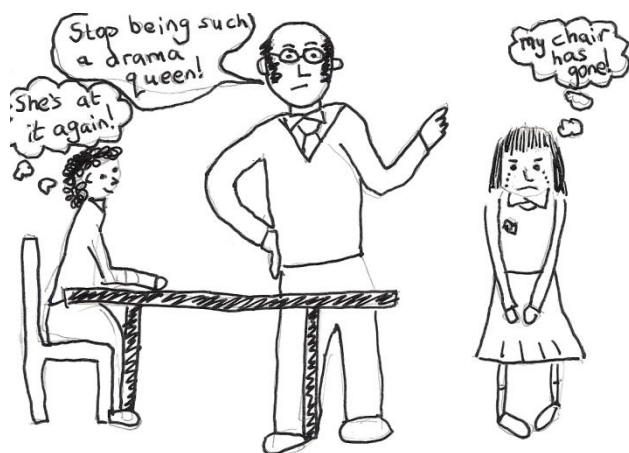




I'M OK
BEING ON
MY OWN,
DONT
Worry
About ME!

To My
FAMILY

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Please think
of the reasons
behind "drama
queen" behaviours!

To teachers
Love from an
undiagnosed autistic
girl aged 8

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The world is a
Strange and scary
Place for autistic people.

If you want to help us,
you need to help us with
the root cause of our
behaviour, not the
behaviour itself

To Human Beings.

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Love thy
neighbour!

To my
neighbour

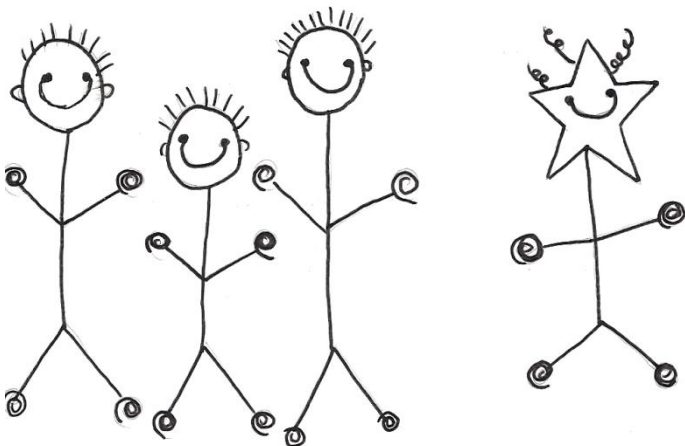
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Be polite and
don't be scared
by the content -
a lot of the
time you are
making the
same point!

To all autistic
and non autistic
people having email
conversations

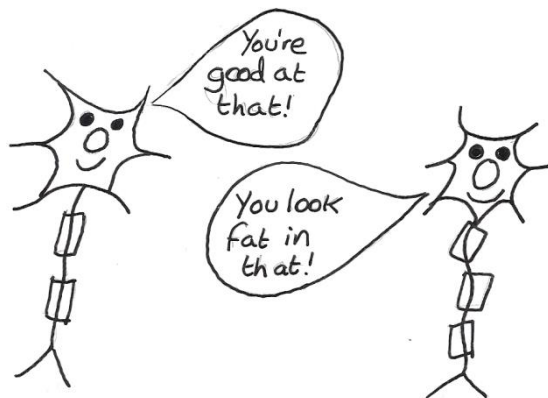
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Take
time to
get to know
me as well!

To my
teachers

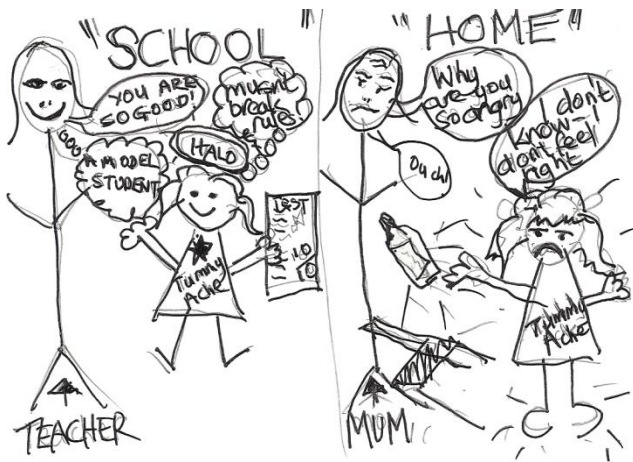
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Remember they
will be very
honest (or will
be trying very
hard not to be)
- value it!

