

Can I catch Autism Spectrum Disorder?

No. You can't catch an Autism Spectrum Disorder like you catch a cold or chickenpox. People are born with an ASD. As they grow older many people who have an ASD learn to do things just like you.

Will ASD go away?

No. An ASD is something that people have all their lives. However, as they grow they learn more and more about the world. Many people who have an Autism Spectrum Disorder will have a job and live independently when they grow up, just like you will.

How can I help someone who has an ASD?

- Be nice and don't tease.
- Ask them to join in your games.
- Sometimes people who have an ASD like it when you talk to them.
- Speak clearly and don't use too many big words.

- Tell the person to take a step back if they come too close.
- Remind the person that we only need to say things once.
- Warn the person if there is going to be a loud noise.
- People who have an ASD usually like to play with a few friends, they may not feel comfortable in a large group.
- Explain the rules of the game just before you start to play.
- Understand that sometimes the person who has an ASD may need time alone.

Remember it's OK to be different!

We all are!!

For more information on
Autism Spectrum Disorders
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FOR KIDS' EYES ONLY

AUTISM SPECTRUM DISORDER



AUTISM ASPERGER ACT

Ever wondered why:

- Some children don't answer when you talk to them.
- Some children don't talk at all, even though they are big and at school.
- Some children talk only about dinosaurs or space.
- Some children flap their hands or twirl around.
- Some children play with string or other funny things.
- Some children don't go away even when you ask them to.
- Some children walk round and round the playground all by themselves.

These children may have an Autism Spectrum Disorder (ASD).

What is an Autism Spectrum Disorder?

An Autism Spectrum Disorder (ASD) occurs when a baby's brain develops a little differently before or just after the baby is born. The brain then processes or interprets information differently. People who have an ASD have difficulty communicating and learning

how to be a friend with other people. They often want to be the same and may need to do things in exactly the same way every time.

People who have an ASD also sense things differently from many other people. Loud noises, like the school bell, can hurt their ears and they may not like the way certain things feel. They may like to stare at leaves moving in the trees but hate the swirling lights at the disco. They may only want to eat exactly the same things or they may not like the way some food smells.

Is everyone who has an ASD just the same?

No. People who have an ASD are different from each other just like you and your friends are different.

Some people who have an ASD can talk, but they usually expect you to say exactly what you mean, if you say "Jump to it!" when you mean "Hurry up," the child who has an ASD will probably start jumping.

Other people who have an Autism Spectrum Disorder use pictures or photographs to communicate with you.

Some people who have an ASD can do their school work quickly, while other people find it difficult to learn to read and write. Some people who have an ASD want to have friends, but don't know how to make them.

There are different types of Autism Spectrum Disorder, which have different names: These include Autism and Asperger's Syndrome.

