



EP06: Acceptance

Here's what you'll find in this guide:

- Acceptance Episode Notes
- Further Exploration: Suggested Resources
- Links to Tolerance, Kindness and Empathy Activities

Acceptance. It's one of the most important needs we have as humans. That and feeling loved.

What does acceptance mean? It means that you are okay just the way you are. When someone accepts us we can be ourselves without fear of being made fun of or being rejected. It helps you feel confident and comfortable in your own skin.

Acceptance is also something you hear a lot about from the autism community. We want you to accept us for who we are. We want to be ourselves, have friends, join in activities and make valuable contributions in class...in our communities...in the world! We want to be happy and live good lives just like you.

Autistic people are part of your school and community. They are your friends, family members, neighbors and fellow humans. We are here and want to be included because this is our world too.

Acceptance for those of us with autism is a choice you can make today that will have a positive impact:

- Acceptance for someone with autism means that you include us because our differences make life more interesting and fun.
- See beyond our differences and appreciate what is unique about us. See us as a person, not a disability.
- It also means embracing and valuing autistic people instead of being afraid of us, having low expectations, or trying to find a way to make us "not autistic."
- Forget "normal" – there is no such thing as normal anything and we don't want a world where everyone's the same—how boring would that be?

"There is no normal...normal is a setting on a dryer"



Just saying or thinking “I accept you” to an autistic peer isn’t enough. Acceptance is an action and here are some ways to show acceptance:

- Being a lunch buddy and getting to know your autistic classmate.
- Making sure that no one is left out and everyone is invited to play.
- Standing up when you see someone being treated unkindly.
- Dim the lights and turn down the sound if someone is sensory sensitive.
- Understand that everyone communicates even if they can’t talk. Make sure you are listening.
- Appreciate and value how someone else sees the world.
- Asking questions when you don’t understand your friend with autism. It’s ok to ask questions.
- Learning more about autism to understand what the world might feel like to them.

Can you think of any other ideas on how to show acceptance? Come up with a list!

Further Exploration

Blog Posts on Acceptance

Autism Acceptance Month

<http://bit.ly/AAM-action>

Find essays, resources and ways to put autism acceptance into action.

Autism Classroom News & Resources

<http://bit.ly/what-AA-means>

What does autism acceptance mean to you?

PLOS Blogs

<http://bit.ly/silberman-on-acceptance>

Why “Autism Awareness” is Not Enough: Steve Silberman (and friends) explain “Autism Acceptance”

Blogs for Autistic P.O.V.

Thinking Persons Guide to Autism

<http://www.thinkingautismguide.com/>

Wrong Planet

<http://wrongplanet.net/>

Autistic Self Advocacy Network

<http://autisticadvocacy.org/>

Autism Women’s Network

<https://autismwomensnetwork.org/>

Geek Club Books’ Penfriend Project

<http://bit.ly/aut-experience>



More Acceptance Resources

Movie

A Boy Called Po

<http://bit.ly/A-Boy-Called-Po>

Beautiful film about an autistic boy and his recently widowed father. The plotline covers issues we can all relate to—bullying, emotional trauma, the complexity of relationships—and those unique to so many parents of children on the spectrum—lack of insurance, unsympathetic employers, and schools ill-equipped to handle the gifted-but-different child.

Comics

Download these free comics for a deeper understanding of what it means to be on the autism spectrum:

Understand the Spectrum

<http://bit.ly/understand-spectrum>

Hear our Spectrum of Voices

<http://bit.ly/spectrum-comic>

Children's Books

The Girl Who Thought in Pictures

<http://amzn.to/2gUwJq>

The Story of Dr. Temple Grandin in an illustrated rhyming tale. You'll find a complete biography, fun facts, a colorful timeline of events, and even a note from Temple herself!

Normal Norman

<http://bit.ly/normal-norman-book>

A humorous look at the wackiness that makes us all special— and a gentle reminder that “normal” can't ever be defined!

My Brother Charlie

<http://bit.ly/my-brother-charlie>

From bestselling author and actress Holly Robinson Peete—a heartwarming story about a boy who happens to be autistic, based on Holly's son, who has autism.

The Brand New Kid

<http://bit.ly/brand-new-kid>

From one of America's most respected journalists, The Brand New Kid is a heartwarming story about tolerance and the need to give others a chance that will entertain and inspire children and adults alike.

For Parents and Educators

The Autism Acceptance Book

<http://bit.ly/aut-acceptance-book>

The Autism Acceptance Book is an activity book, a conversation-starter, and an educational tool that engages children in learning to embrace people's differences and treat others with respect, compassion, and kindness. It teaches children about autism; helps them imagine how things might feel for those with autism, and lets them think of ways to be understanding and accepting to people with autism. Ideal for children 6-13 and classrooms and other group settings.



Acceptance Activities

Teaching Kindness, Empathy and Tolerance

Here are some great resources for finding activities, games, and lesson plans that will help create a more accepting classroom environment:

Mosswood Connections

Teaching children about diversity: <http://bit.ly/mc-diversity>

This great site is the creation of a couple of play therapists who happen to be parents. They share the many strategies and activities that they have created or used to enhance the development of all children, particularly those with special needs.

Teaching Tolerance

<https://www.tolerance.org/>

Classroom tools and professional development for teaching tolerance of diversity.

Empathy Game

<http://www.momentsaday.com/empathy-game/>

A tool to teach kids to be more considerate. (Includes printables)

Empathy Activities

<http://bit.ly/room6-empathy>

Lesson plan with empathy scenarios.

Paper Chain of Kindness

<http://bit.ly/ssg-paper-chain>

Visual lesson and craft project on the impact of kindness.

Random Acts of Kindness Project

<http://bit.ly/rak-project>

Helps kids share the kind things they've been doing for their friends, teacher and families.