



Neurodivergent Ways of Being in Pride Spaces

Sometimes Pride events can feel overwhelming for Autistic or Neurodivergent people – large crowds, noise, sensory overload. That's okay. Pride is not about doing what everyone else is doing – it's about showing up authentically in ways that work for you.

Maybe that's attending a quieter event, participating online, wearing sensory-affirming Pride gear, or celebrating in private ways. You define your Pride experience. Your boundaries are valid. Your presence matters.

And you do not have to be loud to be Proud.





Living Authentically

Pride is about advocacy and authenticity. For many Autistic and Neurodivergent LGBTQIA2S+ people, living authentically means navigating a world that often misunderstands both Neurodivergence and gender and sexual diversity.

It can be exhausting to mask or to "fit in" – but you are not required to do so. It is also exhausting to constantly explain who you are to to the world around you.

You deserve spaces where your whole self is seen and celebrated. Pride Month is a time to honour your unique journey. Whether you're out and proud, questioning, or exploring – you belong, just as you are.





Affirming Families and Allies

If you're a parent, carer, friend or ally of an Autistic and/or LGBTQIA2S+ person, Pride Month is an important time to reflect on what affirming support looks like.

It means listening to their experiences, believing them, respecting their identities, and advocating for inclusive spaces. Small everyday actions – like using correct pronouns, supporting sensory needs, or amplifying LGBTQIA2S+ Autistic perspectives – make a big difference. A

† GRANN, we value and support allies who are committed to walking alongside Autistic and Neurodivergent LGBTQIA2S+ people with love, respect, and authenticity.





Representation Matters

Seeing people who are openly Autistic and LGBTQIA2S+ – in media, advocacy, leadership, and everyday life – matters. It sends the message that we can live openly and proudly. Seek out and support creators, activists, and organisations led by Autistic LGBTQIA2S+ perspectives.

Representation nurtures belonging and helps us all imagine possibilities for authentic futures.

"Neurodivergence and queerness both teach us that difference is not deficit – it's diversity. That is worth celebrating." – Maxfield Sparrow, Multiply Disabled Writer.





Community Pride Celebrations

Join celebrations that honour Autism, Disability, and LGBTQIA2S+ identities. For example, Neurodiversity Pride Week (June 10–17, with the official Pride Day on June 16) is a global event created by and for Neurodivergent people. It's a time to embrace our strengths and stand together in solidarity. Likewise, Autistic Pride Day (June 18) is a worldwide movement led by Autistic people that celebrates identity, inclusion, belonging, and self-advocacy.

These gatherings, whether small local meetups or online events, create safe, joyful spaces to connect and celebrate community.





Celebrate at Your Pace

There is no "right way" to do Pride. Whether you're marching, painting rainbows, or quietly reflecting – it's all valid. Take care of your sensory needs, lean into supportive spaces, and remember that your existence is something to be celebrated this month and always.

GRANN sees you, values you, and stands proudly with our Autistic, Neurodivergent, Disabled, and LGBTQIA2S+ community.

