

ALWAYS REMEMBER...



YOU ARE NOT ALONE

MANY PEOPLE CAN RELATE TO THE THINGS YOU MIGHT BE FEELING OR EXPERIENCING. GETTING TO KNOW OTHER AUTISTIC PEOPLE - WHETHER IT'S THROUGH ONLINE MENTORING OR IN PERSON OR THROUGH BOOKS, BLOGS AND VLOGS - CAN HELP CREATE A FEELING OF UNDERSTANDING AND COMMUNITY.

THE WORLD NEEDS ALL KINDS OF MINDS

OUR WORLD WOULD BE VERY BORING AND BLAND IF WE ALL LOOKED AT THINGS THE SAME WAY. BEING AUTISTIC MEANS WE SEE AND PERCEIVE THINGS IN WAYS MANY OTHER PEOPLE MIGHT NOT. WE HELP MAKE THE WORLD A MORE INTERESTING AND INNOVATIVE PLACE.

FOCUS ON YOUR STRENGTHS

WE ALL HAVE THINGS THAT ARE CHALLENGING FOR US, BUT EACH OF US HAS PERSONAL STRENGTHS AS WELL. ALWAYS REMEMBER TO FOCUS ON YOUR STRENGTHS. THEY WILL TAKE YOU WHERE YOU NEED TO GO IN LIFE.

EMBRACE YOUR PASSIONS

EVERYONE HAS THEM AND EVERYONE NEEDS THEM! THE THINGS WE ARE DEEPLY INTERESTED IN CAN BRING A LOT OF COMFORT AND HAPPINESS. OFTEN THEY CAN HELP US CONNECT WITH OTHER PEOPLE WHO SHARE SIMILAR INTERESTS. DON'T APOLOGISE FOR THE THINGS YOU LOVE - IT'S VERY COOL TO HAVE DEEP KNOWLEDGE AND A DEEP LEVEL OF INTEREST.

YOU ARE AWESOME... JUST THE WAY YOU ARE

ESPECIALLY WHEN YOU ARE GROWING UP, THERE CAN BE A LOT OF PRESSURE TO LOOK AND ACT LIKE OTHER PEOPLE IN ORDER TO "FIT IN", WHICH CAN BE VERY DRAINING! YOU TRULY ARE AWESOME... JUST THE WAY YOU ARE. YOU DESERVE TO HAVE PEOPLE IN YOUR LIFE WHO FEEL THE SAME WAY ABOUT YOU.



For related resources and encouragement, please see:
<https://www.icannetwork.com.au/2020/07/important-reminders-resources-for-our-younger-autistic-peers/>