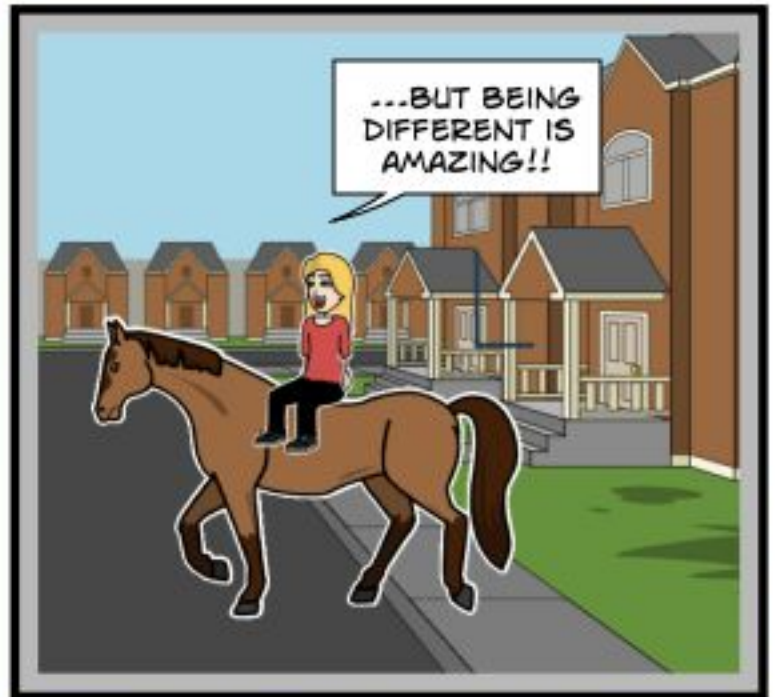


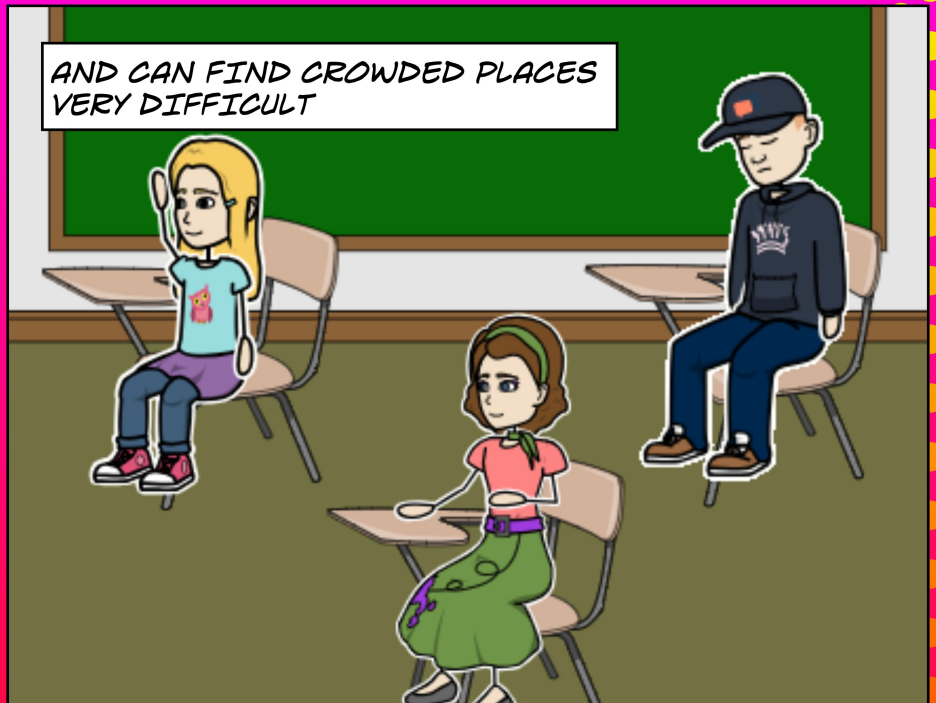
AN INTRODUCTION TO AUTISM



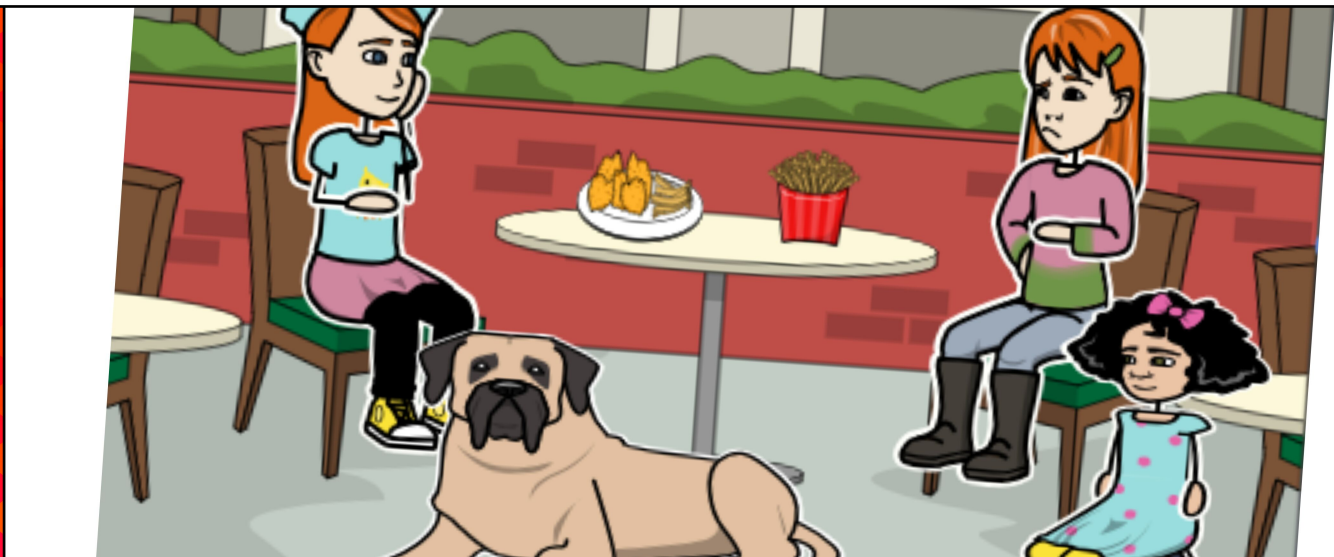
SOME AUTISTIC PEOPLE
HAVE SUPER SENSES

WE CAN HEAR THINGS
OTHER PEOPLE MIGHT
NOT BE ABLE TO

AND CAN FIND CROWDED PLACES
VERY DIFFICULT

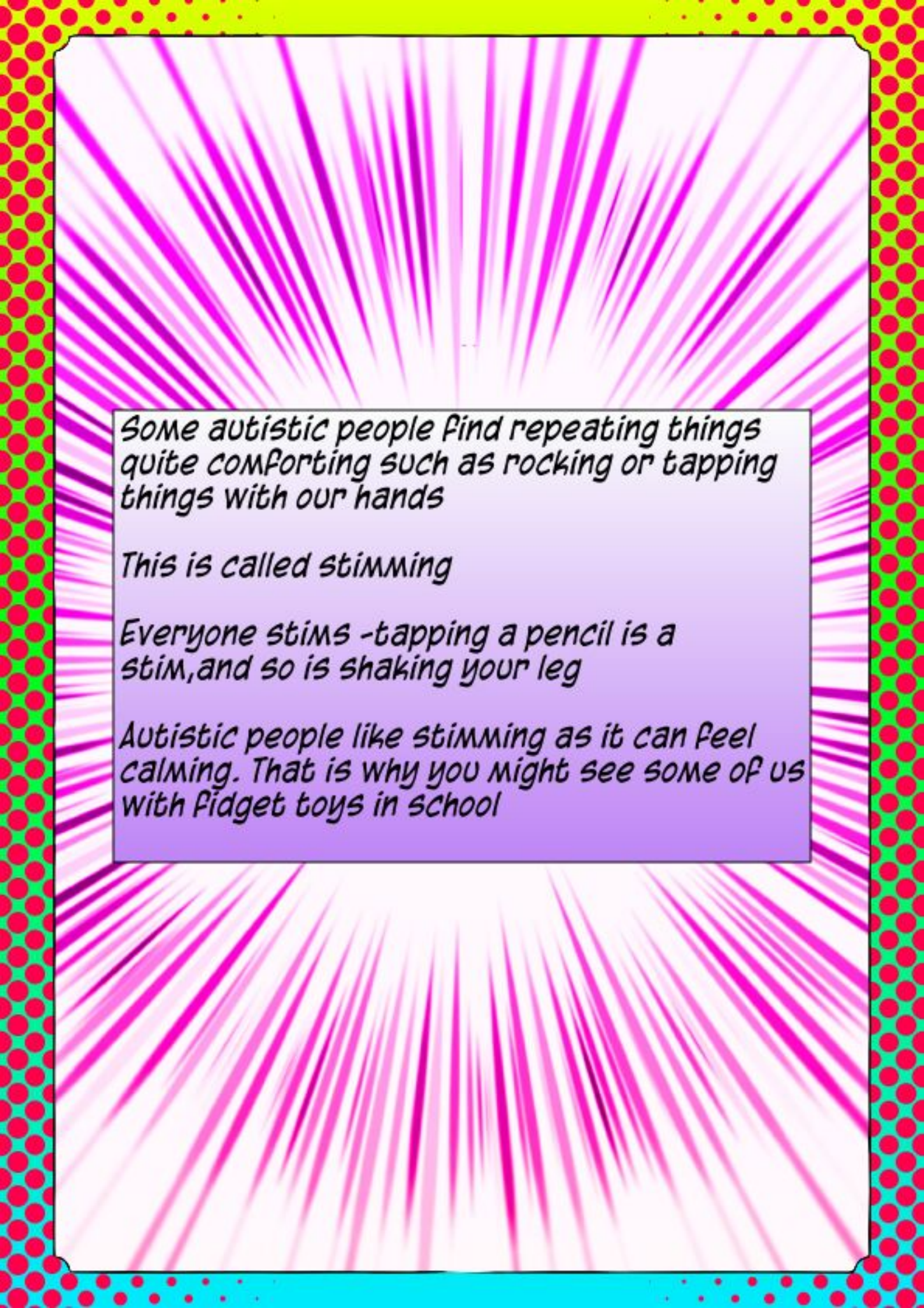


SOMETIMES, LIGHTS SEEM EXTRA BRIGHT AND THE FEELINGS OF SOME MATERIALS
FEEL TOO ITCHY



OUR SUPER SENSES CAN BE AMAZING!

BUT CAN ALSO MAKE PLACES LIKE SCHOOL REALLY OVERWHELMING



Some autistic people find repeating things quite comforting such as rocking or tapping things with our hands

This is called stimming

Everyone stims -tapping a pencil is a stim, and so is shaking your leg

Autistic people like stimming as it can feel calming. That is why you might see some of us with fidget toys in school

All about masking
by Joshua Palmer
y7

AUTISTIC PEOPLE STRUGGLE IN SOCIAL TIMES LIKE BREAK, LUNCH AND OUTSIDE OF SCHOOL. I HAVE HAD SOME DIFFICULT TIMES IN SOCIAL TIMES LIKE BULLYING AND STRUGGLE TO FIT IN. PEOPLE USED TO BULLY ME BECAUSE OF STUPID REASONS LIKE WHAT I DO AND DON'T HAVE AND TO THIS DAY I GET BULLIED OCCASIONALLY



