

# Are You Autism Aware?

## Be Sensitive

Avoid sensory overload – loud noises, flashing lights and sudden visual or aural stimuli. Be aware of touch as well – how comfortable is it to sit on that carpet?

## Be Flexible

All people are different and what works for one person may not work for another. Keep an open mind and prepare to change what you do. Anticipate changes in routine.

## Use Visuals

Most Autistic people find it easier to understand the world through visual cues and images.



## Be Clear

Use clear, simple language. Say what you mean. Don't exaggerate or use metaphors or sarcasm, e.g. 'This classroom is a pigsty!'

## Find a Safe Place

When feeling overwhelmed or anxious, Autistic children may need a quiet, stress-free, safe place where they can go.