

Autistic and **OK**



Introduction



Today we will be:

- ➔ watching a video to help us learn about autism and how we can be more accepting of autistic people
- ➔ introduced to the charity **Ambitious about Autism** and their **Autistic and OK** programme, which our school is participating in
- ➔ taking part in an activity to reflect on what we have learnt.

Video: Understanding autism and the Autistic and OK programme

Autism explained by autistic young people

The video will:

- ➔ explain what autism is, and how to be more accepting of autistic people
- ➔ address common misunderstandings around autism and explain what the facts are
- ➔ introduce and explain the benefits of the Autistic and OK programme.

Activity:

Myths and facts

- ➔ The video we just watched covered some of the many misunderstandings around autism and autistic people.
- ➔ In this next activity we are going to take what we have learnt from the video and try to bust some of the myths about autism.
- ➔ We will be working through a few statements that will appear on the screen, and I would like you to tell me if you think each statement is a myth or a fact.

Is this a myth
or a fact?

{ “Everyone is a
little bit autistic.” }

“Everyone is a little bit autistic.”

MYTH



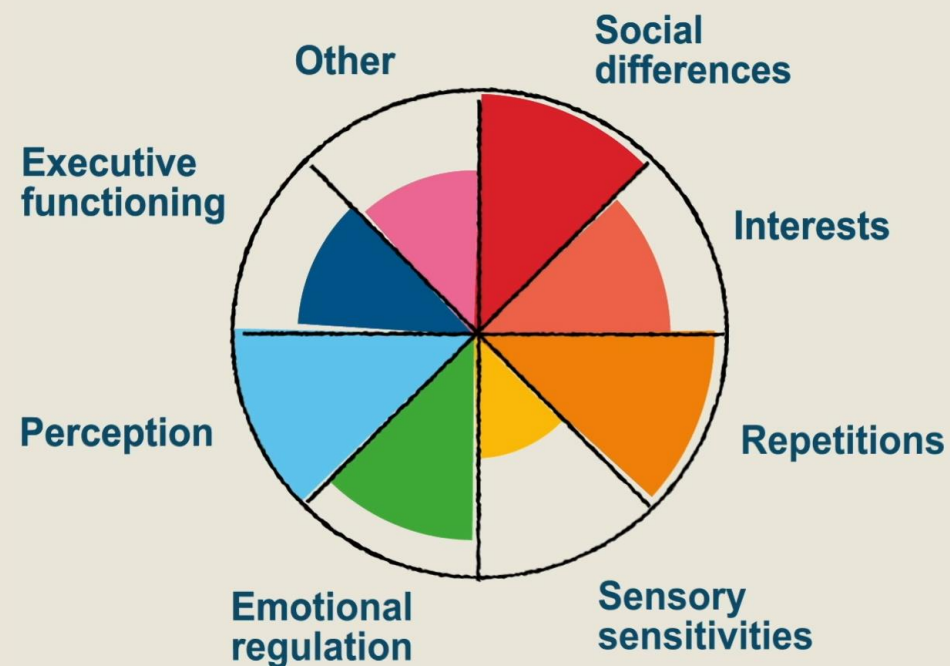
Even though people might say this with good intentions, for example to make an autistic person feel understood, it is **NOT** actually true.



Autism is a different way of experiencing and looking at the world, which means being autistic is a difference and not a weakness.



However, it is important to remember that each autistic person is unique from one another, just like we all are.



Thank you for viewing this sample – if you would like to access the full assembly session (including the video) you can download the [Autistic and OK toolkit here.](#)

