

Are You Autism Aware?

Be Sensitive

Avoid sensory overload – loud noises, flashing lights and sudden visual or aural stimuli. Be aware of touch as well – how comfortable is it to sit on that carpet?

Find a Safe Place

When feeling overwhelmed or anxious, children with autism need a quiet, stress-free, safe place where they can go.

Be Flexible

All people are different and what works for one person may not work for another. Keep an open mind and prepare to change what you do.

Be Clear

Use clear, simple language. Say what you mean. Don't use exaggeration, metaphor or sarcasm. Anticipate changes in routine.

This classroom is a pigsty!

Use Visuals

Most people with autism find it easier to understand the world through visual clues and images.

What's the meaning of the Finnish word 'koira'? Does this help?

