

# MYTHS ABOUT AUTISM SPECTRUM DISORDER

BREAKING DOWN BARRIERS, BUILDING UNDERSTANDING

**MYTH:** People with autism don't feel emotions.

**REALITY:** We experience emotions deeply—sometimes more intensely than others. We might just express them differently.

**MYTH:** All autistic people are the same.

**REALITY:** Autism is a spectrum. Each person has unique strengths, challenges, and ways of experiencing the world.

**MYTH:** Autism needs to be 'fixed'.

**REALITY:** Autism is a neurological difference, not a disease. Support and understanding make the real difference.

**MYTH:** Autistic people can't form relationships.

**REALITY:** We value friendships and connections. We might need different approaches to communication and social interaction.

## REMEMBER: LOOK BEYOND THE LABEL. SEE THE PERSON.



Co-funded by  
the European Union

Erasmus+ Programme  
Action type ACTION 2 Cooperation Partnerships,  
Small Scale Partnerships (KA210-YOU) within the  
Youth sector  
Proposal number: 2024-1-PL01-KA210-YOU000256352

Autism  
Integration 

The logo for Autism Integration, featuring three overlapping circles in teal, orange, and red, with a white speech bubble shape integrated into the design.

# NEEDS OF YOUNG PEOPLE ON THE AUTISM SPECTRUM

## CREATING INCLUSIVE SPACES TOGETHER

### What we need:

**Predictable routines** - Knowing what to expect helps us feel secure and confident.

**Sensory awareness** - Some sounds, lights, or textures can be overwhelming. A quiet space can make all the difference.

**Clear communication** - Direct, honest conversation works better than hints or sarcasm.

**Time to process** - We might need extra moments to understand or respond to information.

**Emotional safety** - Acceptance without judgment helps us be our authentic selves.

### In school:

- Advance notice of schedule changes
- Breaks when feeling overwhelmed
- Understanding of different learning styles

### With friends:

- Patience with social cues
- Respect for our interests and passions
- Inclusion in group activities

## SMALL CHANGES CREATE BIG IMPACTS

# HOW TO BE A SUPPORTIVE PEER

FRIENDSHIP HAS MANY FORMS

## Starting Conversations:

- Be direct and friendly: "Hi, I'm Kate. What are you interested in?"
- Ask about their hobbies or passions.
- Don't worry if the conversation feels different—different can be wonderful.

## Understanding communication:

- Some of us make less eye contact—we're still listening.
- We might take longer to respond—give us time.
- Our body language might be different, but our feelings are real.

## Being Inclusive:

- Invite us to activities, even if we sometimes say no.
- Respect when we need breaks or quiet time.
- Celebrate our strengths and interests, even if they're different from yours.

## What workshop participants say:

"I learned that friendship isn't about being the same—it's about understanding each other."

"Now I know that if someone doesn't look at me when talking, it doesn't mean they don't care."

"Small acts of kindness make someone's whole day better."

# EVERYONE DESERVES TO BELONG



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