



Do you think this is true or false?



Autistic people lack social skills.



True



False



Do you think this is true or false?



Autistic people lack social skills.



False

Autistic people do not lack social skills but may socialise in a different way from non-autistic people. It can sometimes be easier for an autistic person to socialise with other autistic people rather than non-autistics.





Do you think this is true or false?



Autistic people don't want friends.



True



False



Do you think this is true or false?



Autistic people don't want friends.



False

Being autistic does not change the fact that people need other people. Some people need lots of friends. Other people need a few close friends. This is true for autistic people too.





Do you think this is true or false?



Autistic people lack empathy.



True



False



Do you think this is true or false?



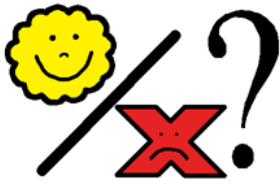
Autistic people lack empathy.



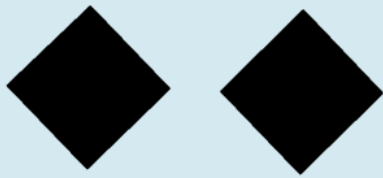
False

Many autistic people feel more deeply and for longer periods of time than non-autistics. Some autistics may show their empathy in a different way. For example by talking about an experience where they felt this way or by sharing something they find interesting to distract you. Some may not talk at all and continue what they are doing. This is not lacking empathy. They may be trying to process how to make things better.





Do you think this is true or false?



Autistic people are all the same.



True



False



Do you think this is true or false?



Autistic people are all the same.



False

Every person is unique. Each person in the world has their own interests, looks, likes, dislikes and hobbies. We can have similarities to other people, but having something in common doesn't make us the same. This is true for every human on the planet - autistic or non-autistic.





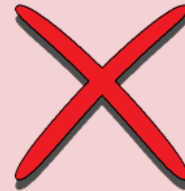
Do you think this is true or false?



Girls can't be autistic.



True



False



Do you think this is true or false?



Girls can't be autistic.



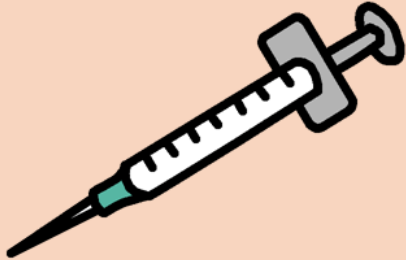
False

Girls can be autistic.





Do you think this is true or false?



Vaccines cause autism.



True



False



Do you think this is true or false?



Vaccines cause autism.



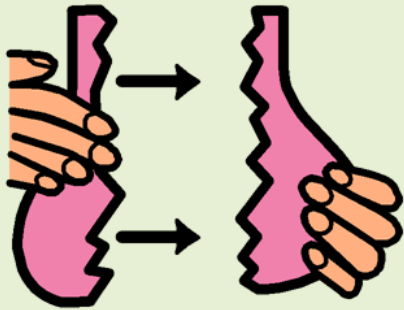
False

An autistic person is born autistic.





Do you think this is true or false?



Autism needs to be
cured.



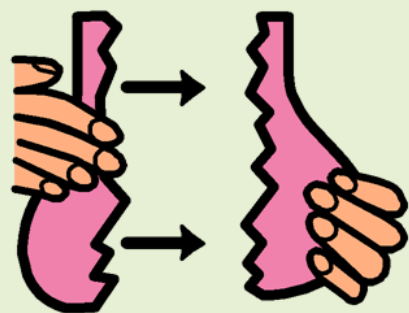
True



False



Do you think this is true or false?



Autism needs to be
cured.



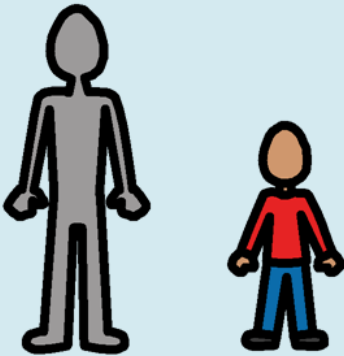
False

Autistic people have brought society forward throughout history. Look at some of our greatest inventors. We would never consider looking for a 'cure' for neurotypical people, nor should we. We do not 'cure' people of their identity and who they are. This is one of the many myths that cause huge distress and offence to the autistic community.





