

## **ALL THINGS AUTISM**

It can be a major challenge for adult autistic folks to find content for us and by us, because so much “official” content is 1) ableist and harmful and 2) geared towards parents of autistic children. So I’ve compiled just about every resource I’ve got that discusses autism by and for #actuallyautistic folks.

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  - More non-speaking autistic self-advocates

## SOME ORGANIZATIONS AND SELF ADVOCATES

- [ASAN!!](#)
- The [Autistic Woman and Nonbinary Network](#)
- [Amethyst Schaber's "Ask and Autistic" YouTube](#) full of videos on various autistic stuff
- [Lydia X.Z. Brown / Autistic Hoya](#)
- [Dr. Nick Walker](#)
- [Mrs. Kerima Çevik](#)
- ["Non-Speaking Autistic Speaking" - Amy Sequenzia's blog](#)
- ["The thinking person's guide to autism"](#)
- [The How-To Wiki](#) for autism is actually really helpful!
- [Ollibeau blog](#)

## DEFINING AND DESCRIBING AUTISM

- [Video](#): "What is autism?"
- ["About autism"](#)

- [“What being autistic means to me”](#)
- [Myths about autism](#)
- Metaphors and images for autism
  - [“Autism is a sundae bar”](#)
  - [“Autism is purple”](#)
  - [“Understanding the spectrum”](#) comic
  - [Another visual](#) on the idea of a spectrum
  - [And another visual on the spectrum - not an on-off switch](#)
- Disability models
  - [Understanding disability models](#)
  - [Video: models of disability discourse](#)
- Functioning Labels, “Mild” or “Severe” autism
  - [Article on functioning labels](#)
  - [“What’s wrong with functioning labels? A masterpost”](#)
  - [Another article on problems with functioning labels](#)
  - [“I don’t experience my autism mildly: \*you\* experience my autism mildly”](#)
  - [A non-speaking autistic who is labeled non-functioning discusses labels](#)
  - [“Most people would consider me low-functioning, but I hate that word”](#)
  - [Tweets from actual autistics on functioning labels](#)
  - [How the same person may be labeled low or high functioning at different times](#)
  - [“Mental Age Theory hurts people with disabilities”](#)

## AUTISM AND INTERSECTIONALITY

- [Article on autism in communities of color + in the LGBTQ community](#)
- [Autism, intersectionality, and STEM college outcomes](#)
- [Articles on intersectionality on The Art of Autism](#)
- Autism among women
  - [A reminder about talking about](#) differences in autism in “females”
  - [“I thought I was lazy: the invisible struggle for autistic women”](#)
  - [“The women who don’t know they’re autistic”](#)
  - [“The gas-lighting of women and girls on the autism spectrum”](#)
- