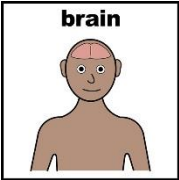


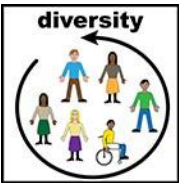
# Autism and Neurodiversity

If you have been told by a doctor, that you are on the autism spectrum, you might be interested in neurodiversity. This leaflet will tell you all about neurodiversity.



## What is neurodiversity?

- The word neurodiversity has two parts- 'neuro' to do with the brain, and 'diversity' to do with differences.
- Neurodiversity is how differences in a person's brain can mean that they experience the world differently.
- Differences in people's brains such as with autism are natural and useful parts of the how humans are different.
- There is no 'right' or 'wrong' way to grow. There is no such thing as a 'normal' brain.



## Neurodiversity and the world

- Some people on the autism spectrum might get upset by lights or sounds that are common in everyday life.
- The neurodiversity movement thinks that people should make sensible changes to help people with autism feel better in everyday life.



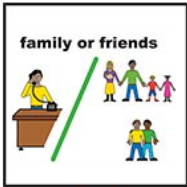
# Neurodiversity Movement

The neurodiversity movement is a group of people who believe that everyone is different and that is a good thing. They believe that everyone should have equal rights.



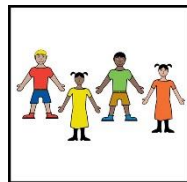
## Who is involved?

- People like you. Autistic people and other people who might be treated badly because they are different.
- Your family and your friends.
- The movement does things to stop people being treated differently and help people who have been treated badly.



## What are people saying?

- Many people in the movement see their conditions as part of who they are giving them strengths as well as challenges, not as a disease that needs to be cured.
- Many in the movement want support that can help them with everyday life.
- They think that people should not be forced to become 'normal'. People in the Neurodiversity Movement understand that everyone is different and these differences can be strengths.



## Resources

Use these resources to find out more about the neurodiversity movement:

### E-book

- Welcome to the Autistic Community! by the Autism NOW Center and the Autistic Self Advocacy Network

### Online community

- The National Autistic Society

### Online resource links

- [blogs.exeter.ac.uk/exploringdiagnosis](https://blogs.exeter.ac.uk/exploringdiagnosis)
- [www.exeter.ac.uk/exdx/resources/feedback](https://www.exeter.ac.uk/exdx/resources/feedback)