‘What is Autism?’
Social Story

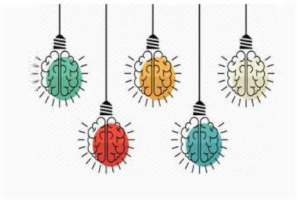
1

Everyone is different. Some differences are visible, like hair colour or height.

Other differences can’t be seen, like our favourite TV show or how we process information

2

Being autistic means that my brain is wired differently than other people’s. This means that I understand the world differently.



3

Seeing the world differently helps me to notice details that other people may miss.

Some people with autism have a really good memory and can remember lots facts.

4

I might know someone with autism and think that I am not like them at all.

That is ok because every person with autism is different.

5

I have things that I am good at and things that I might find difficult.

6

Having autism means that I sometimes find it hard to know what others are feeling, or what to say.

It is ok to not know what to say. I can speak about it with my parents or a trusted friend.

7

I might feel anxious when lots of people are talking and it’s noisy.

Going somewhere quiet or listening to music with headphones can help.

8

Autism is just one part of me.

9

There are lots of different things that make me who I am.

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