

# **NUGGETS TO KNOW ABOUT AUTISM**

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**Autism is not an illness or a disease that needs to be cured; it is a different and valid way of being human**

**Autism is a spectrum of varying strengths, differences, and challenges; no two people experience autism the same way**

**Children don't "get" autism - they are born autistic; a child does not "outgrow" autism with enough time or treatment**

**Autistic people think and learn differently and tend to have strong interests in very specific things**

**We don't know what causes autism, but it is likely genetic; nothing parents do causes their child to become autistic**

**Autistic people process and use language differently; autistic children often start talking later than other kids**

**Anyone can be autistic regardless of race, gender, age, or socioeconomic status (it does not only occur in white boys)**

**Autistic people move their bodies differently and may have difficulty with gross and fine motor skills**

**Sensory differences are common in autistic people; the world can be overwhelming and difficult to navigate without support**

**Autistic people want to socialize and interact with others, but their sensory differences often make it challenging**

## **Sources**

**[Autisticadvocacy.org](http://Autisticadvocacy.org); [Mayoclinic.org](http://Mayoclinic.org);  
[Childmind.org](http://Childmind.org); [CDC.gov](http://CDC.gov)**