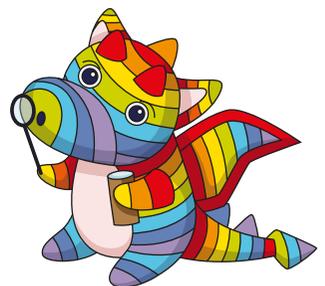




Awesomeness of AUTISM



"I have amazing observational skills. I notice so many things that other people don't always notice."

Katie

"I love being autistic for all the sensory joy I get from nature. The smell of pine, leaves and blossom falling from the trees, and the crunch of snow under my boots. No matter the season, nature is stimmy."

Marion

"The thing I love most about being Autistic is Autistic joy. When I experience Autistic joy it feels like the most beautiful flowers start to grow from within me."

Shannon

"I really love my memory, which is like an elephant's I love my hypersensitivity - I notice things, I smell things, I hear things, I taste things, I feel things with my fingertips things many NTs miss."

D

"Being part of the wonderful international autistic community."

Sofia

“I love the vibrance of bright colours and the way I experience mixing them, like they coat my neural paths with new shades.

I get to mix dyes for my and partners hair this week and am hyped, because the sensory experience is so regenerative.”

Lulu

“I love being open minded and knowing who the good people are.”

Scott

“I love the friends that I've made now that I've found my people.”

LJ

“The joy of the feel and colours of yarn. Geeking out over Star Trek.

Immersing myself in novels completely. Understanding my autistic children. Finally getting a diagnosis and unpicking years of internalised ableism.”

Tanya

“I love that the world of inanimate objects for me is full of life, telling stories. I love that I take people as they are, without feeling for social hierarchy or judgement I love my commitment, depth & thoroughness when it comes to my special interests.”

D

“I love being autistic because of the unique perspective it gives me, and the deep empathy I have for other people. I also adore the autistic community, and the joy I get from socialising with people who share my communication style. The hyper-focus I experience when immersed in my special interests and the sensory joy from multiple sources make me feel grateful every day.”

Felicity

“I like being autistic because that’s how my brain is. I love my life.”

Fraser

“I think better than many NTs.”

PatternChaser

“I’m learning to love my autistic joy. As a late diagnosed adult female, I learnt very early on in life that my reactions to pretty much everything were “off.” I learnt not to trust myself to react appropriately and often I would be teased or ridiculed, gently or harshly, for my genuine reactions to things both good and bad. Now I’m learning that my reactions are 100% valid *for me*, good or bad.

Stacey

Autistic Pride

ABERDEEN 2022

Autistic Pride events like ours are held annually around the world on or around the 18th of June. Following in the tradition of other minority communities' Pride events, Autistic Pride is about taking ownership of our narrative and identity and declaring:

“This is who we are, and there’s nothing wrong with that.”

Initially beginning online in 2005, Autistic Pride offers the Autistic community a chance to come together to enjoy ourselves and celebrate our differences, along with Allistic (non Autistic) allies.

Autistic Pride is an opportunity to reframe how we talk about Autism and to challenge stereotypes and stigma. It is about welcoming people into the Autistic community, offering a sense of belonging, and showing that being Autistic is not only nothing to be ashamed of.

It can actually be pretty awesome.



autismunderstanding.scot