

APRIL AUTISM  
AWARENESS

Are you ready to  
**LIGHT IT UP BLUE!**

**AUTISM**  
**AWARENESS**



**Tuesday April 15<sup>th</sup>**



**WEAR BLUE TO SHOW YOUR SUPPORT!**

**KG-Grade 4 and Gr 5-11 boys are welcome to  
wear blue shirts**



**Gr 5-11 girls can wear a blue sheila with their  
school abaya**

**APRIL IS AUTISM  
AWARENESS MONTH**

#neurodiversity

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# LIGHT IT UP BLUE

Did you know...

1 in 36

Children have Autism

As fellow students, parents or guardians, there's a lot you can do to understand autism and show up for those around us with autism.

## Step 1: Learn about Autism

The autism spectrum is not simply a straight line of 'more' or 'less' autistic. Each person on this spectrum has a unique mix of traits, strengths, and challenges.

An autistic child or young person may:

- find social situations difficult or confusing, need more time to process information, or use and understand words literally
- have a strong passion for a hobby or interest, an entertainment figure or series, or a favourite toy
- repeat movements or behaviours such as hand flapping, hair twirling, spinning around, or listening to something on repeat
- need to know what is going to happen, want rules to be the same for everyone, or need a routine or favourite toy to feel calm
- be much more or less sensitive to sound, light, smell, taste, touch and other senses for balance, spatial awareness and emotions.

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## Step 2: Talk about autism

Discuss autism at home, with family and among friends.

Reflect on how we can help make society more accepting and accessible for autistic people.

## Step 3: Show Up!

Every autistic person is unique, so take the time to find out, what you could do to be a better friend. Some examples of how we can show up for our friends are:

**Give time:** Allow autistic friends more time to process information. Be patient and understanding.

**Be clear:** Use straightforward and unambiguous language.

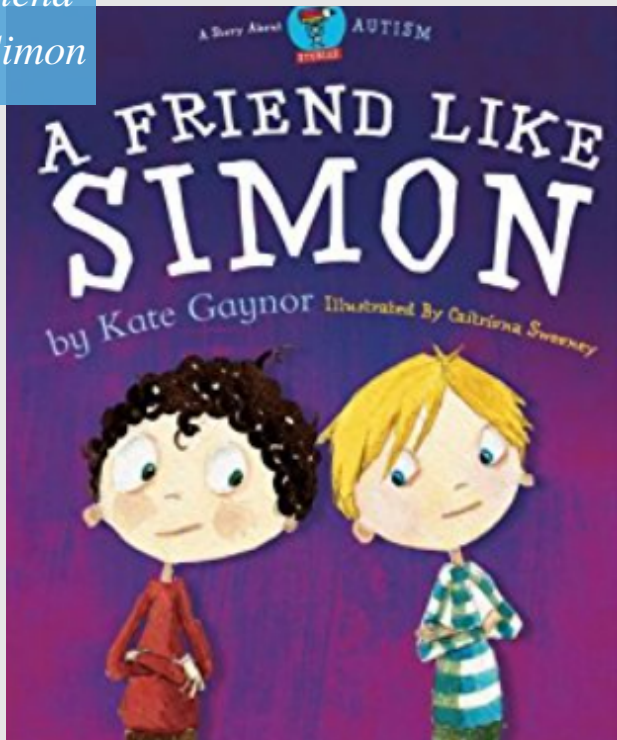
**Be inclusive:** Invite your peers to join in activities, even if they seem different from what you normally do. Inclusion is about making everyone feel welcomed and part of the group, regardless of differences. Think about ways to make activities or events more comfortable.





# LIGHT IT UP BLUE

*A Friend  
like Simon*



## SOME BOOKS ON AUTISM

A Friend Like Simon

[Click Here](#)

## READING COMPREHENSION ACTIVITY

[Click Here](#)

[Click Here](#)

The Girl who Thought in Pictures

[Click Here](#)

Temple Grandin is one of the most prominent public figures with autism, and her journey has been both inspiring and educational for many people.

