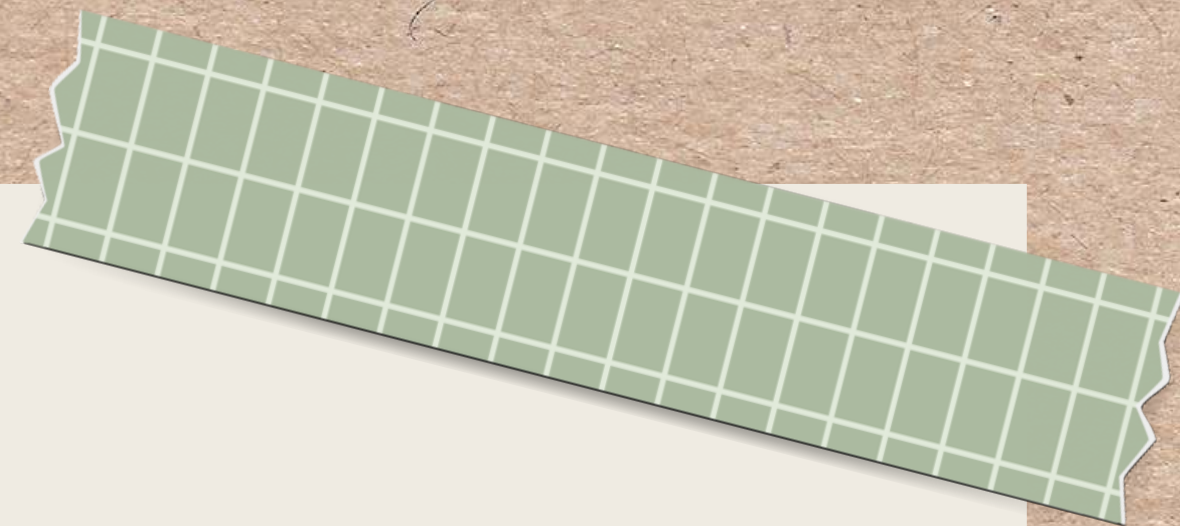




Being An Ally to
Autistic Folk
Beyond April's Autism
"Awareness" Month



Everyday Allyship
Inc.



Uplift and center Autistic
voices and perspectives







Respect how Autistic individuals
choose to self-identify e.g.,
identity-first language ("Autistic
person" vs "person with Autism")