Do you think this is true or false?



An autistic person can grow out of autism as they get older.



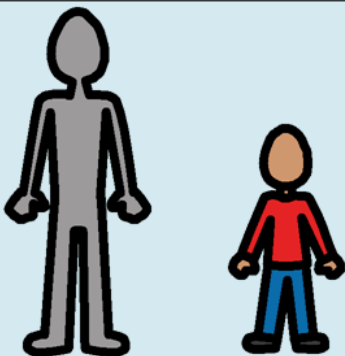
True



False



Do you think this is true or false?



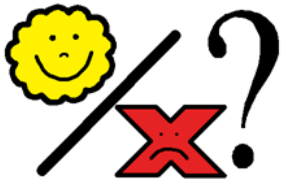
An autistic person can grow out of autism as they get older.



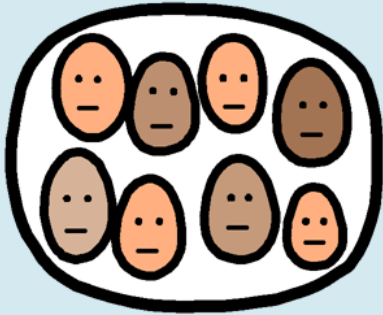
False

An autistic person is born autistic and will die as an autistic person. Autism cannot be removed from a person.





Do you think this is true or false?



Everyone is a little autistic.



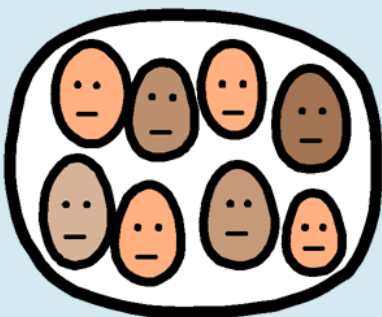
True



False



Do you think this is true or false?



Everyone is a little autistic.



False

Every aspect of an autistic person's life is experienced from an autistic experience constantly. This never changes. Non-autistic people may not like the sensation of cotton wool, that doesn't mean they are autistic. It means they do not like the sensation of cotton wool. We may have similarities, but that doesn't mean we are autistic or somewhere on the spectrum. This idea can delay changes that need to be made to the world to make it more inclusive.





Do you think this is true or false?



Autism is a learning disability.



True



False



Do you think this is true or false?



Autism is a learning disability.



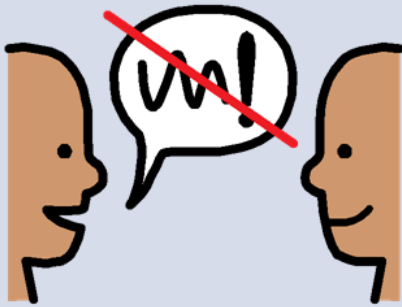
False

There is a difference in how the brain processes information. This means that how information is communicated may need to be changed to be appropriately processed. Autism is not a learning disability.





Do you think this is true or false?



Autistic people can't talk.



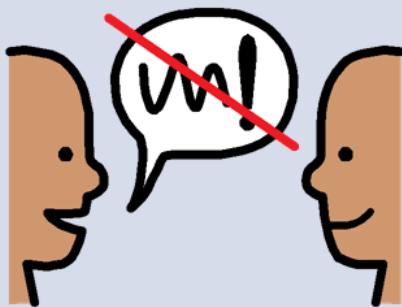
True



False



Do you think this is true or false?



Autistic people can't talk.



True



False

All autistic people are unique individuals and as such this depends on each person.

