

# My brain is Autistic

A NeuroInclusive Story  
from NeuroClastic



What exactly does it mean  
when we say we are

# Autistic?



We are pretty  
different in  
some ways.



But we are  
the same in  
other ways...



It really is a  
good question...



But you cannot  
\*see\* how we  
are different!



Our differences are in our  
brains and how we think.

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Brains do a lot. They help people see, hear, know  
they are hungry, understand their emotions,  
remember, feel heat and cold, move their  
bodies, read, think, and lots of other cool jobs.

When you need to move, your brain sends a signal to your body to move.

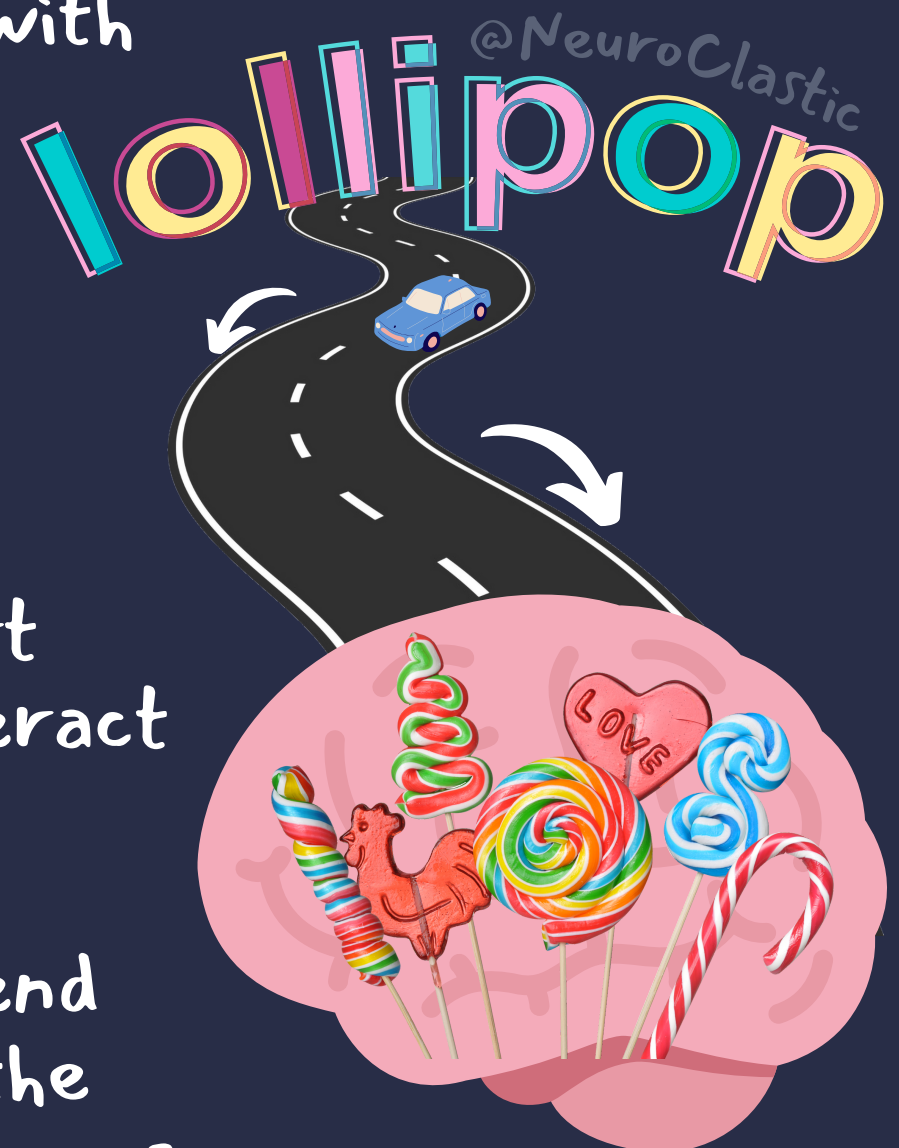


When you need to listen to a story, your ears send a signal to your brain to understand the words and meaning.

Imagine a brain is like a map with each stop being a place to process different signals. Signals are like cars that carry information.

Pathways like roads in your brain carry signals to each part so you can understand and interact with the world around you.

If you see a word, your eyes send a signal to your brain to read the word and remember what it means.

