MYTH 5

### FACT

- It cannot be cured.
- Instead, individuals can be taught skills and society can be taught ways to communicate with the community and to accept them for their uniqueness.





**"I am different.  
Not less."**

Dr. Temple Grandin

EVERYDAY **POWER**

**"Some people with autism may  
not be able to speak or answer  
to their name, but they can still  
hear your words and feel your  
kindness."**

EVERYDAY **POWER**



Thank you for your attention

Some useful videos (link below)  
Awareness + acceptance = inclusion

<https://youtu.be/xU2MegkqlxQ>

<https://youtu.be/mtRYKjucDHk>

[https://youtu.be/wc77MksM\\_2c](https://youtu.be/wc77MksM_2c)

Melissa Yeo  
AED LBS