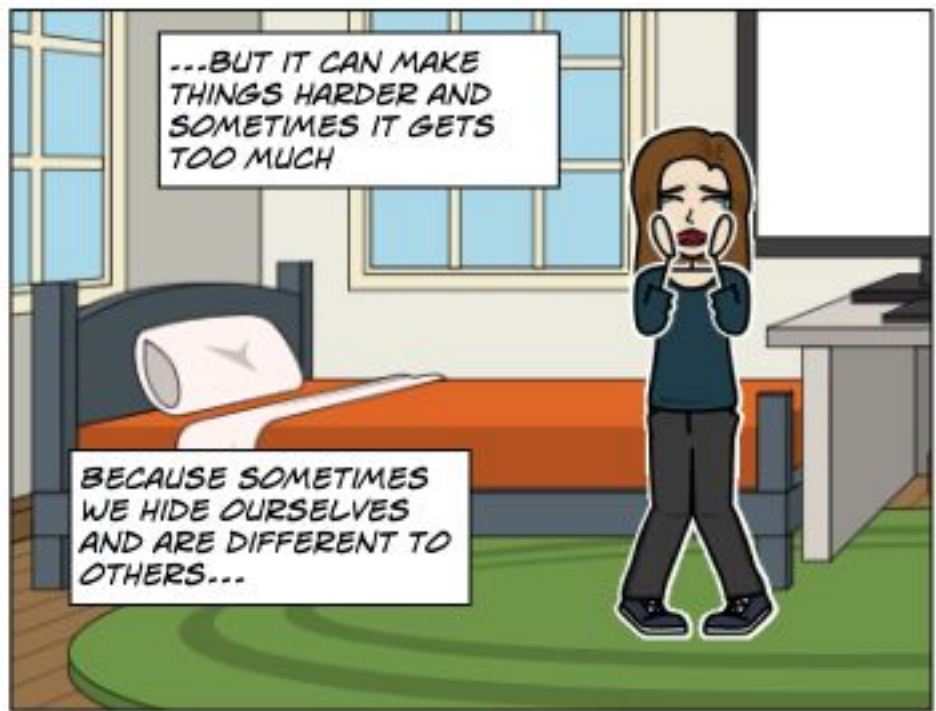
THIS IS A MASKING TOY CALLED A HUMAN SOCK. PERSONALLY I DON'T USE THIS BUT ONE OF MY FRIENDS DOES. APPARENTLY IT IS COMFORTING AND SURPRISINGLY COMFY. THIS IS ONE OF THE THOUSANDS OF MASKING TOYS IN THE WORLD.