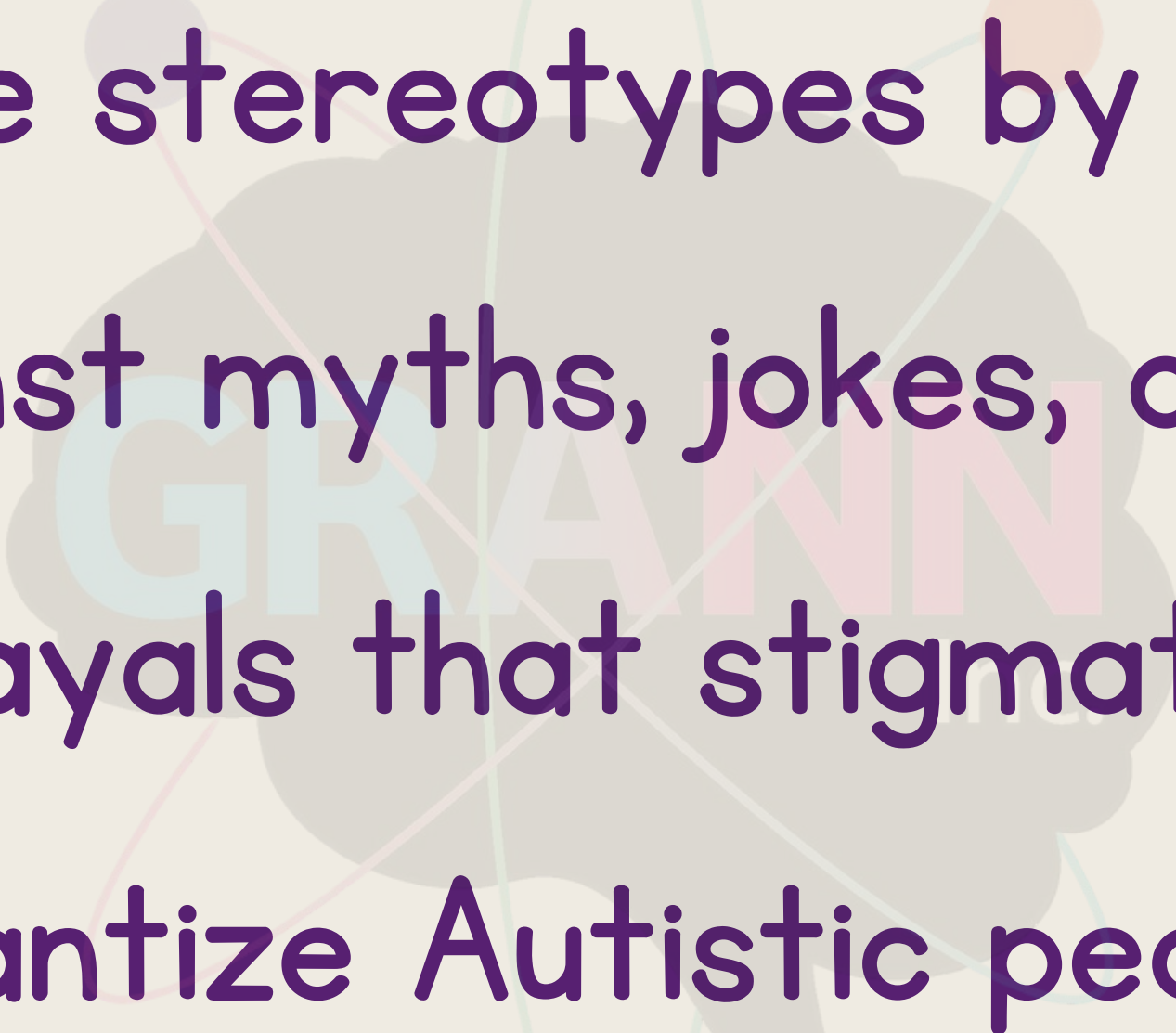


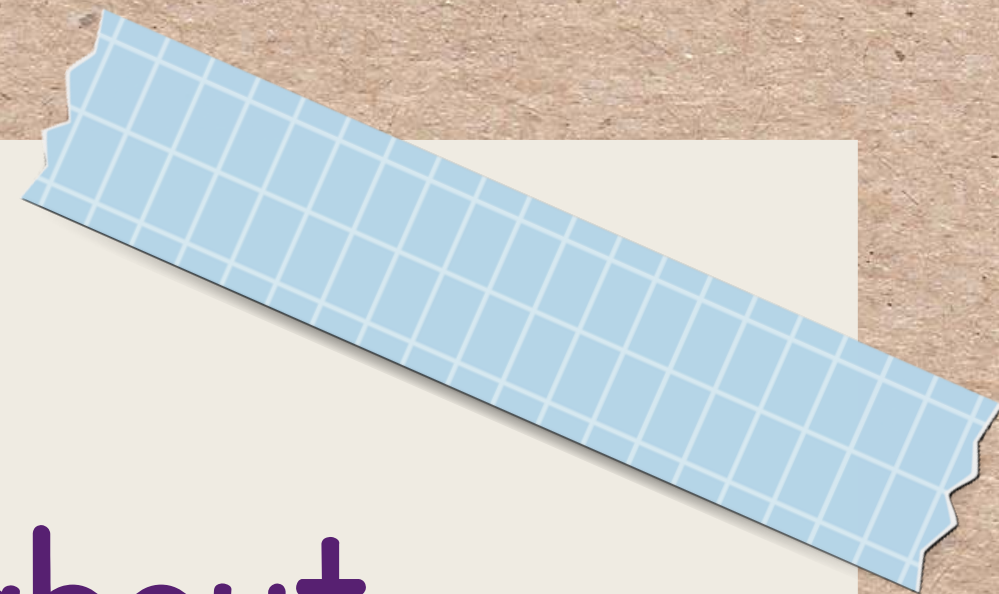
Use strengths-based and
affirming language





Challenge stereotypes by speaking
up against myths, jokes, or media
portrayals that stigmatise or
infantize Autistic people





