



charter:walk
shopping centre

Hello

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My name is

**And I have an autism
spectrum condition**

Having autism means I experience the world differently and I might react to certain social situations in an unusual way. I may not understand everything that is said to me, even if it appears I do. I can be passionately interested in a particular subject and may talk about this a lot or become really engrossed in an activity or object.

The world can sometimes be a scary place when you have autism. Busy, crowded places can be over stimulating with lots of different noises, sights and smells. This can make me feel scared and anxious and I may behave in a way that could be difficult to understand.

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**Please be understanding and patient.
Speaking too much can make me feel
worse. Please allow me some time and
space to compose myself.**

Thank you.