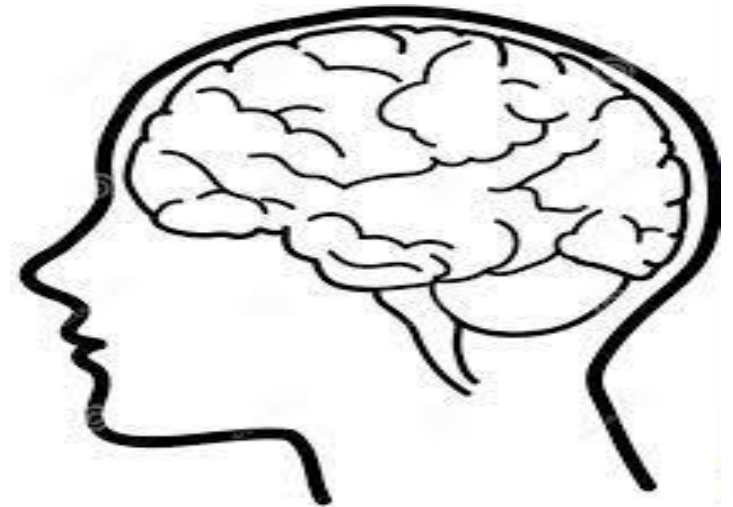


# Autism

What is it?

Everyone has a brain and everyone's brain works differently.



Autism is just a way to describe someone whose brain works in a particular way.



Many people with autism may think and feel the same about lots of things; but they also are very different to each other too! They might have difficulties with the same things but also have very different interests and strengths, just like people without autism. You can't tell if someone has autism by looking at them.



Autism is a condition which affects the brain.

We work out what is going on in the world around us by using our senses; what we can see, hear, feel, smell and taste.



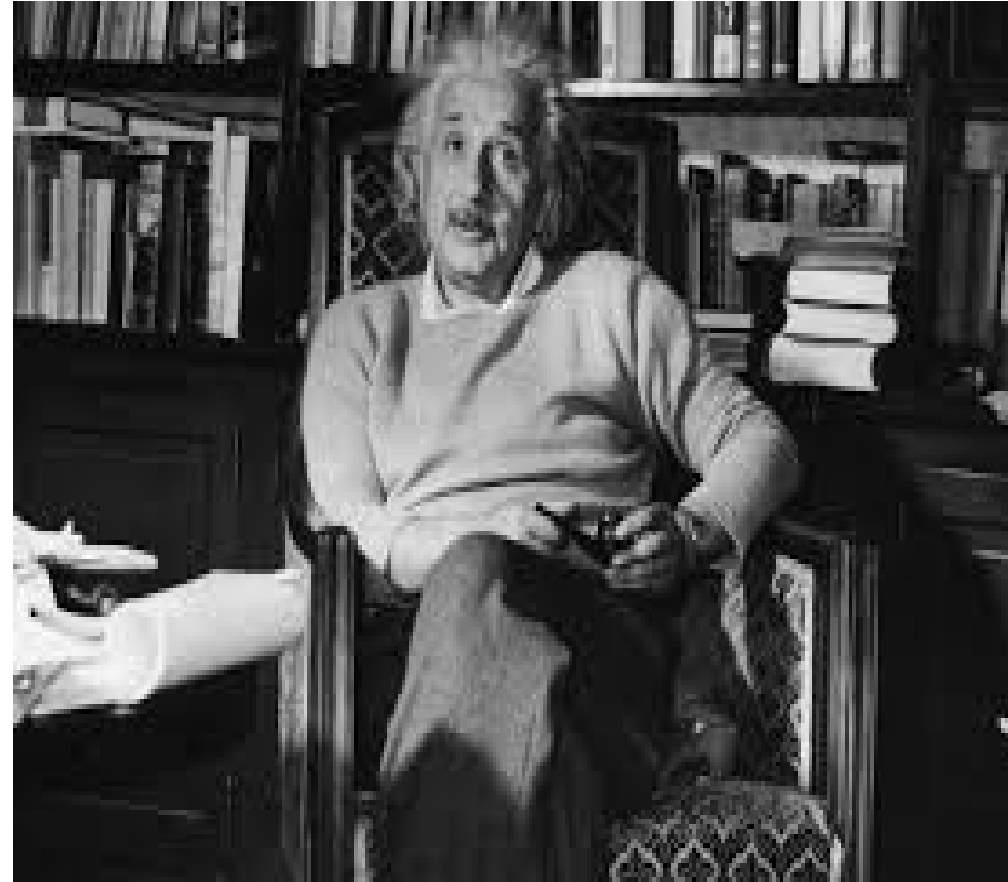
People with autism sometimes get too much information or not enough information from their senses (what we can hear, see, smell, touch and taste).

This means that people with autism can find noises and busy or new places too much and which might make them feel worried and scared. Lots of people with autism feel like this at times.



Because autism affects our senses and how we take in information, it means we have to learn in different ways.

Lots of people have autism including some really famous people like Albert Einstein! He was super clever.



Some people with autism find it difficult to understand other people sometimes.

This leaves them feeling sad and upset because they might think people don't like them when they really do!



Some of the staff at All Saints also have autism. They have all learnt ways to cope with their feelings even though it has been hard at times.

As young people get older, they learn ways to cope with the things that make them feel worried, like new places, noise and friendships with other people. Staff at school will help you and so will your family.