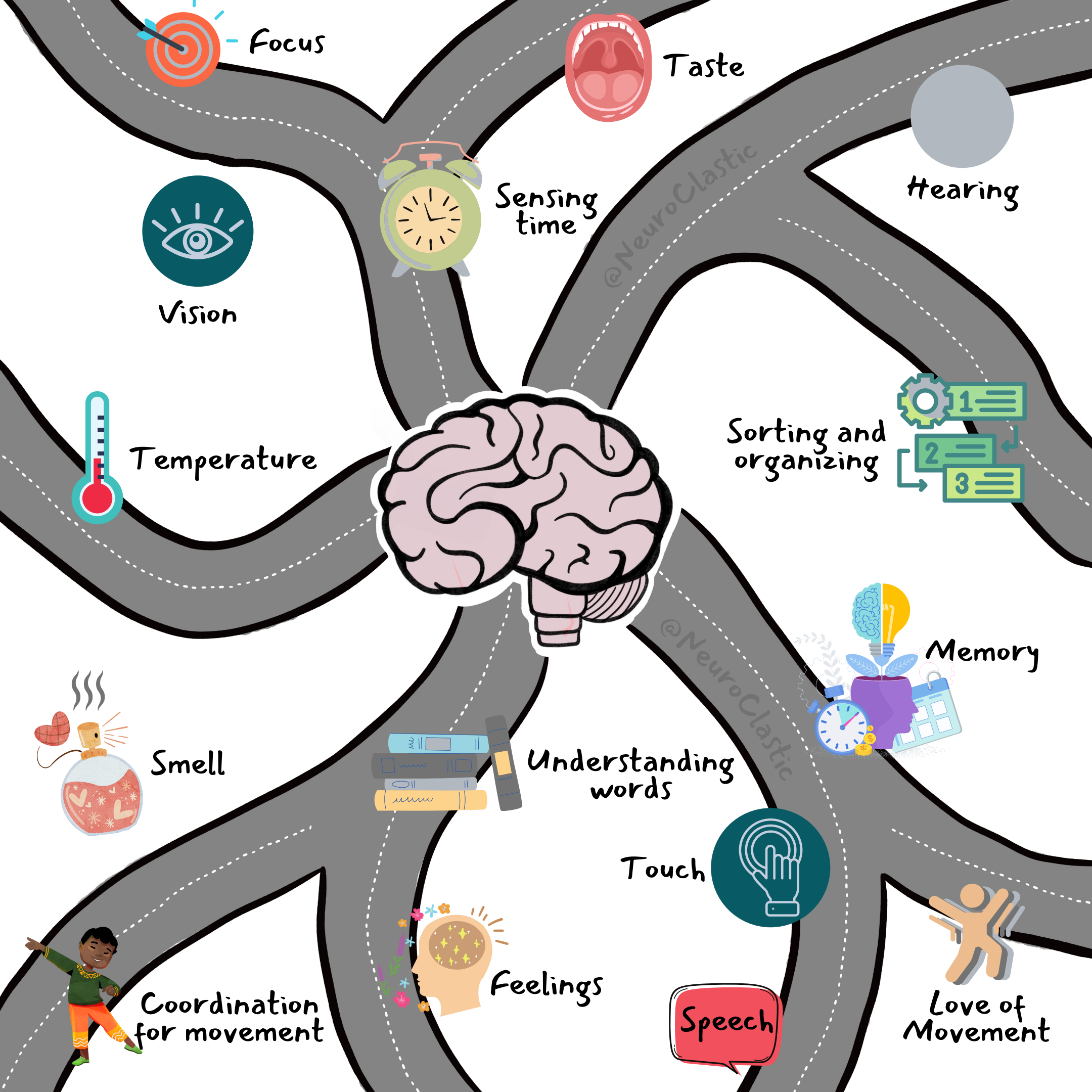


A night sky with a full moon in the upper left, surrounded by a halo. The sky is filled with numerous stars of varying sizes and colors (white, yellow, orange, red, blue, green). Several bright, multi-pointed starburst patterns are scattered across the sky. A few thin, diagonal streaks of light, possibly meteors or comets, are visible. The bottom of the image shows a dark silhouette of a landscape with trees and hills.

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Most brains have a map that looks similar,  
with all the roads being about the same size.





