AUTISTIC PRIDE DAY

Social posts and captions

Six campaign cards, with a caption and a written image description.

Post 1: Action 1

Caption: Make the process accessible before you invite us in. Audit one existing process. One tender, one consultation, one hiring round. Map where it excludes people and remove what is not essential to the task. Publish what you find and what you changed. Read the six actions at https://autisticprideday.org/the-demand/ #AutisticPrideDay

Image description: A pale lavender square with the words Autistic Pride Day, Action 1, and Make the process accessible before you invite us in.

PNG image: https://autisticprideday.org/toolkit/action-1.png

Post 2: Action 2

Caption: Hire for the skill, not the performance of the skill. Add one alternative pathway to your next recruitment round. A work sample, a portfolio review, a structured task. Make it available by default, not by request. Read the six actions at https://autisticprideday.org/the-demand/ #AutisticPrideDay

Image description: A pale lavender square with the words Autistic Pride Day, Action 2, and Hire for the skill, not the performance of the skill.

PNG image: https://autisticprideday.org/toolkit/action-2.png

Post 3: Action 3

Caption: Fund autistic led organisations, not just programs about us. Calculate what percentage of your autism related funding goes directly to autistic led organisations. Name the number. Set a target. Report against it next year. Read the six actions at https://autisticprideday.org/the-demand/ #AutisticPrideDay

Image description: A pale lavender square with the words Autistic Pride Day, Action 3, and Fund autistic led organisations, not just programs about us.

PNG image: https://autisticprideday.org/toolkit/action-3.png

Post 4: Action 4

Caption: Measure whether people are okay, not whether they comply. Replace one compliance metric with a wellbeing indicator co designed with autistic people in your organisation. Publish what it measures and what it finds. Read the six actions at https://autisticprideday.org/the-demand/ #AutisticPrideDay

Image description: A pale lavender square with the words Autistic Pride Day, Action 4, and Measure whether people are okay, not whether they comply.

PNG image: https://autisticprideday.org/toolkit/action-4.png

Post 5: Action 5

Caption: Pay us to design it, not just to review it. Budget for autistic co designers in your next project from inception. Not at the review stage. From the first meeting. Read the six actions at https://autisticprideday.org/the-demand/ #AutisticPrideDay

Image description: A pale lavender square with the words Autistic Pride Day, Action 5, and Pay us to design it, not just to review it.

PNG image: https://autisticprideday.org/toolkit/action-5.png

Post 6: Action 6

Caption: Publish what you actually did, not what you intended. Write one public report on what your organisation actually did this year to include autistic people. Not intentions. Actions, outcomes, numbers. Read the six actions at https://autisticprideday.org/the-demand/ #AutisticPrideDay

Image description: A pale lavender square with the words Autistic Pride Day, Action 6, and Publish what you actually did, not what you intended.

PNG image: https://autisticprideday.org/toolkit/action-6.png

Before you post

Copy the image description into the platform's alt text field. Keep the action wording as written. Add only your own event details or commitment.

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Read the web version: https://autisticprideday.org/the-toolkit/social-posts/