

I Am Autistic



Social Story



Everyone is different. Some differences are visible like hair color or height. Other differences cannot be seen like what our favorite things are or the way we process information.



The way I process information is called autism.
That means I am autistic.



Being autistic means that my brain (the body's computer) is differently wired than other people's. It also means that I see and understand the world differently.



Sometimes the world around me is too loud or too distracting, even though it isn't for other people. The things I see, hear, taste, feel, and smell can sometimes be too much to handle. For instance, I might be bothered by the fabric of my shirt, a lump in my sock, or how loud a classroom sounds when everyone is talking.



One thing that I can do when I get overwhelmed is stim. A stim is a repetitive action or movement that I can do when I am having a hard time. For example, I might flap my hands, repeat some words over and over, or chew for my stimming behavior.



Stimming is also common when I'm really excited or happy about something. It can also help me focus so that I can better understand what is happening around me and inside my body.



Some people might try to discourage or stop my stimming behavior. I can tell them that stimming makes me feel better and helps me cope. However, if my stimming is hurting myself or others, then it is probably a good idea to try a different stim instead.



Autism allows me to be really good at some things, but it can also make some things harder to learn.



Some autistic people find it difficult to communicate. Some autistic people are even nonverbal (that is, they don't speak). However, there are lots of different ways to communicate. I can use sign language, pictures, a special communication device, or even an app to help me communicate my wants or needs.



There are lots of reasons why I love being autistic.

1. _____

2. _____

3. _____

4. _____

5. _____

Being autistic means that I am passionate, especially about my special interests. I can list some of my special interests here.



Some autistic people like me are honest, straightforward, and direct.
They will tell people exactly what they are thinking.



Since I see the world differently and understand information in unique ways, I can see new ideas and ways to do things that others might miss. Some autistic people like me are very creative thinkers.



Some autistic people are detailed oriented. That means I pay attention to details that others might not notice. This attention to detail is part of the reason why I have such a great memory and an amazing ability to recall facts.



Being autistic means that I am smart and not afraid to embrace my unique personality. I prefer to follow my own unique set of social rules.



I might require some extra support though. I might need extra help and special tools to help me learn new things. For instance, I might need a person or a visual checklist to help me stay on task at school. Or I might need a chew necklace to help me cope when I am feeling anxious.



Autism is just one part of what makes me who I am. I am also smart, creative, passionate, and unique. It's great to be me!