



 **The Double Rainbow**   
**Where LGBTQIA2S+**  
**and**  
**Autism Meet**





**You may hear the term "Double Rainbow" used to describe the beautiful intersection of being both Autistic and part of the LGBTQIA2S+ community. Like an actual double rainbow, this intersection represents richness, diversity, and layers of identity, all of which deserve to be celebrated.**

**Research shows that Autistic people are far more likely than the general population to identify as LGBTQIA2S+.**

**Why such strong overlap?**

**Many believe that Autistic people may feel freer to explore and express identities outside of conventional social norms, including gender and sexuality, and may be less swayed by societal expectations around "fitting in." Living authentically is core to both communities.**





**At GRANN, we celebrate this Double Rainbow.**

**We recognise that many in our community hold multiple identities that shape their experiences of the world, and that all of those identities are valid, real, and worthy of pride. Whether you are Autistic and LGBTQIA2S+, questioning, exploring, or an active ally – you are welcome here.**

**As one Autistic LGBTQIA2S+ advocate writes:**

**"Both my queerness and my Autism teach me that diversity is strength. I honour both, they are part of who I am." So this Pride Month and beyond, we raise up the Double Rainbow, and all who shine within it.**





# Kaleidoscope of Identity

Recent research highlights a vibrant spectrum of sexuality within our community. In fact, nearly 70% of Autistic people report a non-heterosexual orientation, far higher than in the general population.

University of Cambridge scientists confirm that Autistic individuals are "less likely to identify as heterosexual and more likely to identify with a diverse range of sexual orientations." All these identities – lesbian, gay, bisexual, queer, asexual, and more – are valid and beautiful. Live your truth with pride, and know that you belong.

The "double rainbow", representing both Autism and LGBTQIA+ identities, welcomes you. Being authentically you is a gift.

Celebrate it!





# Gender Journeys and Acceptance

**Many Autistic people also explore diverse gender identities, and that diversity is embraced.**

**A major study found that transgender and gender-diverse adults are three to six times more likely to be Autistic than cisgender adults (University of Cambridge), confirming a strong connection between gender diversity and neurodivergence.**

**Your gender identity – whether trans, non-binary, or any expression – is real and deserves respect. Everyone deserves to live openly and joyfully as their true self.**

**Organisations "run by and for Autistic people" champion this diversity and inclusion.**





# Intersectional Pride

**No one is just one thing, your identity can shine in many colours.**

**You might be Autistic, queer, a person of colour, or any combination – and every part of you enriches who you are.**

**We honour all "diverse lived experiences," including disability, sexuality, culture, and more.**

**Intersectionality means that your multiple identities are all valid and connected. You have a rightful place at Pride, and within the Autistic and Neurodivergent community.**

**Remember: being Autistic and LGBTQIA2S+ makes you uniquely you – and that the 'whole self' is powerful and loved. That is something to celebrate.**

