

# UNDERSTANDING AUTISM: WHAT YOUR AUTISTIC PEERS WANT YOU TO KNOW

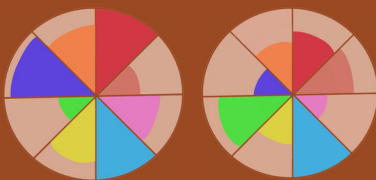


## What is **Neurodiversity**?

Neurodiversity is the idea that there is no “right” way of thinking, everyone is different and these differences are not “deficits”.

Every autistic individual has a unique profile:

- Social Differences
- Interests
- Repetitions
- Sensory Sensitivity
- Emotion Regulation
- Perception
- Executive Functioning
- Other



What your peers want you to know and how you be an ally to the autistic community:

- “*When you meet one person with Autism, you’ve met one person with Autism*”
- Don’t assume you understand autism - get to know autistic people as people with diverse identities and experiences, not a collection of symptoms.
- Presume competence. Emphasize abilities rather than deficits.
- What is the right language: autistic person or person with autism? There's no one right answer, ask individuals their preference.
- To learn more or get involved, see the QR code below for more resources!



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