HEAR OUR SPECTRUM OF VOICES

Move your thinking forward about autism.

Replace your fear with wonder. Be curious. Be positive.

Listen to what autistic people have to say about being on the spectrum...

"WEIRD"

"DIFFICULT"

"CAN'T COMMUNICATE"
“Let go of your assumptions and don’t try to make sense of autistic behaviors based only on your experience as a non-autistic person.

Try looking at the world from our view—read our stories, study our artwork, watch how we interact with the world. It can only lead to better understanding and happiness for you and for us, too.”
"How will everyone know how much I know and have to offer if I can't always tell them? There is so much more to communication than being able to speak.

Be patient and listen, not just spoken words, but to all words, all forms of communication."
“Assume I hear everything. I take in so much more than you may think. Years from now, you’ll be shocked to find out just how much of everyday life I remember and how much I was taking in about what went on around me.”
"Autism is not the monster my parents made it out to be. I have discovered that not only can I live with autism, but I can thrive."

"I can have it all. Autism does not bind me in chains. It gives me the strength to fly! I am a joyful person. I can do anything."
“One of the biggest myths of autism is that we lack empathy. It is quite simply untrue. In fact, I would dare to say that most of us are over-empathizers.

We tend to absorb the mood and energy of the people around us. This is intensified 10-fold with people we care about.”
“What’s our special talent? Being ourselves. What’s yours?

Not all autistics have savant skills. Our special talent is excelling in a world that is alien to us—loud, unfriendly and overly bright.”
“My autism is an asset. It took me years to feel that way about myself but now I take great pride in being different. It helps me stand out from the crowd and in a good way too.”
"Forget the puzzle piece because it says that I am a problem to be solved."

Think of us autistics as an infinity symbol...there are infinite possibilities of personality, function, traits, challenges, skills and potential."
"I am both my abilities and my disabilities.

I am both high-functioning and low-functioning.

To describe me accurately you have to describe all of me. Labels can't do that."
“Those of us on the spectrum are glaringly aware that we are different.

We think, act and socialize differently. It’s important that we have a strong support system so we can feel accepted and loved just the way we are.”
Imagine if people were determined to reshape your entire identity because your natural way of being is considered socially unacceptable.
Autism is not a tragedy. It is a difference, despite what most of the world has been led to believe. We are not broken or in need of fixing.
It pains me because I can see our autistic innovation and autistic creation everywhere influencing the way that everybody lives but we don't get that recognition.
Our type of brains don’t follow trends...ours are the brains that solve issues and help humankind.
"My dedication to learning about myself and living a self-defined, successful life on the autism spectrum is really paying off big.

I can genuinely say that I like who I have grown into and it feels amazing!"
Activate your hearts for acceptance!
Stay open and keep listening to a spectrum of voices...

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