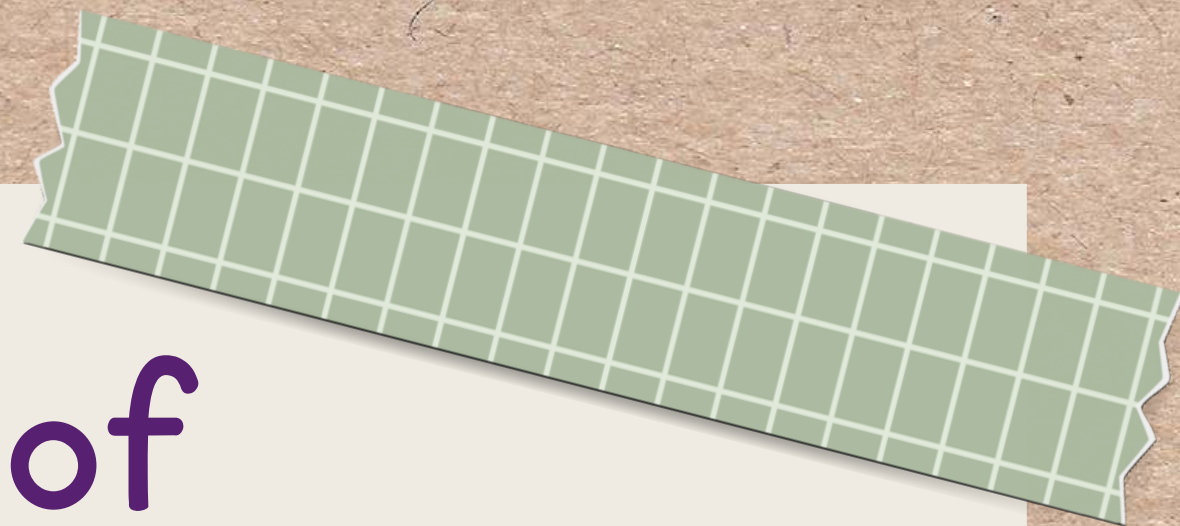
Respect alternative
communication and learn about
AAC (Augmentative &
Alternative Communication) and
non-speaking expression





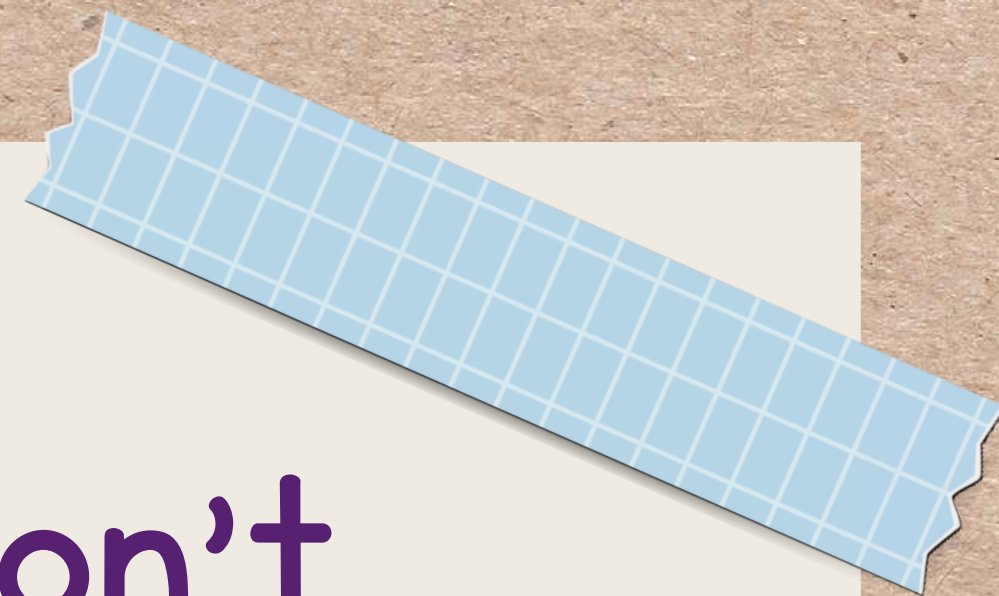
Don't use functioning labels





Be understanding of
communication differences,
sensory needs, and processing
styles





