

What should I do if I want to tell someone I am Autistic?



Disclosure is telling someone that I am Autistic.



Non-disclosure is choosing not to tell someone I am Autistic.

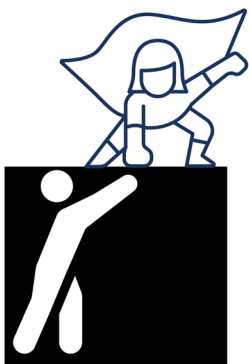
The choice is mine.



What should I think about if I want to disclose that I am Autistic?



1. Do I feel safe?
 - The place is safe
 - The people I'm with make me feel safe



2. Do I have a reason?
 - I want help
 - I want to be brave
 - I want to help the Autistic community



3. Do I feel okay?
 - I have enough energy
 - I have enough time



4. Am I prepared for how people might respond?
 - It could be good
 - It could be bad
 - It could be neutral
 - Some people might not know how to respond



After a disclosure opportunity:

5. What can I learn?
 - What went well?
 - What went bad?
 - What can I do differently next time?

Here are some examples of how you could respond.

THIS WENT WELL!



SOMETIMES PEOPLE JUST DON'T KNOW MUCH ABOUT AUTISM



IT IS OKAY TO PAUSE, AND BREATHE