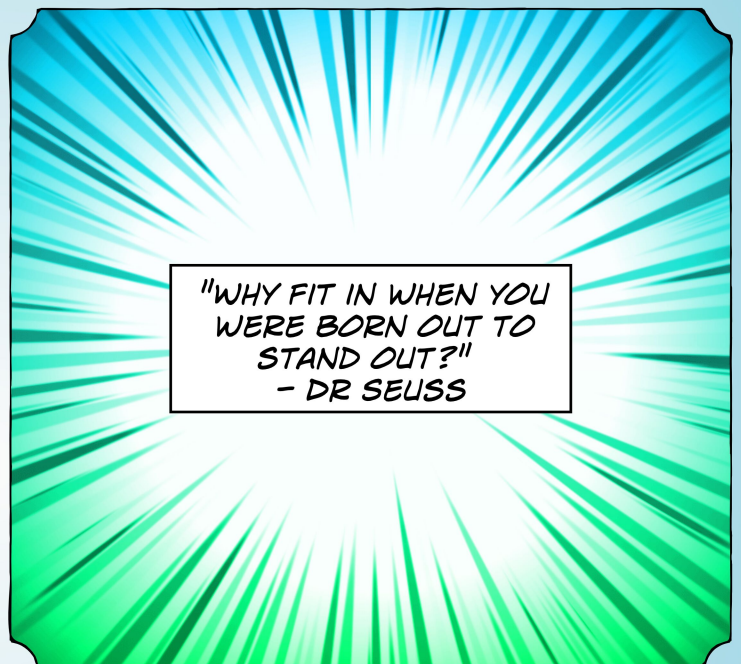
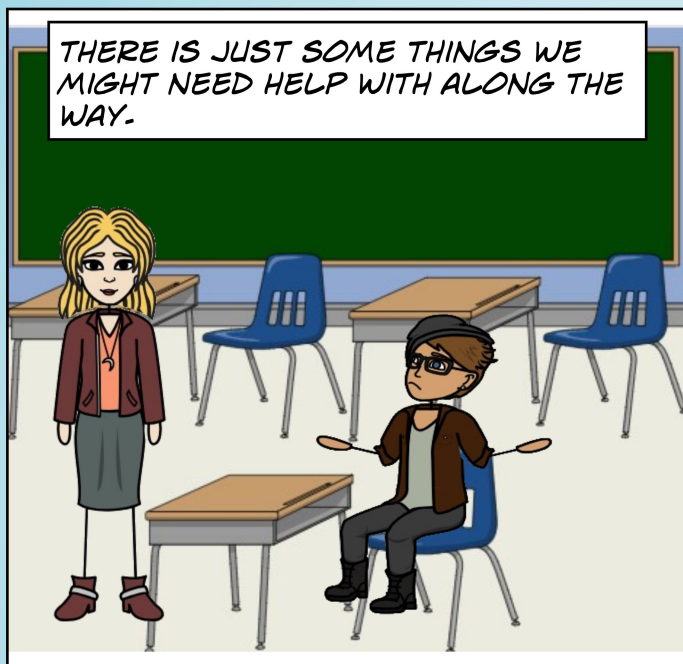
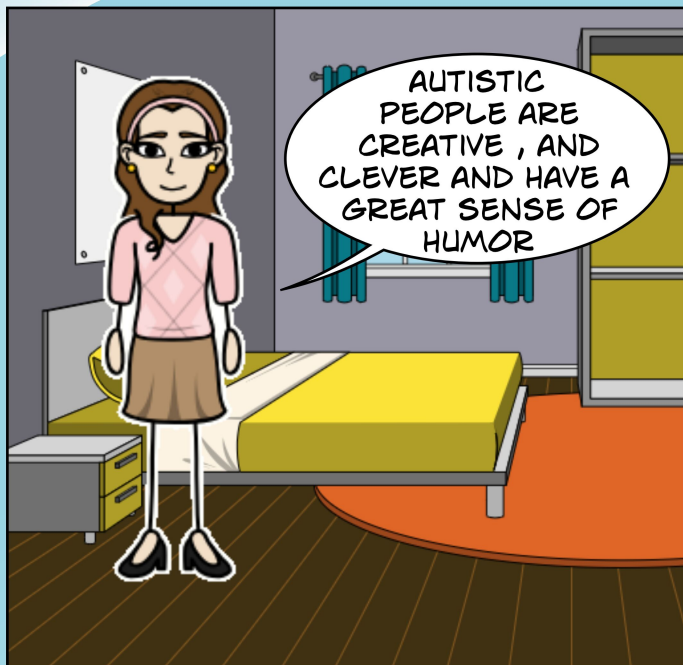
MASKING CAN CAUSE US TO BURN OUT OR HAVE A MENTAL BREAKDOWN. SOMETIMES YOU ARE MORE FUSSED ABOUT PUTTING A SMILE ON FOR FRIENDS BUT YOU SHOULD BE THINKING ABOUT HOW YOU ARE GOING TO BE LATER ON WHEN YOU HAVE THAT BURN OUT. THIS HAS HAPPENED TO ME LOADS.

TO CONCLUDE MASKING IS A VERY IMPORTANT THING FOR ASC PATIENTS AND WILL HELP ALL OF US IN THIS GROUP. THANK YOU FOR READING THIS IT MEANS A LOT.



THIS IS A MASKING TENT IT COMES WITH CALMING LED LIGHTS A WEIGHTED BLANKET. THIS MEANS YOU CAN BRING ALL YOUR FIDGETS INTO HERE AND YOU CAN SPEND HOURS FIDGETING BY YOUR SELF.





THIS COMIC WAS CREATED BY AUTISTIC YOUNG PEOPLE IN Y7 AT MEADOWHEAD SCHOOL