

# Campaign to educate more people about autism

By JR



# What is autism?

- Key characteristics of autism:

The way you use language and talk might be different to most people.

Making and maintaining friendships might be difficult for you.

Autistic people are often very good at understanding and working with structured systems, for example languages, music, and computers.

You might avoid or seek out certain sensations, like loud noises or specific textures, more than most people, and experience them more strongly.

You might find you're always determined to make sure things are 'perfect', and sometimes forget to eat or sleep if you're working on something.

<https://www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/autism-spectrum-disorder-asd#characteristics-of-autism>

# Some autistic traits that are part of me

- I like things done perfectly as I have OCD.
- I have sensory traits due to being on the autistic spectrum myself.
- I also struggle to make new friends sometimes.
- My verbal communication is different to others as I'm autistic.



**DurhamEnable**   
*A brighter future for inclusive employment*

People with autism can educate others about autism as they themselves can say how it makes them who they are.

Companies/organisations such as Durham enable can also do this as their job coaches guide people with a learning disability and or autism to get paid employment thus being able to witness their behaviour in different scenarios which enables them to contribute to the education of autism.

“We passionately believe that autistic children and adults have significant skills and strengths, which can be developed throughout their lifetime.”

“Our approach aims to support individuals to participate in society as independent and valued citizens, enjoying equal rights and opportunities but also enriching the world around them.”

The logo for the North East Autism Society. It features the words "north east" in a dark blue, lowercase, sans-serif font. Below "north east" is the word "autism" in a lighter blue, lowercase, sans-serif font. To the right of "autism" is the word "society" in the same dark blue, lowercase, sans-serif font as "north east".

#### HOW NEAS AND DURHAM ENABLE CAN HELP IN MY CAMPAIGN

DurhamEnable: this organisation can help in my campaign as they employ job coaches who work alongside individuals with autism to help them gain employment. They will therefore be able to aid my campaign as their job coaches can inform others about autism due to having relationships with individuals with autism on a **professional** basis.

NEAS (North East Autism Society): I believe that NEAS can aid my campaign to increase education about autism as they are a charity can has been empowering and supporting autistic children, young people, adults and their families for over 40 years. My point being that NEAS are able to aid my campaign through educating others about autism due to in depth experience with autistic people.

Saturday 2 April  
World Autism Awareness Day 2022

World Autism Awareness Day is an internationally recognized day on **April 2 every year**, encouraging Member States of the United Nations to take measures to raise awareness about people with autism spectrum disorder throughout the world. It was designated by the United Nations General Assembly resolution (A/RES/62/139).



Please follow my campaign #understandautism

