

TENN GIRLS WITH AUTISM

INFORMATION

Sources

Mayo Clinic, Harvard Medicine, New York Times, The guardian, WHO , Autism Society



When you're a teenager, you're still figuring out who you are and how you relate to the world and other people. When you encounter someone who doesn't fit the pattern of what's considered "normal," you may be inclined to shun them, gossip about them with your friends, or pass judgement on them without cause.

Consider if a person appears to be autistic or has another impairment if they don't seem to fit in with the rest of your peers or your expectations of "normal" conduct. A rising number of people, including Asperger's Syndrome sufferers, have been diagnosed with an autistic spectrum condition. Students with a variety of impairments are now more than ever visiting your school and enrolling in your classes. A kid with autism may succeed in school and integrate with their peers with your acceptance and assistance. Teens with autism may make amazing friends with a little understanding, help, and involvement in social activities.

Our world is made up of many different kinds of people.

Each of us is unique in our own way, but we are all strikingly similar. We all have friends and families, attend school, and participate in activities such as sports, painting, or music.

What Is Autism?

Autism (also known as autism spectrum disorder or ASD) is a neurological condition that impairs a person's brain and body function. Because it is a spectrum condition, no two people will have the same symptoms or have the same personality traits. To put it another way, not all persons with ASD are alike, just as not all teens are alike. It's also vital to understand that autism is neither an illness nor a contagious condition.

A person with ASD may struggle to communicate with others, make friends, or follow instructions. When lights, noises, movements, and odours overwhelm a person with ASD, they may have difficulty understanding what is going on. Certain things may agitate them, and they may be unable to settle down or communicate what is troubling them. Some persons with ASD are unable to comprehend "common sense" concepts that you take for granted. Despite these difficulties, teenagers with ASD often find it simpler to attend school with the aid of instructors, classmates, families, and friends.

What causes Autism?

Nobody knows why some people get autism. There might be a variety of reasons for this. Scientists are still attempting to determine what those factors are and how best to assist persons with ASD. ASD may impact everyone, regardless of colour, religion, socioeconomic level, or where they reside; nevertheless, boys are more likely to be affected than girls.



How are teens with ASD unique?

Like you and me, many kids with ASD have similar hopes and objectives. Some persons with ASD may have just minor differences from you, while others with ASD may be completely different. Because of their condition, some peers may have difficulty with certain tasks but excel in others. A adolescent with ASD, for example, may be a computer or science genius but struggle in social circumstances or on a sports team. When rules are not followed perfectly, some teenagers with ASD may:

- Misunderstand them or get agitated.
- Stick to specific habits, such as sitting in the same spot in the cafeteria or taking the same route to class every day.
- Have a strong urge to pursue a particular subject and become extremely concentrated on it, such as a video game, mythology, or sports statistics.
- Have a hard time dealing with day-to-day obstacles like scheduling adjustments.
- When chatting to you, they may be unable to create eye contact, or they may stare or make excessive eye contact.
- Things like noisy cafeterias and gymnasiums, fire sirens, congested halls, or glaring fluorescent lights might make you react emotionally or overwhelm you.
- Fail to notice or defend oneself against bullying or taunting at school, in public, or online.
- They may not grasp irony, slang, or humour since they are very concrete, literal thinkers.
- When conversing, they may stand too close together and miss the "hint" that the conversation is over.
- May make obnoxious remarks without realising the social consequences (for example, "you have bad breath").
- Appear unconcerned or unconcerned with other people's sentiments.
- Want to make friends but don't want to chat about everything but his or her unique interests? You should understand that they are attempting to connect and may be at a loss for subjects to discuss.
- Not being able to read facial expressions, such as when the instructor delivers a serious look to indicate that it's time to remain silent.

Why do teenagers with ASD behave in this manner?

Teens with ASD may conduct in unexpected ways, although it is rare that they choose to disobey or act strangely. They may be having trouble managing their conduct due to a lack of awareness of expectations or coping with the outside world. They may also be unaware of their actions or that they are being seen as peculiar.



How do teens with ASD communicate?

Receptive communication may be an issue for teens with ASD. This implies they may not always grasp everything stated to them, may require additional time to digest what is said, or may feel confused:

- when someone speaks too much at once. Make an attempt to communicate more effectively with someone who has ASD.
- Use basic words and speak slowly.
- Give the person with ASD more time to think about and formulate an answer.
- Use clear, positive language to tell the individual what to do (for example, "stand still" rather than "don't move").
- Use sarcasm, slang, or implied meanings sparingly (for example, "get over it," "let's hang out," "throw a sock in it," or "take a chill pill").
- Teens with ASD may also struggle with expressive communication, which means they are unable to "communicate" their thoughts and feelings.
- Some people may not be able to speak at all, but they can communicate by gestures and other actions.
- Others may communicate using a communication board or a little computer that talks for them.
- The way someone "talks" to others and communicates a message or thinking is known as expressive communication.
- They may be able to understand what is being said, but they may be stumped as to how to reply.
- Never presume that someone doesn't understand or isn't smart just because they don't speak.
- A adolescent with ASD may be unable to talk and may rely on alternative methods of communication such as sign language or an electronic gadget.
- They speak in a formal and exact manner, making them sound distinct from your other pals.
- Recite a sentence he or she overheard in a movie, video, or past discussion, even if he or she has no idea what it means. It's possible that the statement has no meaning or that it contains an improper reaction.
- Find it challenging to keep a conversation on track. • Find it tough to strike up a discussion.
- Say something that comes out as impolite. Teens with ASD can be brutally honest, even if it isn't intended that way.
- Forget to say "hi" and "goodbye" as greetings and closings. • Have trouble knowing when to start and conclude discussions, as well as when it is their turn to speak.



How can I be a friend?

You can both learn a lot from each other if you make friends with someone who has ASD. Here are some suggestions to assist you in being a better friend:

- Be understanding of your friend's peculiarities.
- Keep your companion safe from things that irritate him or her (for example, loud noises or fluorescent lighting).
- Participate in activities with your friend that he or she enjoys. Speak in a way that is acceptable for your age group. Use "baby talk" sparingly.
- Be patient, and remember that your buddy isn't trying to disturb you or anybody else.

- Stand up for your buddy when others try to bully or force him or her to do something they shouldn't.
- Allow additional time for your buddy to respond to your inquiry or finish an activity.
- Inviting your buddy to join you in group activities such as going to the movies, hanging out with other friends, or attending athletic or school events is a great way to start.
- Assisting other teenagers in understanding and accepting autism.

Screaming, striking oneself or others, or damaging property are all examples of excessive and harmful behaviours. Recognize that these actions might be their only means of expressing distress, bewilderment, or a desire for attention. When these actions occur, you should seek the help of an adult. You may assist others by assisting them in comprehending why the action occurred and possibly avoiding the scenario in the future.

Finally, keep in mind that your ASD buddy may have information or talents that you might benefit from. Some of these people have extraordinary abilities in math, music, painting, and other fields. You could learn a lot and enjoy spending time with someone who has ASD if you take the effort to be a friend with them. This is a fantastic group of folks to get to know. Remember, an ASD kid is simply another adolescent who wants to be acknowledged as an individual, have friends, and have fun.