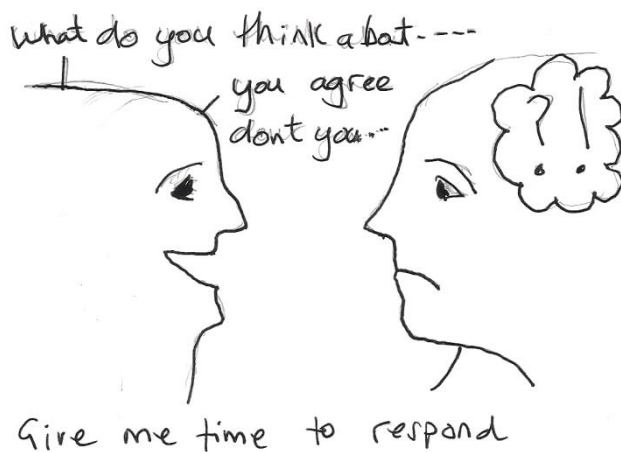
Everyone who
interacts with
Someone with
autism

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School teacher:

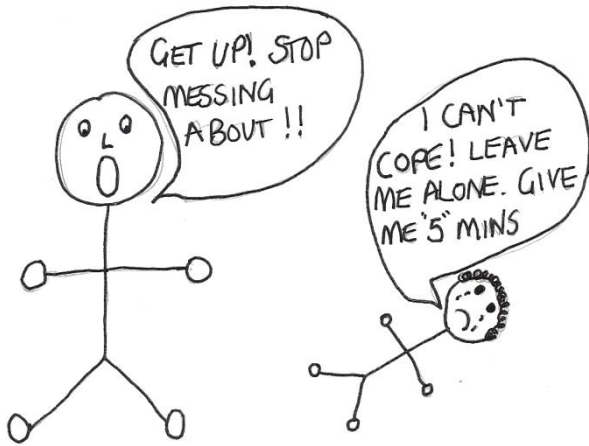
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If I don't answer
right away it
means I am
working out what
to say so that
I don't say the
wrong thing.

To anyone I'm
having a
conversation
with

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SOMETIMES IT'S ALL
TOO MUCH! JUST
LEAVE ME ALONE -
5" MINS THEN I'LL
BE OK - I'M NOT
NAUGHTY //



TO EVERYONE
WHO STARES AT
ME ☹☹

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F**K, however is.
know the difference.

To avoid calling
me "autistic" is
to perpetuate the
Stigma that
autism is a bad
thing.
It is not.
I am proud to be
who I am, that
includes being autistic.

To the people
trying too hard
to not offend but don't
listen to what I actually
prefer.

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TO MY PARENTS
WHO WERE
DRAGGING ME
TO SHOPS

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If you are talking about me and making decisions about my life, make sure you talk to me and ask me what I think & need!

To all teachers and professionals

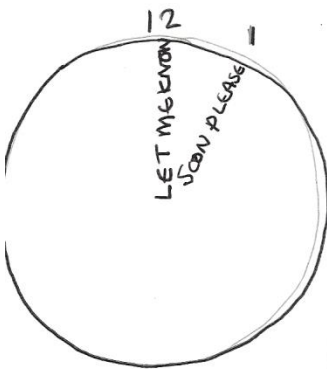
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lights in public places really bother me - like in offices, schools, shopping centres & supermarkets. I'm not being rude wearing a hat - it's my way of dealing with it.

Everyone

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COMMUNICATE
RELEVANT
INFORMATION



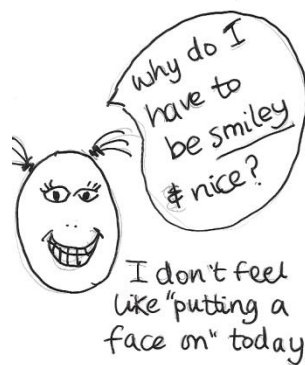
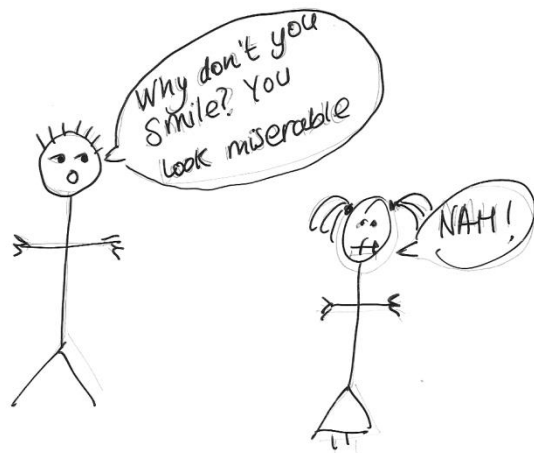
I FIND IT HARD
WAITING FOR A
REPLY.

