

Being a Good Friend to Someone with Autism



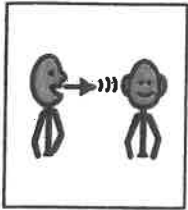
- **Wave hi!** If they don't say hi back it may be because they were thinking about something else, not because they don't want to be friends with you.
- **Be patient.** Give them some time to get to know you.
- If you don't understand what they say, ask them nicely to say it again.
- If you see a friend with autism getting upset, **give them some space.** Don't make fun of them or point and laugh. They are just having a hard time.
- Ask your friend with autism what they like to do. Try some activities that they like.
- People with autism can be great friends! **Have fun** and be happy you have an awesome friend.

Facts About Autism

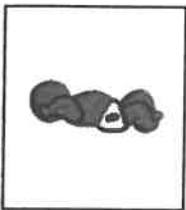
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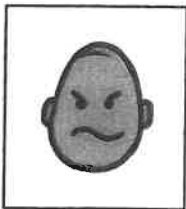
- People with autism have a brain that works differently.



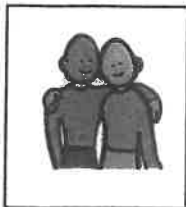
- Some people with autism talk and others do not talk.



- People are born with autism as a baby.

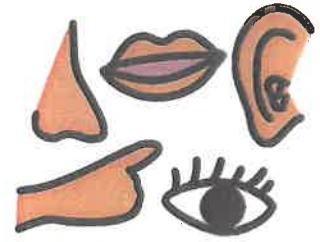


- Sometimes people with autism might get upset. Everybody gets upset sometimes.



- People with autism can learn, make friends and have fun.

Sensory Facts

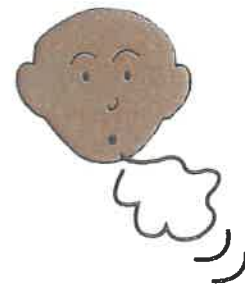


We use our senses to understand the world around us. We use our eyes, ears, hands, nose, and mouth to experience our environment. Some people with autism have sense that work differently.



Sometimes things might sound very loud to them. The quiet sound of the light buzzing might sound as loud as a fire alarm. Imagine trying to take a test while a fire alarm was going off. That would be very difficult! For some children with autism, they need to work like this all the time.

Some things might smell or taste very bad. Sometimes how they feel things could be different. The tag in a t-shirt rubbing against their back could feel like a sharp scratch. Sometimes we feel overwhelmed, in a crowded, loud room like the gym or cafeteria. Some children with autism can feel very overwhelmed by places that have a lot of people moving around and a lot of noise.



To make things harder, many people with autism may not be able to tell you what is bothering them. Sometimes they may feel mad or frustrated about these things but can't even tell you.