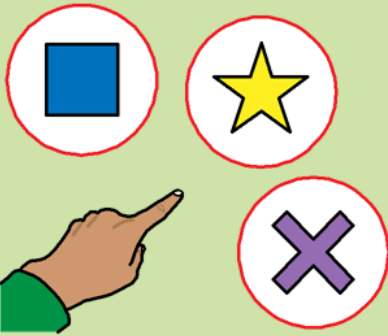
Some autistic people can talk.

Some autistic people can't talk and use other methods of communication.





Do you think this is true or false?



Autism is a choice.



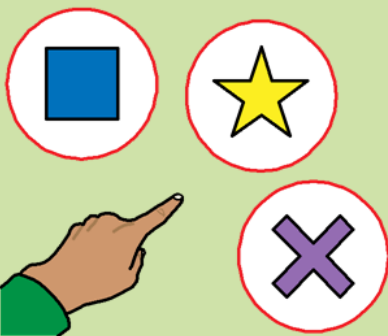
True



False



Do you think this is true or false?



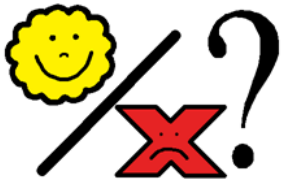
Autism is a choice.



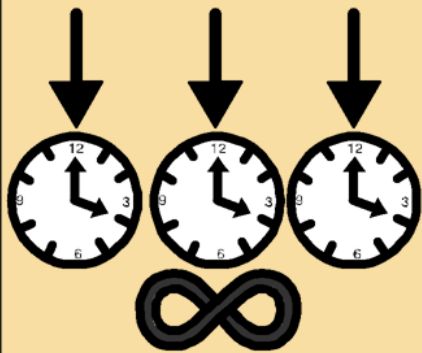
False

An autistic person is born autistic. This is not a choice. Their experience of the world is always autistic. This is not a choice. Our brain is a vital organ and remains part of us as we grow. We make new pathways as we grow. We develop new skills. We may learn new languages. But our brain remains our brain.





Do you think this is true or false?



An autistic person's tolerance levels are always the same.



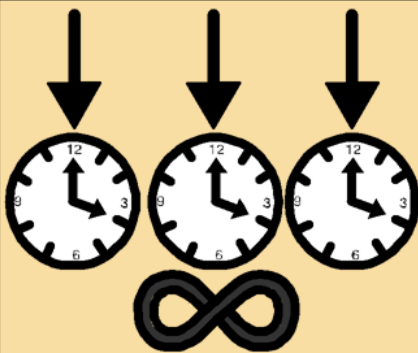
True



False



Do you think this is true or false?



An autistic person's tolerance levels are always the same.



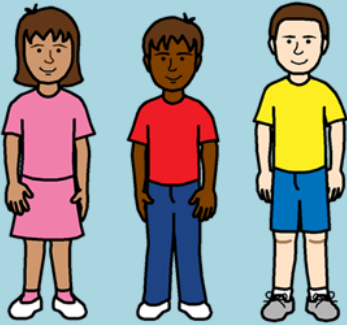
False

Sometimes an autistic person may appear fine with a particular sound or texture but at other times they are unable to tolerate it. This is because tolerance levels change based on many factors such as time of day, number of demands already placed, social interactions and much more. Autism is a spectrum. This means that each person is different. But also means that each person can be at different points on the spectrum at different times. Spectrum means it is changeable. This is why some days an autistic person can do everything required and other days can find the process of getting dressed exhausting. This can lead to overload and/or shutdown which requires recovery time.





Do you think this is true or false?



Only children can be autistic.



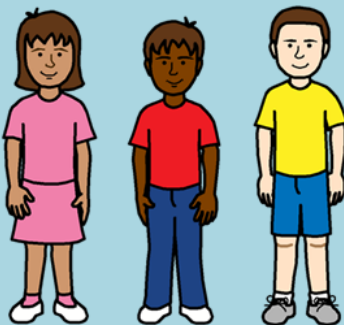
True



False



Do you think this is true or false?



Only children can be autistic.



False

Autistic children become autistic adults.