WAITING CAN
CAUSE ANXIETY

AN ESTIMATED
RESPONSE TIME
WOULD BE HELPFUL

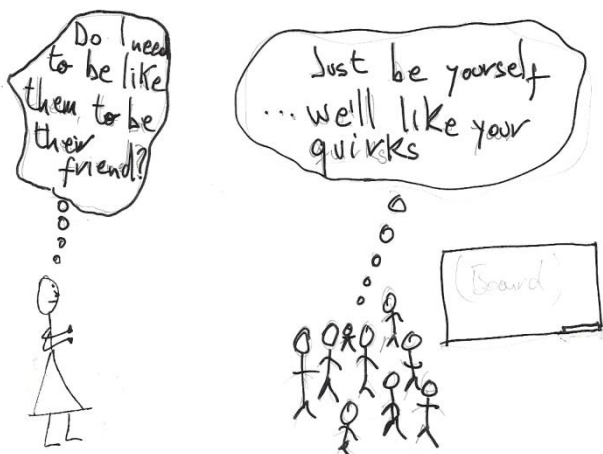
TO
EVERY ONE ♥

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To Everyone

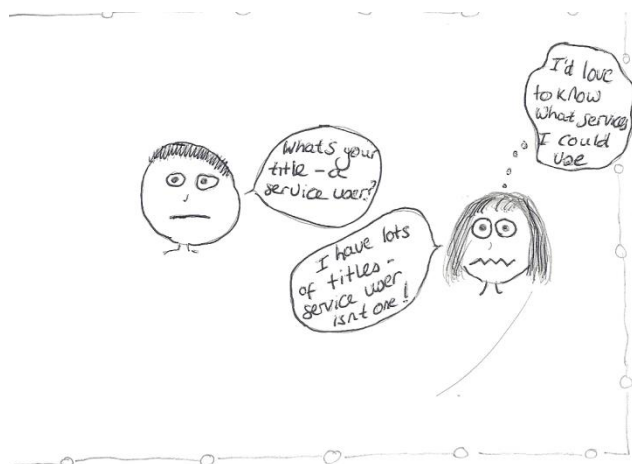
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Sometimes I get anxious when I try to fit in. Be accepting if you see I'm trying too hard.

To everyone

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Think about the practical arrangements of the training they make a big difference to us and the people we teach

To people who book ASPIE lutely fabulous

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I am not "a woman with autism"
I am an autistic woman!

My autism isn't detachable.
I'm not here "with" my autism.
I can not forget to bring it with me.
I am an autistic Woman.

To Everyone who
calls me "a woman
with autism"

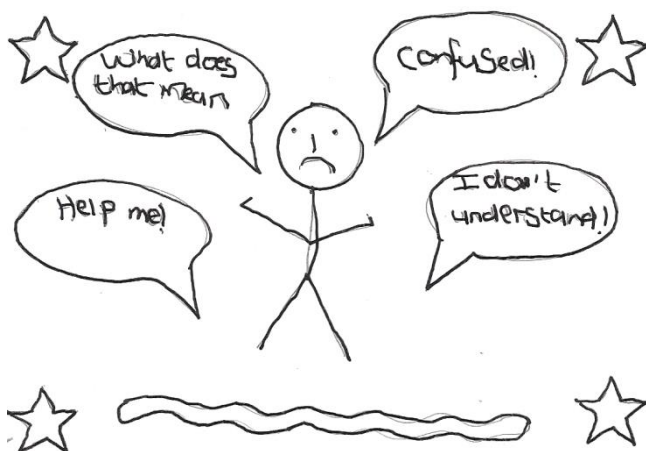
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Pick your battles
Well!
if she wants to
Smell she might
get picked on at
School.
or push her in the
Shower!

To mum & daughter.