Respect boundaries, don't
pressure eye contact, small
talk, or physical touch



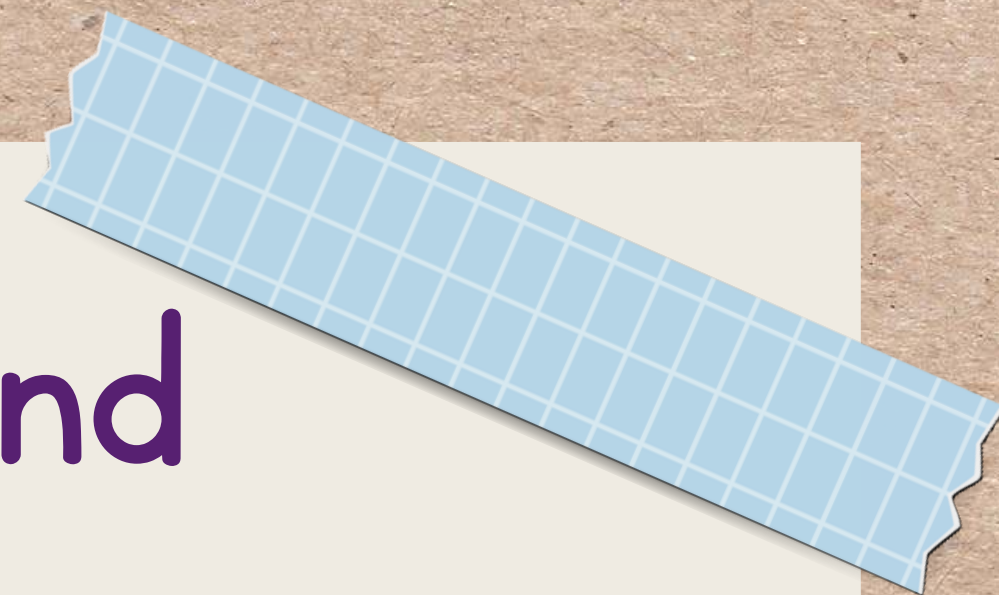


In the Workplace Inc.



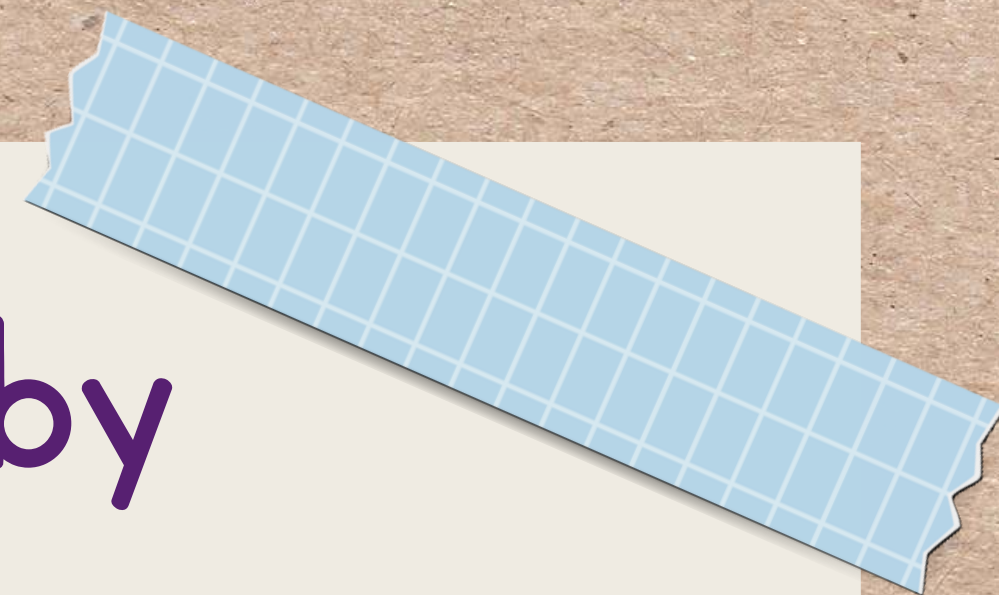
Support Autistic leadership
by backing initiatives led by
Autistic folk, not just for
them





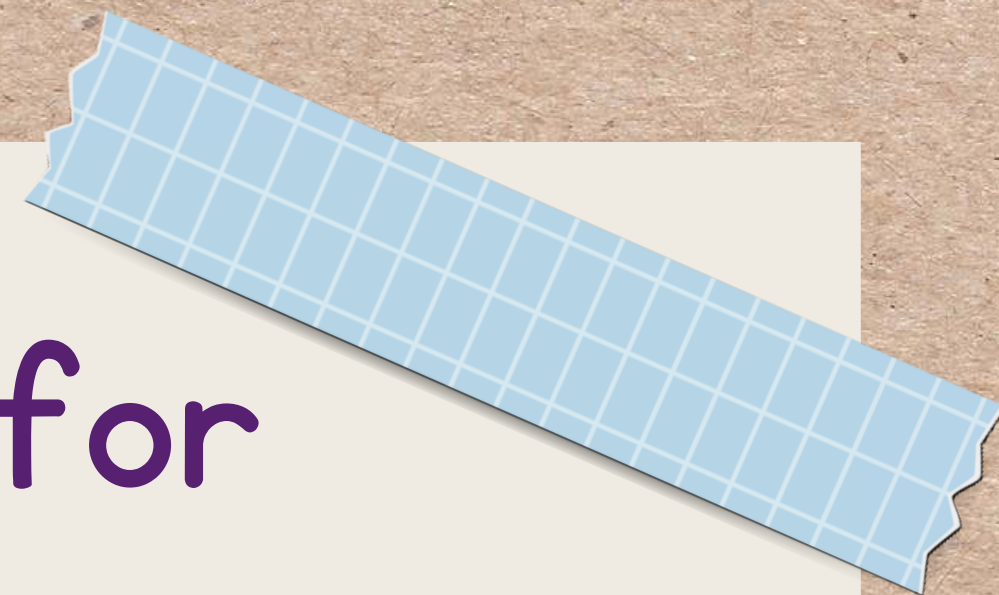
Support job carving and
accommodations by creating
jobs based on individual
interest and strengths





