AUTISTIC PRIDE DAY

Autism basics and language

The words we use about ourselves.

Speak about people as they describe themselves

The campaign uses autistic person, support needs and access needs. Follow a person's own words when speaking about that person.

We say someone is autistic. We do not say they suffer from autism. We use non speaking when describing people, rather than non verbal.

A meltdown is not a tantrum. We use the infinity symbol, not a puzzle piece. Our campaign asks for acceptance and action, rather than awareness or cure.

Make room for different ways to communicate

Every way of communicating counts. Offer ways to take part that do not need speaking. Do not require someone to disclose a diagnosis to join the campaign.

Ask what helps and what gets in the way. A person's access needs belong to them: let them choose what to share and with whom.

A first step for your organisation

Read the six actions. Choose one existing process and ask where it excludes people. Pay autistic people to help design the change.

Tier 1 of The Autistic Standard and the three protocols are free.

https://autisticprideday.org/learn/the-standard/

Read the web version: https://autisticprideday.org/the-toolkit/autism-language/