

Neurodiversity

Cultural Sensitivity



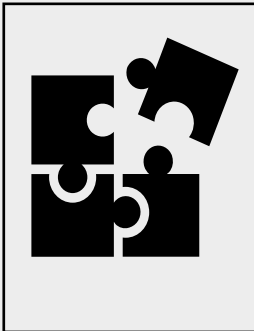
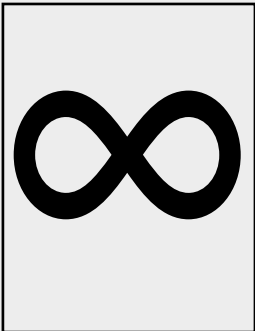
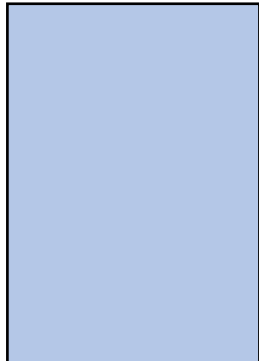
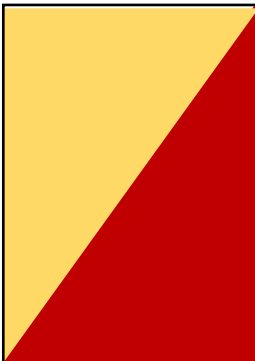
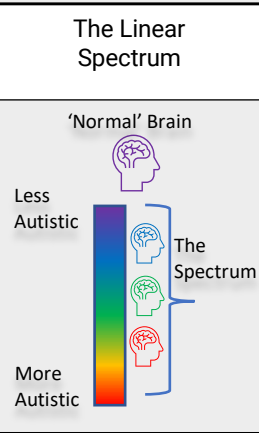
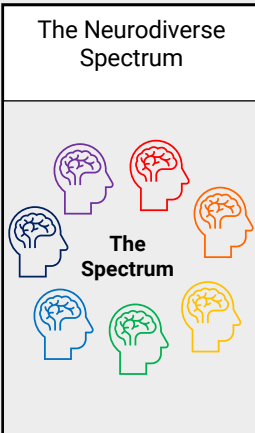
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Language

Instead of	Try this	In lieu of	Consider using	Explanation
Person-First Language	Identity First Language	Person with Autism (person-first)	Autistic Person (identity first)	Most Autistic people prefer Identity-First language, but ask each individual for their preferred terminology.
Low / High Functioning	Low / Complex / High Support Needs	Person who has low-functioning / high-functioning Autism	Autistic person with lower/complex support needs	Functioning is often based largely on available support systems, reasonable adjustments, and environmental accessibility--not individual capability.
Mild / Severe Autism	Person on the Autism Spectrum	Person who suffers from Mild / Severe Autism	Person on the Autism Spectrum	Suffering, Mildness, and Severity are outdated terms that came from an era when Autism was considered a disease. Many Autistic people now find them offensive.
Autism Spectrum Disorder / Condition	Autism	ASD / ASC / Developmental Disorder	Autism	Autism is now understood by many as a different Neurotype, not a disorder or condition
Asperger's Syndrome	Autism	Asperger's / High Functioning Autism	Autistic Person ('with lower support needs')	Asperger's no longer exists as a diagnostic term. Assume 'Autism' over Asperger's, but respect a person's right to identify as Asperger's if they choose to retain this term.
Autism Awareness	Neurodiversity Pride, Celebration, or Acceptance	Autism Awareness Month/Day/Event	Neurodiversity Pride, Celebration or Acceptance Month/Day/Event	Many Autistic people prefer not to promote 'Autism Awareness', as it often positions Autism as a problem to be aware of. Consider changing the tone of your event to 'Celebrating' Neurodiversity.



☞ Symbols and Culture

Instead of	Try this	In lieu of	Consider using	Explanation
The Puzzle Piece Symbol	<i>The Infinity Symbol</i>			Some Autistic people find the puzzle piece offensive as it positions Autism as a problem to solve. The infinity symbol represents Neurodiversity.
The Colour Blue	<i>Any other colour</i> (Yellow or Red often used)			Blue is considered by some to have associations with an 'old way' of thinking of Autism as a disease. Red/Yellow are used by more recent campaigns.
A Linear Spectrum	<i>A Neuro-Diverse Spectrum</i>	<p>The Linear Spectrum</p> 	<p>The Neurodiverse Spectrum</p> 	The Linear Spectrum <u>only</u> includes brains that are 'disordered' (i.e. only Atypical brains are 'on the spectrum'). The Neurodiverse Spectrum includes <u>all</u> brains. It recognises multiple Neurotypes, which each have unique strengths and differences—like cultural diversity!