Educate co-workers by
sharing resources and training
about Neurodivergence and
Inclusion





Promote and advocate for
inclusive hiring practices e.g.,
accessible interviews and
flexible working arrangements





Online & Advocacy Inc.



Amplify Autistic content by
sharing articles, posts, and
services by Autistic creators





Avoid and call out harmful
charities, organisations, and
practices





Advocate and push for policy

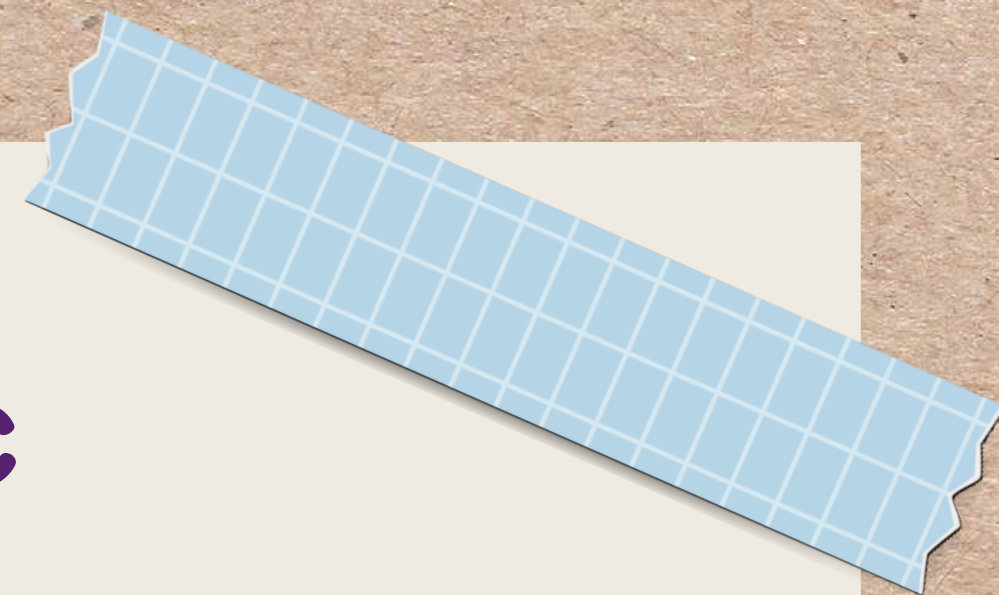
change, in healthcare
education, housing, and
employment





