

I have ASC.

I have ASC. This stands for Autistic Spectrum Condition. It means that sometimes I may think and feel in different ways to people without ASC. Just like everybody else, everyone with ASC is different.

Having ASC is okay. Lots of people have ASC; even some teachers. However, it is a personal choice to share with other people that you have ASC.

Everyone has things that they are good at and things that they find difficult. People with ASC often have similar things that are more difficult for them.

Sometimes I may need help. Sometimes I don't understand other people. Sometimes I feel anxious, sad or angry. It is really important that I tell someone when I need help. This can help me to stay calm and feel safe.

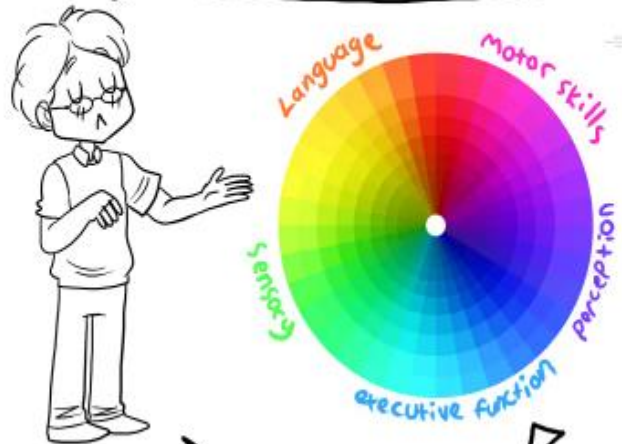
Having ASC is okay. I can ask for help when I don't understand something.

I can ask for help if I feel anxious, upset or angry.

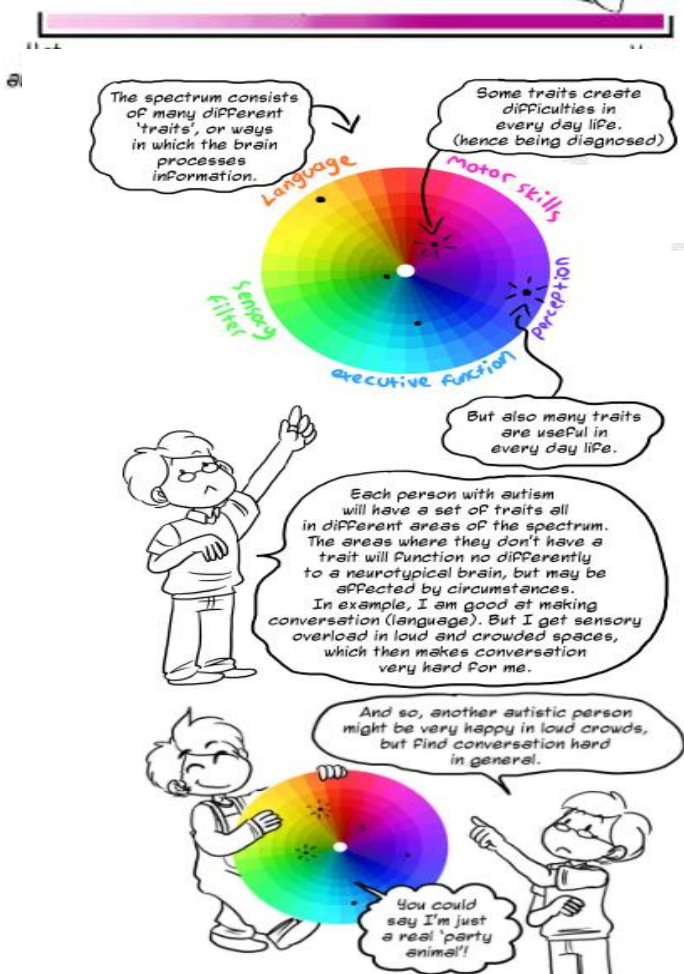




The truth is though, someone who is neurodiverse in some areas of their brain, will also be no different to your average person in other areas of their brain.



You see, the autistic spectrum looks something more like this.



Sometimes, if someone is diagnosed as being 'on the spectrum', and informs another person of this, it's so that they can get some understanding and respect for the things they are unable to do. But, it is also so that they can cooperate with the world around them- so that they can be the best in the things they can do.



What are your strengths? Say it-draw- it- write it