



National
Autistic
Society

World Autism
Awareness Week
30 March – 5 April



Schools activity for World
Autism Awareness Week,
kindly supported by
Axcis Education

The National Autistic Society is a charity
registered in England and Wales (269425)
and in Scotland (SC039427)



What is autism?

Autism is a lifelong disability that affects how people communicate and interact with the world.



Difficulties with communication and social interaction



Engage in repetitive behaviours, routines and activities.



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Well-known autistic people



Chris Packham



Anne Hegerty



Greta Thunberg



Talia Grant



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Considered autistic

- Sir Isaac Newton
- Alan Turing
- Albert Einstein

Autism stats and facts

There are approximately 700,000 autistic adults and children in the UK.

That's about 1 in every 100 people.



Currently, only **16%** of autistic people in the UK have a full-time job.

79% of autistic people report feeling isolated.

Autistic children are **three times** more likely to be excluded from schools like yours.

This needs to change.



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Meet Alex



[Click here](#) to
view a film about
Alex introduced
by Talia Grant



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Experiencing the world differently



Communication challenges

Needing time to process information

Difficulty with unexpected change

Even small changes can cause huge anxiety

Sensory differences

Noise, smells and lights can be very overwhelming

Repeating things and routines

Taking the exact same route to school or liking the same food

This can lead to meltdowns or shutdowns
like the one Alex had in the film



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How you can help

“If you see anyone having a meltdown, be kind and understanding and give them the space to calm down.”

Talia Grant

-  Don't stare or be mean
-  Be kind and understanding
-  Give time and space
-  Speak clearly using short sentences
-  Wait for an answer



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