Autism Acceptance

Use of Language

Person-first language
Secondary aspect of the person
Ex: "Person with Autism"

VS

Identity-first language
Part of the person's identity
Ex: "Autistic person"

Keep in mind,
it depends on the individual,
so just ask!

Stimming

Stimming is repetitive physical movement, sound or movement of objects. It is a natural form of expression, especially for people in the autistic community.

There are three main reasons for stimming:
1. Self-regulation (ex: processing stress from environment)
2. Sensory seeking (ex: experiencing the surrounding world more deeply)
3. Expression (ex: expressing emotions like joy)

AUDITORY | VISUAL | TACTILE | TASTE | SMELL | VESTIBULAR | PRO-PRIOCEPTIVE