



Autism Awareness Week 2020 – Top Tips and Links



“What I wish more people knew about autism” – from a Gryffe High School pupil’s perspective:

- *I wish people knew that knew that girls can also get autism. Lots of people when they find out I have autism are surprised because they thought only boys could have it. It’s just that boys are four times more likely to get diagnosed than girls.
- * I wish people knew that I have trouble making eye contact and have trouble with continued conversations, which is why I struggle to make friends on my own.
- *I wish people knew that this was the reason I wear headphones around the school and in classes, and that this is the reason I do not like to participate in large or noisy group activities.
- *I really wish people knew that just because I have Asperger’s and not mainstream autism, does not mean that it is any easier for me, because I still struggle with many things that people with autism have as Asperger’s is still autism.
- *People think I am weird because I only have a few interests - but it’s because of my autism that I obsess and have extreme focus on very few but specific things, which is a trait in people with autism.

“What I wish more people knew about autism” – from the perspective of a parent who has a child with autism:

- Just as none of us in the world are the same, no two people with autism are the same. We all have different strengths and abilities...some are more obvious than others.
- My child’s brain can process things differently but that’s not always a bad thing. (Silicone Valley and NASA has been created by lots of people with amazing brains- many of them with autism!)
- Routine is important to my child because it makes them feel safe and helps them to cope.
- My child can be anxious and worry a lot and if something happens or changes suddenly, they may panic.
- Sometimes my child’s panic might look to others like they’re being unkind/ disruptive/ naughty, but they’re not, they’re just struggling to cope at that minute and it’s their body’s way of telling people that, when they don’t have the words to explain it.
- Often my child sees things in a very black or white/ true or false/ either, or, sort of way. This is where they feel safest as that makes things clear and certain.
- My child often likes fact-based things for this reason too...like maths/ science/ IT/ etc.
- My child can take what people say very literally so if you use a saying like “I’m just pulling your leg” then they don’t understand that you’re saying you’re just joking...they think you’re actually meaning that you’re PULLING HIS LEG!



There are **WONDERFUL** resources on the websites to the right and left – please check them out. We also have a wealth of information on our Gryffe High Support for Learning page, shown below.



<https://www.scottishautism.org/>

<https://www.autism.org.uk/>



SFL Support For Learning



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Helpful Links

The following websites provide useful information about the best way to support a child with Additional Support Needs. If you have any queries regarding the websites, please don't hesitate to get in touch with us.

Click on the logo to see the other sites