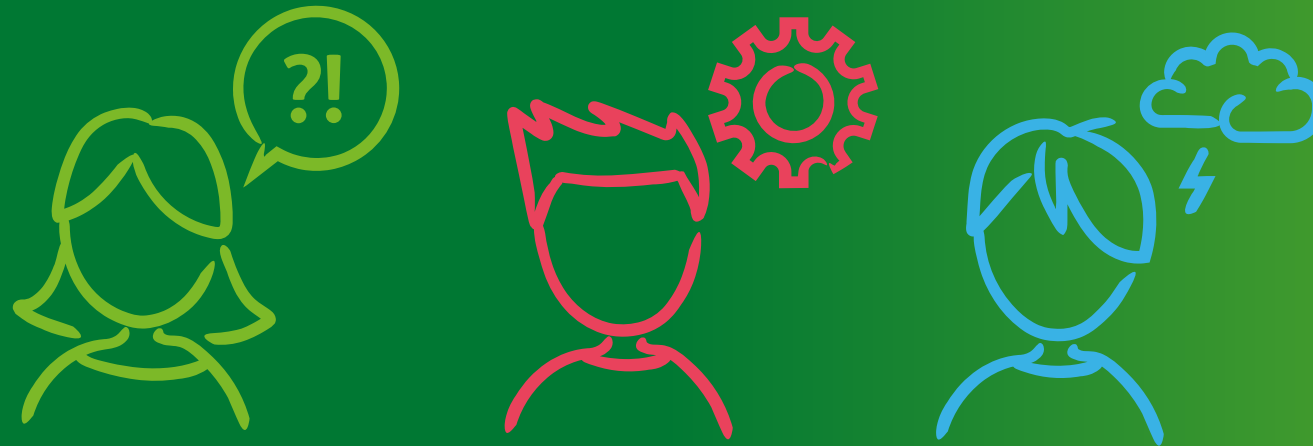


Let's Learn About Autism

For Secondary Schools



Supported by





We are all different





People are all different





Brains are all different



What is neurodiversity?



Neurodiversity is about recognising that everyone's brain works differently.

Some of these differences have been given names or labels.



Differences in the way our brains work means that we have different strengths and different difficulties.

Examples are autism, ADHD, dyslexia, dyspraxia and Tourette's.

What is autism?



Autism means that someone's brain works a little differently.

You can't see if someone is autistic. It is an invisible condition.



Each autistic person is different.

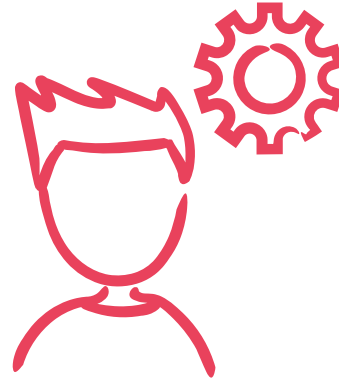
Autistic people have different strengths and need help with different things.

Autism –The Differences



Social understanding and communication

Some autistic people find using words difficult.



Flexibility, information processing and understanding

Some autistic people get upset by changes to their daily routine.



Sensory processing and integration

Some autistic people get overwhelmed by loud noises, strong smells or bright lights.

What is autism?



Watch 'What is autism?'

by Ambitious about
Autism Youth Patrons



Myths and stereotypes quiz



True or false:

- All autistic people have the same needs, challenges and strengths.
- Autism is a mental health condition.
- All autistic people are geniuses.
- All autistic people like the same things.
- We should always consult specialists and professors who study autism if we would like to get a good perspective on what it's like to be autistic.
- People of all genders can be autistic.



Creating a one page profile



- What people appreciate about me
- My hobbies and interests
- My skills and strengths
- How to support me

A worksheet titled "One page profile" is shown at an angle. It has a blue header with the title. Below the header are four sections, each with a grey writing area and a small blue pencil icon in the bottom right corner. The sections are: "What people appreciate about me?", "My hobbies and interests:", "My strengths and skills:", and "How to support me:". Below the last section, there is a small example text: "e.g. My learning style, Sensory needs, Reasonable adjustments". At the bottom left of the page, it says "4 Secondary worksheet". At the bottom right, there is a small version of the Autism Education Trust logo.

Experiences of education



[Watch this video](#) created by the AET Autistic Young Experts, a panel of young people who share their lived experience to help you understand autism.



Experiences of education



- Based on what you've heard from the Autistic Young Experts, what do you think the main difficulties are in school?
- What adjustments can be put in place?
- How can you better support your peers?
- What does valuing difference mean to you?
- What does inclusion mean for you?



Learning scenarios



Scenario 1

A student finds it difficult to sit and focus for more than 30 minutes on the whiteboard in class. He starts to make noises and cover his ears with his hands.



Learning scenarios



Scenario 2

You notice someone getting anxious at the end of class. They look panicked and are making a lot of movements. In the corridor they stop and put their hands over their ears. They are late for their next class.



Learning scenarios



Scenario 3

You go to the toilet during breaktime and find a student who seems very distressed. They are flapping their hands, making noises and rocking back and forth on the floor.



Learning scenarios



Scenario 4

An autistic student finds group work very stressful because she often gets paired with students who do not understand her behaviour. She is anxious because she must move seats and talk to different people.



Learning scenarios

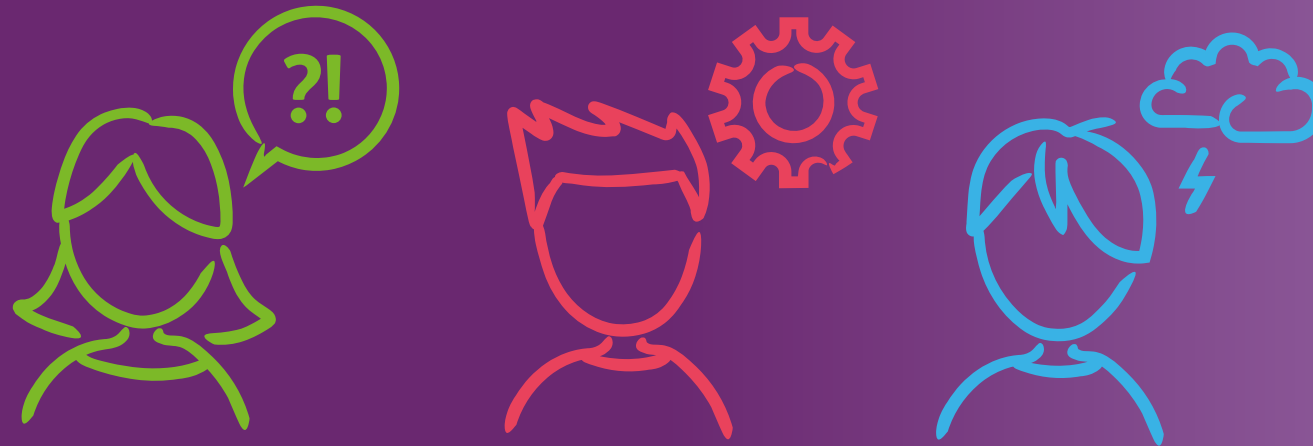


Scenario 5

A student is really passionate about an interest of theirs. It is their favourite thing to talk about to other people. You notice some students are mocking this interest and making fun of the person.



For autism training, information and resources,
visit: www.autismeducationtrust.org.uk



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