Neurodiversity is the diversity of human brains. My brain might work differently than yours because of neurodiversity. Neurodiversity is a fact of life!

A person is neurodivergent when their brain works in ways that differ from what is considered "normal". People with developmental, intellectual, psychiatric or learning disabilities can be considered neurodivergent. It's the opposite of neurotypical.

Neurodiverse describes a group of people with different brain types. Our world is neurodiverse. One person alone cannot be neurodiverse, they can only be neurodivergent or neurotypical.

Want to learn more? A good resource is: neurocosmopolitanism.com/neurodiversity-some-basic-terms-definitions/

neurodiversitylibrary.org