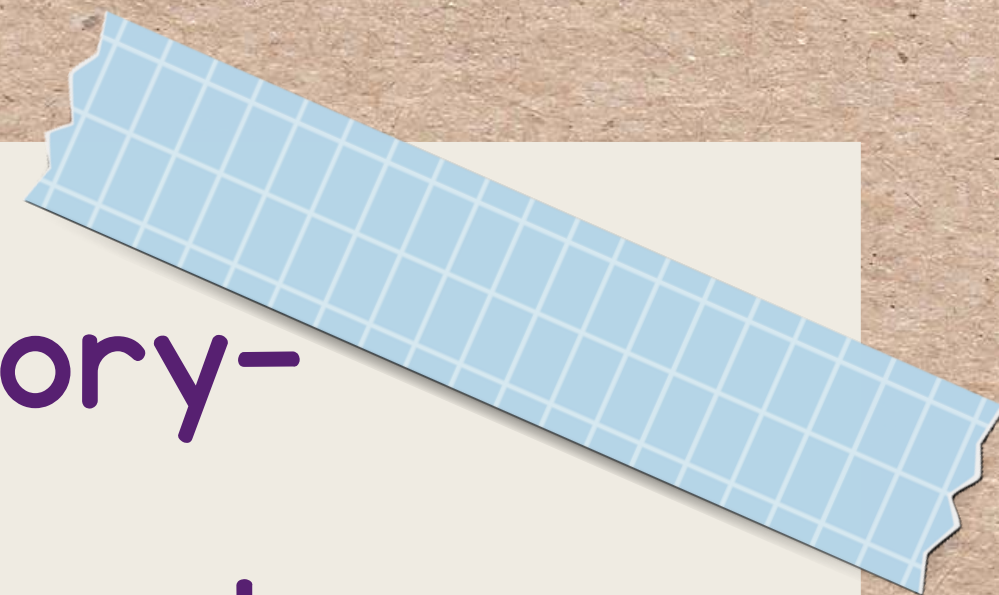
In Schools & Education

Inc.



Incorporate Autistic
perspectives in the curriculum
by including books and content
created by Autistic authors





Advocate and push for sensory-
friendly environments e.g., quiet
spaces, flexible seating, education on
stimming, and neuro-affirming
policies





Challenge compliance-based behaviourism







In Community & Social Spaces Inc.

