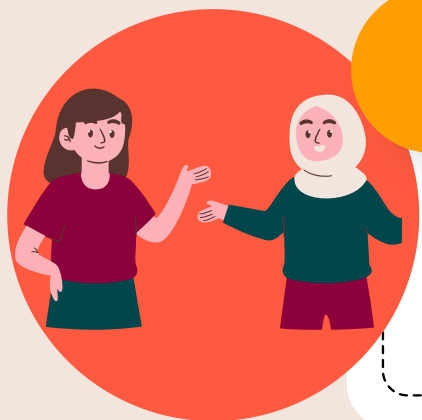


# Understanding Autistic Communication Styles

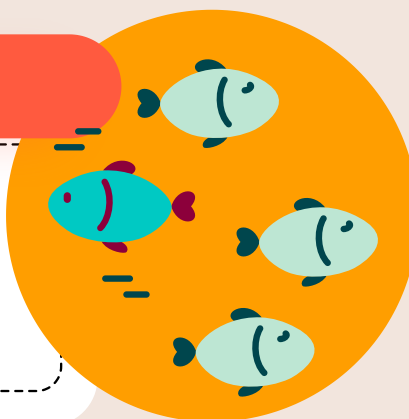
## Examples of Autistic Social Communication.



Honest, clear, and direct communication which is often interpreted as "blunt" by others. Facial expressions and body language that may not align with their feelings in ways Non-Autistic people expect. Sharing relevant stories and information from their own lives to demonstrate they understand the experiences of others.

## Different not Disordered.

For decades, Autistic individuals have been described as having "social impairments" a descriptor which is both harmful and incorrect. Recent research shows Autistic individuals follow their own social rules and socialize fluently with each other much like how different cultures have different norms.



## The "Double-Empathy Problem."



This theory developed by Dr. Damian Milton highlights how difficulties in social communication between Autistic and Neurotypical people occur both ways, and result from a mismatch in what the two groups see as important.

## So what can I do to help?

It is not the responsibility of Autistic people to learn entirely different social skills to make others more comfortable. Instead of expecting Autistic people to conform to neurotypical norms, all people should take time to learn and understand the communication styles of others in an open and curious way. If you a caregiver, ensure your child has opportunities to socialize with other Autistic peers.

