Understand:

- Autism is a neurological variation that occurs in about one percent of the population

- **Neurodiversity** is a concept and social movement that advocates for viewing autism as a variation of human wiring, rejecting the idea that autism should be cured, advocating instead for celebrating autistic forms of communication and self-expression, and for promoting support systems that allow autistic people to live as autistic people.

- Autism is a spectrum — If you’ve met one person with Autism, you’ve met one person with Autism.

You can help by:

- Listening to the voices of Autistic people through organizations such as ASAN - the Autistic Self Advocacy Network
  https://autisticadvocacy.org/

- Learning more about autism and discover how you can be a helpful ally
  https://autisticadvocacy.org/about-autism/

5 Essential Ways to Support the Autistic Community in Autism Acceptance:

1. **Ask Autistic People What They Need** — And Then Listen to Them
2. **Make Your Events and Plans More Accessible** to Autistic People
3. **Beware of organizations that use fear tactics and portray autism as an as an epidemic that requires a cure**
4. **Prioritize and Center Autistic Voices**
5. **Challenge Your Internalized Ableism** on a regular basis