

AUTISM ACCEPTANCE MONTH



April is Autism Acceptance Month—an opportunity to raise awareness around autism and foster inclusivity and connectedness for people living with autism. Acceptance encourages us to recognize neurodiversity and honor each individual’s needs and strengths. Acceptance is also a way of letting the people we care about know that they are welcome to live life without having autism be the focus at every turn. **Each one of us can make an impact. Here are some ways to get involved this month and beyond:**

Display your support by wearing the color blue and lighting up your homes and businesses blue. The infinity symbol can also be displayed to signify the continuous journey for cognitive growth and inclusion.

Educate yourself about the autism conversation. A great way to promote positive change is to know the facts. Helping your loved ones and support network stay up to date is a great way to show your alliance. The [CDC](#) and [WHO](#) websites are two credible starting points.

Get social. Post autism acceptance messages on social media with the hashtags #CelebrateDifferences, #AutismAcceptanceMonth, and #AutismAwarenessMonth. For inspiration, check out these examples from [Autism Speaks](#) on Instagram.

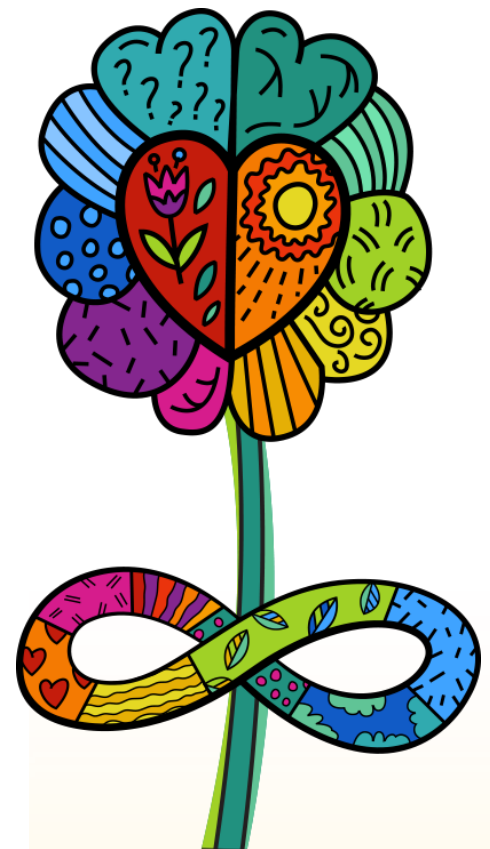
Follow and listen to autistic creators. Look past the label and see people for who they are at their core. Take Paul Micallef, the host of [Autism From the Inside](#), who gives viewers an inside look at what it’s like to be a person living with autism, while breaking down myths and misconceptions. And Taylor Heaton, whose diagnosis at age 31 inspired her to create [Mom on the Spectrum](#), a hub of resources that empower the autistic community. For a [teen’s perspective](#), check out the TEDxYouth@Laval Talk by Samuel Beldie, a student who wants to change the way the world sees people with autism.

Read a related book. Just a few recommendations include [Following Ezra: What One Father Learned about Gumby, Otters, Autism, and Love From His Extraordinary Son](#) by Tom Fields-Meyer, [The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism](#) by Naoki Higashida, [Neurotribes: The Legacy of Autism and the Future of Neurodiversity](#) by Steve Silberman, and [What to Say Next: Successful Communication in Work, Life, and Love with Autism Spectrum Disorder](#) by Sarah and Larry Nannery.

Be a positive role model. Set a good example for your children, peers, and community by considering your own actions and words when it comes to autism. Treat people with autism with the same kindness and understanding you would everyone else. Be respectful of their communication preferences, sensory needs, and processing differences.

“Awareness is knowing that somebody has autism. Acceptance is when you include a person with autism in your activities.”

Christopher Banks, CEO of The Autism Society of America



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