

# TBT 1: Autism Awareness (Adults)

## What is Autism?

Autism is a **lifelong developmental disability** that affects how people perceive the world and interact with others. Autism is a spectrum. **This means everybody with autism is different.**

Some autistic people need little or no support. Others may need help from a parent or carer every day.

- Autism spectrum disorder (ASD) – the medical name for autism.
- Autism spectrum condition (ASC) – used instead of ASD by some people.
- Asperger's (or Asperger syndrome) – used by some people to describe autistic people with average or above average intelligence.

## How Autism may present itself in an individual

**Autistic people see, hear and feel the world differently to other people.** If you are autistic, you are autistic for life; autism is not an illness or disease and cannot be 'cured'. Often people feel being autistic is a fundamental aspect of their identity.

Autism is a spectrum condition. All autistic people share certain difficulties but being autistic **will affect them in different ways.** Some autistic people also have learning disabilities, mental health issues or other conditions, meaning people need different levels of support. All people on the autism spectrum learn and develop. With the right sort of support, all can be helped to live a more fulfilling life of their own choosing.



## Common signs of Autism in adults include:

- finding it hard to understand what others are thinking or feeling
- getting very anxious about social situations
- finding it hard to make friends or preferring to be on your own
- seeming blunt, rude or not interested in others without meaning to
- finding it hard to say how you feel
- taking things very literally – for example, you may not understand sarcasm or phrases like "break a leg"
- having the same routine every day and getting very anxious if it changes
- not understanding social "rules", such as not talking over people or avoiding eye contact
- getting too close to other people, or getting very upset if someone touches or gets too close to you
- noticing small details, patterns, smells or sounds that others do not
- having a very keen interest in certain subjects or activities or liking to plan things carefully before doing them



## TBT 1: Autism Awareness (Adults)

### Questions

#### **Question 1:**

Autism is a lifelong developmental disability that affects how people perceive the world and interact with others. (circle the correct answer)

- a) True
- b) False

#### **Question 2:**

Autism is often known as ASD/ASC. (circle the correct answer)

- a) True
- b) False

#### **Question 3:**

Autism is a spectrum disorder. It this mean everyone with Autism are: (circle the correct answer)

- a) Affected the same way
- b) Affected differently

#### **Question 4:**

Autistic adults can get very anxious about social situations. (circle the correct answer)

- a) True
- b) False

# TBT 2: Autism Awareness (Children)

## Signs of Autism in children

**Autism in young children.** Signs of Autism in young children include:

- not responding to their name
- avoiding eye contact
- not smiling when you smile at them
- getting very upset if they do not like a certain taste, smell or sound
- repetitive movements, such as flapping their hands, flicking their fingers or rocking their body
- not talking as much as other children
- repeating the same phrases

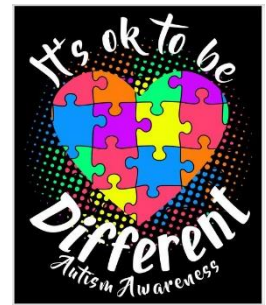
**Autism in older children.** Signs of Autism in older children include:

- not seeming to understand what others are thinking or feeling
- finding it hard to say how they feel
- liking a strict daily routine and getting very upset if it changes
- having a very keen interest in certain subjects or activities
- getting very upset if you ask them to do something
- finding it hard to make friends or preferring to be on their own
- taking things very literally – for example, they may not understand phrases like "break a leg"

## How to communicate with an Autistic child

**DO:**

- use a child's name so they know you are speaking to them
- keep language simple and clear
- speak slowly and clearly
- use simple gestures or pictures to support what you are saying
- allow extra time for the child to understand what you have said



## How to communicate with an Autistic child

**DON'T:**

- try not to ask the child lots of questions
- try not to have a conversation when it is noisy
- try not to say things that could have different meanings, such as "pull your socks up" or "break a leg"



## TBT 2: Autism Awareness (Children)

### Questions

#### **Question 1:**

Autistic young children may not respond to their name. (circle the correct answer)

- a) True
- b) False

#### **Question 2:**

Autistic children seem to easily understand what others are thinking or feeling. (circle the correct answer)

- a) True
- b) False

#### **Question 3:**

We should try not to have a conversation with an Autistic child when it is noisy. (circle the correct answer)

- a) True
- b) False

#### **Question 4:**

We should ask autistic child lots of questions. (circle the correct answer)

- a) True
- b) False