



National
Autistic
Society



Hello,

My name is

and I have an autism spectrum
condition.

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.

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.