



# I have ASD

- I have ASD. This stands for Autistic Spectrum Disorder. It means that sometimes I may think and feel in different ways to people without ASD.
- Having ASD is OK. Lots of people have ASD. Everyone has things that they are good at and things that they find difficult. People with ASD often have similar things that are more difficult for them. But just like everybody else everyone with ASD is different.
- Because I have ASD I may sometimes need extra help from doctors and teachers. This is OK. They can help me when I don't understand other people. They can help me when I feel anxious, sad or angry.
- It is really important that I tell someone when I need help. This can help me to stay calm and feel safe.
- Having ASD is OK. I can ask for help when I don't understand something. I can ask for help if I feel upset or angry.