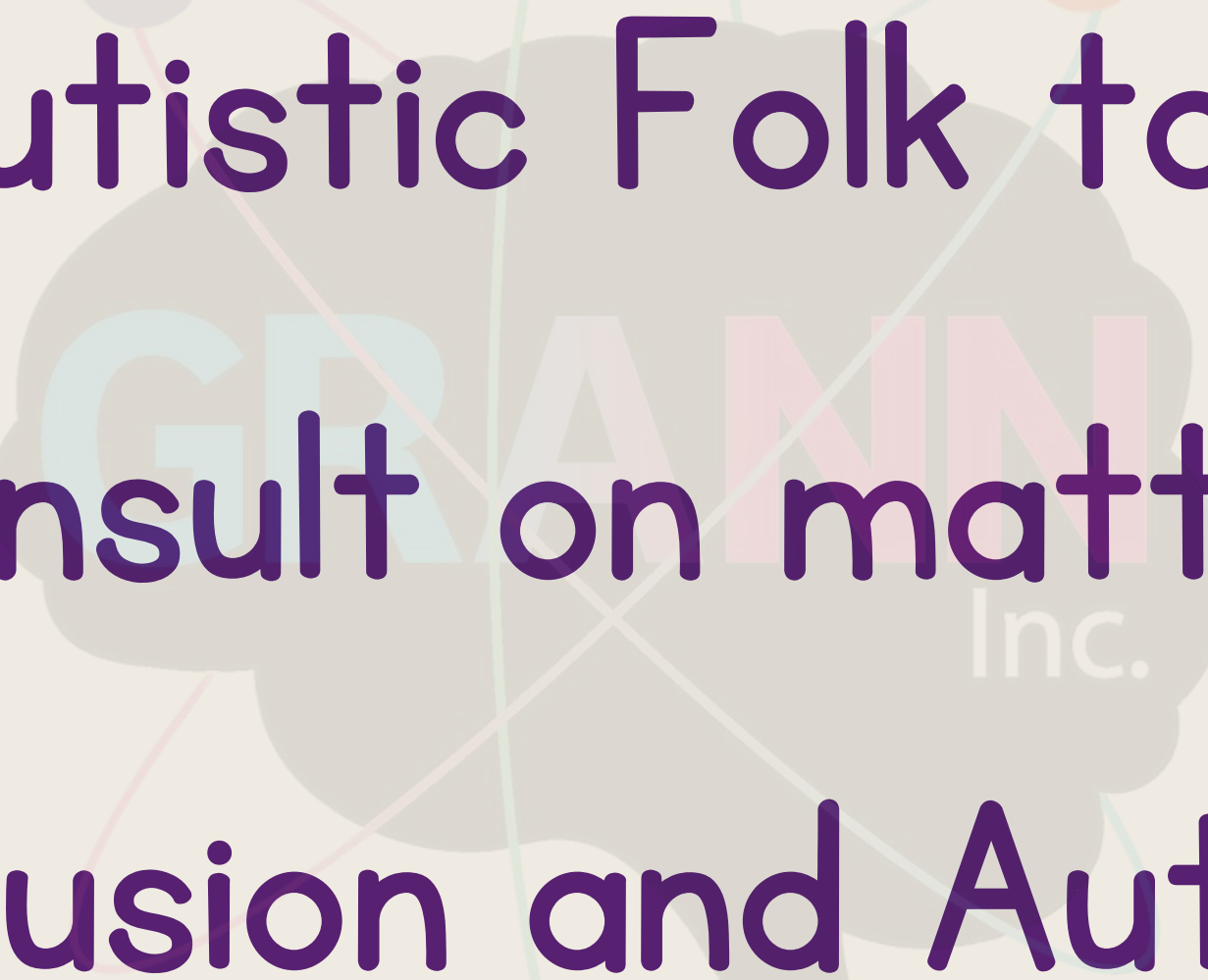


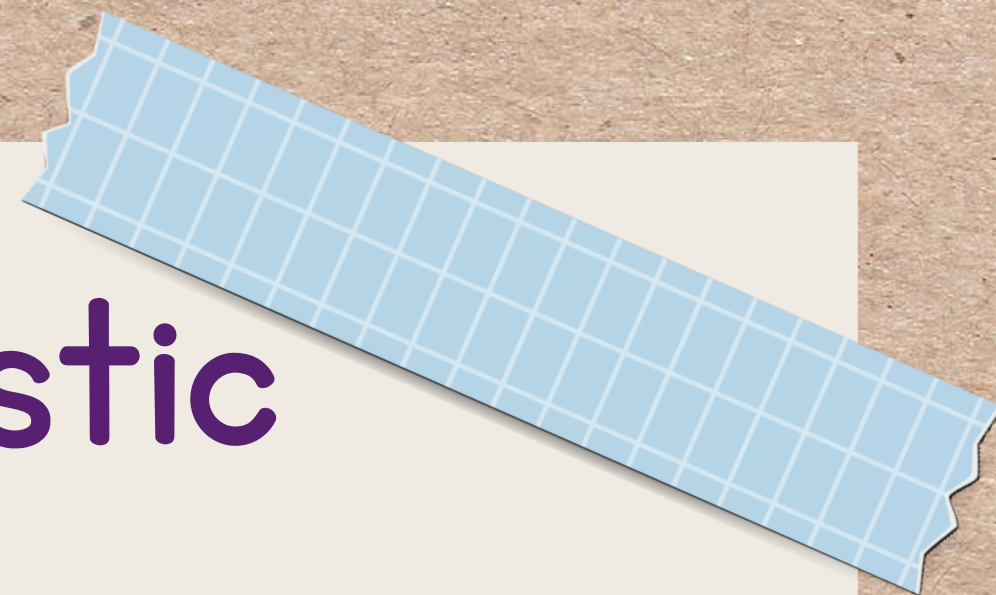
Celebrate Autistic joy and
culture by uplifting art,
writing, humour, and
community achievements





Hire Autistic Folk to speak
and consult on matters of
Inclusion and Autism





Collaborate with Autistic
Folks in planning and don't
make decisions about us
without us







