

The Neurodivergent Narwhals Talk About How We Talk About Autism.....

It can be really hard for autistic people to navigate all the mainstream messages about autism that are so firmly rooted in fear, hate and stigma.

The way you talk about autism is how you are telling the world to treat autistic people!



These messages are all around us.....



They are not hard to find.

Think about how that feels to an autistic person!

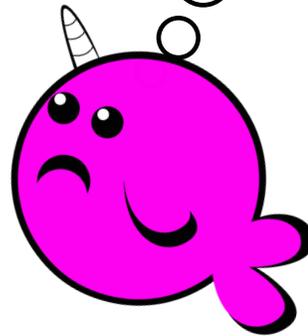
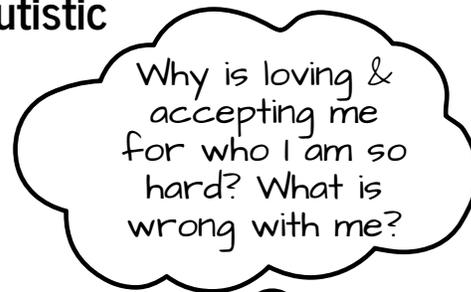
Autism is an integral part of me. It is my neurology and I cannot separate it from who I am.

There is no version of me that exists without autism.

Hating autism is hating a part of me.

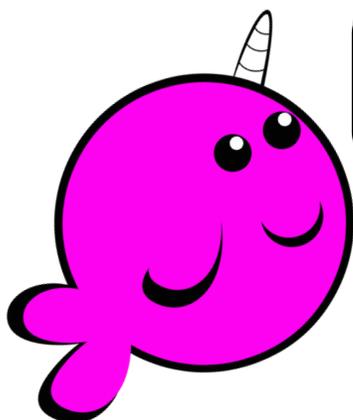
Hating autism teaches me shame and internalized ableism.

It teaches me to hate myself.



let's play.....

NARWHAL JEOPARDY!



What is systemic and institutional ableism?

It is also frustrating because a lot of the things that people say they hate about autism are not caused by autism at all!

NAME THE CAUSE!

INACCESSIBILITY

LACK OF INCLUSIVE SCHOOLS

INADEQUATE SUPPORTS & SERVICES

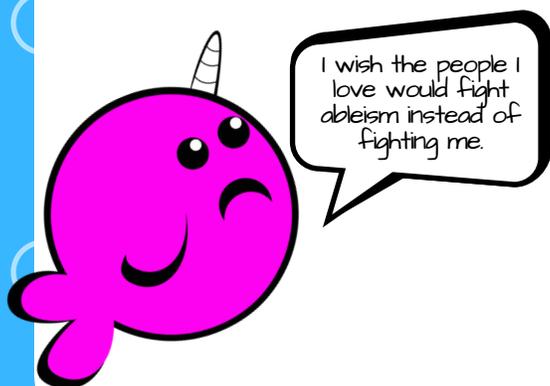
BULLYING & DISCRIMINATION

PARENTAL EXPECTATIONS OF "NORMALCY"

It's impossible not to learn ableism with so many of these negative and toxic messages about the worth of autistic lives everywhere around us.

But you can unlearn ableism!

And you can learn what autism acceptance really means!



I wish the people I love would fight ableism instead of fighting me.

Practice Autism Acceptance by:

- Respecting & giving access to all forms of communication, not just verbal speech
- Supporting, honoring & accommodating autistic ways of being
- Looking to autistic people as the true experts on the autistic experience
- Selecting therapies with a critical eye and only choosing those that seek to support, not "fix" and that respect autistic neurology as a natural and valid way to be
- Empowering autistic people by teaching self advocacy skills and learning about autistic culture & autistic pride
- Presuming competence Rejecting dehumanizing "functioning labels"
- Practicing authentic inclusion

Support me to be the best autistic person I can be!
Challenge the ideas and messages that make my life harder instead of blaming what makes me who I am!
Be my ally, not my enemy and help create a better world for all of us!