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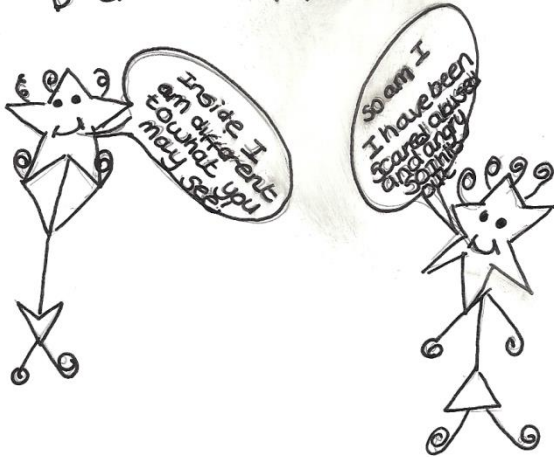


"Don't Say
things I
don't
understand"

To my friends!

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BULLYING.



"It's not what's on the outside that matters"
"It's what's on the inside"

To the world
and the bullies out
there

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Seek to understand
before judging

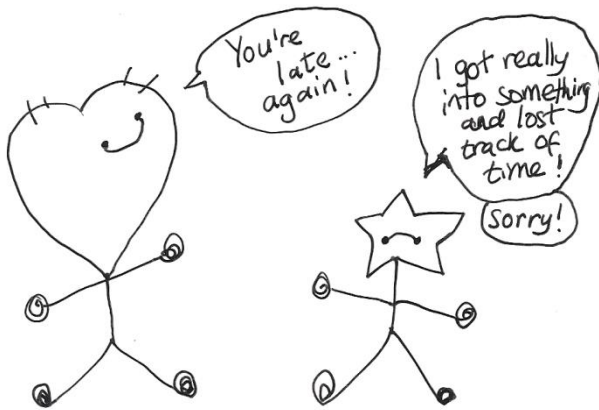
To:
The community

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NOT EVERYONE
IS WHO THEY
SEEM

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I really do my best not to be late. Sometimes I 'lose' time as I get focused on something I'm interested in. Please don't take it personally!

Everyone, but especially those close to me.

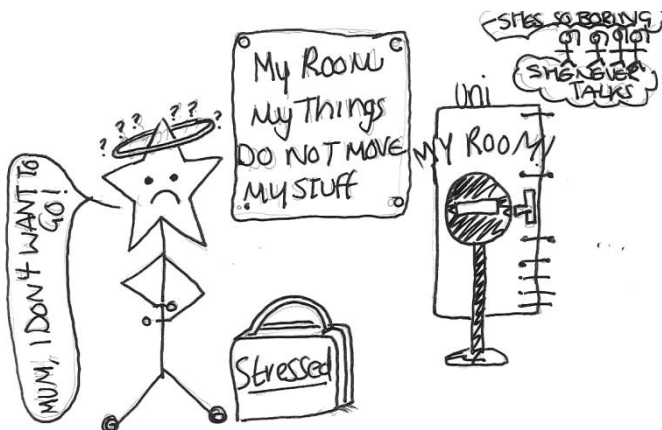
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LADIES
TRY AND TAKE A FEW MINUTES TO YOURSELF TO REGULATE EVERY HOUR. EVEN IF IT MEANS A TRIP TO THE LOO!

TO ANYONE WHO FEELS TIRED ALL THE TIME THERE IS NO MEDICAL REASON

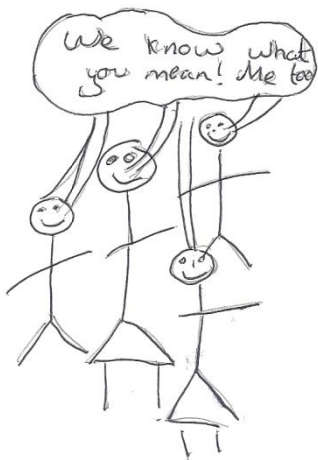
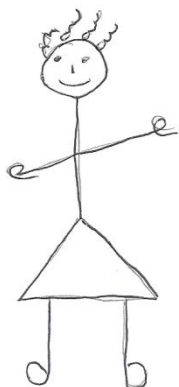
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Please leave me alone, I don't like loud noises or crowds. But I do get lonely so, don't forget about me.

To my friends

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Thanks for
Sharing your
stones with
me

To everyone in
this room

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