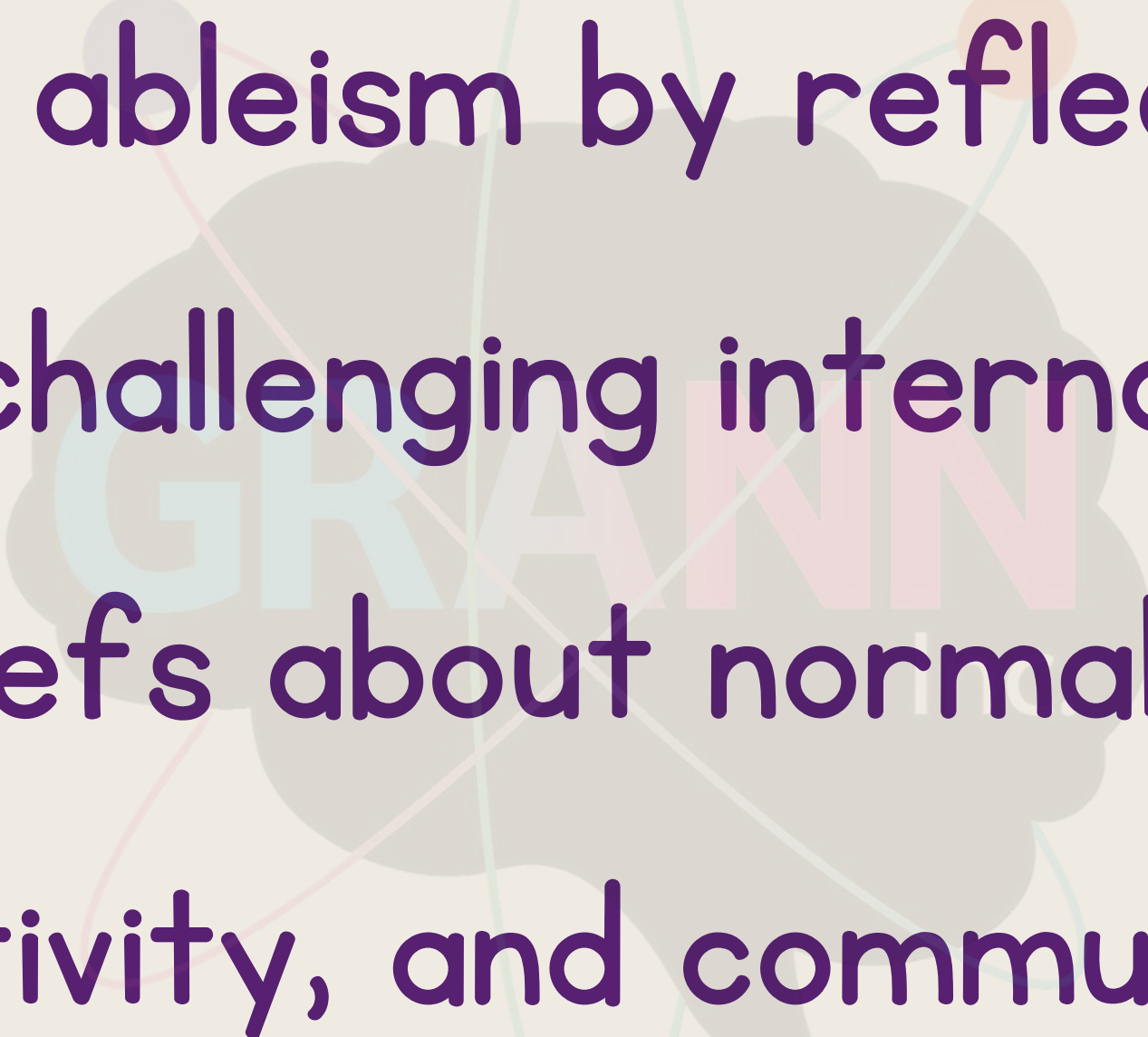
Make events inclusive by
providing sensory maps,
clear signage, and schedules
ahead of time

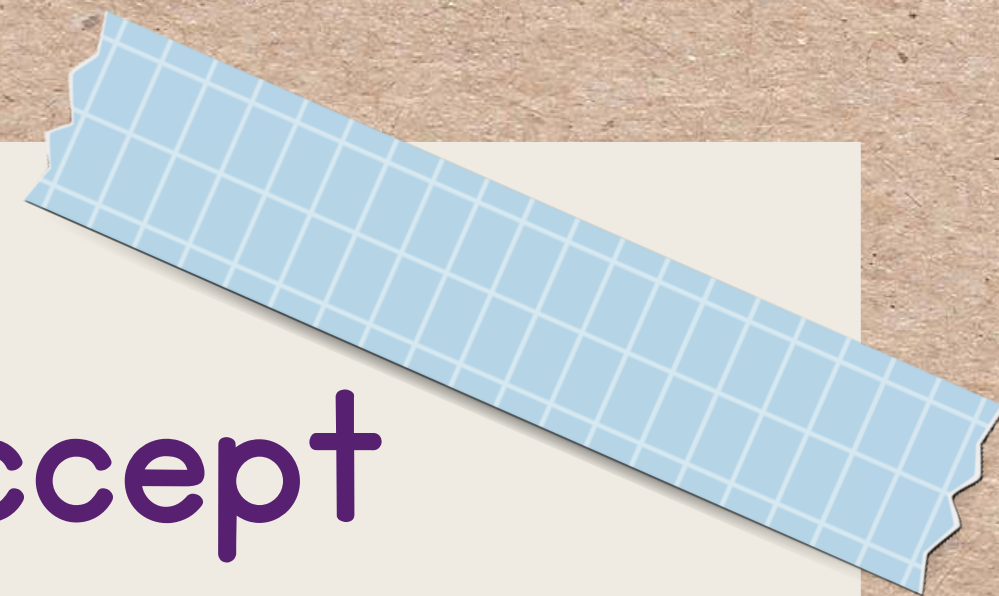


Internal Work
Inc.



Unlearn ableism by reflecting on
and challenging internalised
beliefs about normality,
productivity, and communication





Stay curious and open, accept
that you won't always
"understand" everything, and
that's okay





Embrace discomfort. Change

often involves being

uncomfortable. Lean into

learning, not defensiveness

