

GIRLS WITH AUTISM

INFORMATION

Sources

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

Children with autism may appear to be like other children, but when you meet them, you will notice that they are unique in several respects. Playing, making friends, and learning new things may be difficult for them. Some people may have difficulty communicating or comprehending what others are saying. Some people may go on and on about a favourite topic. However, children with autism, like you, are unique in many ways. They are loved by their families, they attend school, and they have specific hobbies.

This booklet is about persons with autism that you could encounter and how you can help them.



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 impacts a person's brain and physical function. It is neither a sickness nor infectious. Autism cannot be contracted from a classmate or acquaintance. Autism can make it difficult for a person to communicate with others, make friends, or follow directions. Despite these difficulties, children with autism can sometimes find it easier to learn with the aid of instructors, classmates, families, and friends.



How Do Autistic Children Act?

Autism can cause children to behave in odd ways. Some people may struggle with particular hobbies, yet they may excel in other areas. A youngster with autism, for example, may be a math genius, a fantastic artist, or an unstoppable computer game player. They may still have difficulty expressing their thoughts into words or comprehending what you say.

Some autistic children prefer that timetables remain consistent and that individuals always sit in the same chairs. When things change, they could have a hard time adjusting. They may try to tell others what to do or where to sit if they are afraid of change. You may believe they're being "bossy," but what they're really doing is adjusting to the changes. They might become unhappy, depressed, or furious when their schedules change and they have no idea what will happen next.

Some children with autism may:

- have difficulty speaking, make weird noises, or not speak at all.
- make a lot of noise with their hands, twirl around, or laugh a lot.
- sit quietly and avoid staring at other people.
- distinguish yourself from your peers by playing or acting in a unique way.
- be a really active person or a very calm person who enjoys spending time alone.
- have difficulty staring you in the eyes.
- repeating the same actions or statements.



Why Do Autistic Children Act This Way?

Some autistic youngsters do not see, hear, or feel things in the same way that we do. The sound of a school bell or a parade, for example, may irritate their hearing. Because of how particular foods taste, some people may have difficulty consuming them. Some people are extremely sensitive to certain odours. Smells you enjoy, such as baking cookies, may make someone sick. Things that affect the majority of us, like as a bee sting, may not appear to be as painful to them.

Some autistic youngsters have difficulty comprehending what we say or what our facial and body expressions suggest. For example, if you scowl or have an angry look on your face, a student with autism may not comprehend what you're saying. This isn't to say you shouldn't try to communicate with them.

It can help children grasp things better if you show them a picture or an object. If you're talking about baseball, for example, pointing to a baseball card or a bat may assist your friend understand what you're saying.

Just because someone with autism can't utilise words doesn't imply he can't understand what you're saying. Please converse with him as you would with any of your other pals.

Kids with autism, like everyone else, are upset and furious at times, but they typically can't explain why. They may convey their sentiments via actions rather than words. They may produce sounds or whirl around when they are agitated, bewildered, or bored.

They may flap their hands, bounce up and down, or run in circles when they are thrilled or delighted. They might also perform all of these activities at once to help them relax.

When their surroundings or schedules change, many children with autism become unhappy because new or unfamiliar things might be challenging or frightening for them. They may weep, cover their ears with their hands, or flee. They are not making a conscious decision to misbehave. Because they have trouble understanding or engaging with the world around them, children with autism may have trouble managing their behaviour.



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How can I be a friend to someone who has autism?

- You and the person with autism learn a lot from one other when you become friends. Here are some suggestions to help you be a better friend to an autistic child:
- Be understanding of your friend's peculiarities.
- Recognize that some autistic children are really intelligent, but in a unique way.
- Keep your companion safe from the things that irritate him or her.
- Use basic motions such as pointing and speak in short phrases with simple words.
- To assist your buddy understand, use visuals or write out what you want to communicate.
- Participate in activities with your friend that he or she enjoys.
- Be patient - remember that your buddy isn't trying to irritate you or anybody else.
- Allow additional time for him or her to respond to your inquiry or finish an assignment.
- Inviting your friend to play with you and participate in group activities is a good idea. Show your friend how to play by demonstrating what to do in a game or activity.
- Sit near your buddy whenever possible, and assist him or her with tasks if they want it.
- Never be scared to inquire about your autistic peers with your teacher.
- Assist other children in learning about autism.