Focus

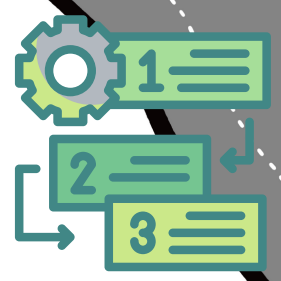
Taste

Hearing

Vision

Sensing time

Sorting and organizing



Temperature



Memory

Smell

Understanding words

Touch

Love of Movement

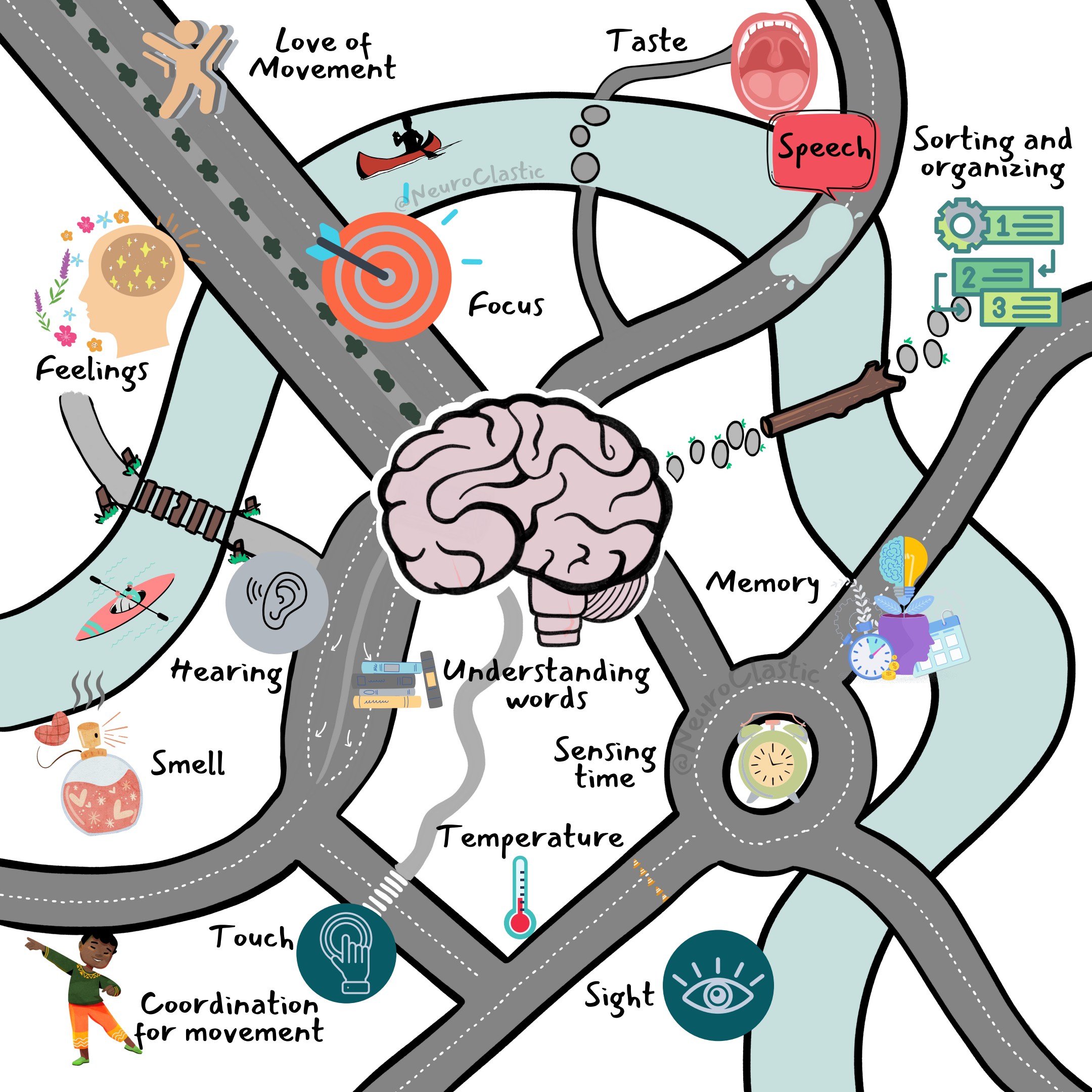
Coordination for movement

Feelings

Speech



But Autistic brains all have different maps! The roads that carry signals may be bigger or smaller, or might take a shorter or longer path. This means we see, think, and feel things differently from most people and at different speeds.





Depending on how an Autistic brain is mapped,  
Autistic people have different needs and traits.

Some autistic people

Love loud  
sounds and  
making noise

Love to push, pull,  
move, and climb

like to try  
lots of new  
things

talk a  
whole lot

Need to jump,  
spin, flap,  
and move  
a lot

Avoid loud  
sounds because  
they hurt

like to be  
very still

Talk very  
little or not  
at all

Other autistic people

like to sit  
and think

Really like  
things to stay  
the same

Because our Autistic brains process information differently, we need people to understand:

1

We may be really quick to learn a new skill or take much longer.

2

We may be very sensitive to some signals like loud noises or rough fabrics.

3

Our signals can get a traffic jam if we take in too much information.

4

If there is too much traffic, we may not be able to do things we can do when calm.

5

We need to do things differently sometimes because our brains work differently.