

# How to be a GOOD AUTISM FRIEND!

Everybody is different.  
And that's great!  
It's our differences that  
make us all interesting.

Autism is a difference in the way  
someone thinks and senses the world  
around them. An autistic person might  
have a hard time understanding  
others and communicating.

But just like everyone else, people with  
autism need to feel safe, accepted,  
and loved. Here are some ideas to help  
you be a good autism friend:

Notice what they like doing and ask if  
you can do it with them.

Invite them to join in when you are  
playing a game.

Try communicating in ways they are  
comfortable with. They may not always  
like talking or making eye contact.

Help them keep calm if they are upset.

Give them extra time to respond when  
you are talking to each other.

Help them understand how you and  
others are feeling.

Remember that things like loud noises,  
strong smells, bright lights, and being  
touched can bother them a lot.

Ask your teachers and family for ideas, too!  
They can find out more at:

[www.autismtas.org.au](http://www.autismtas.org.au)

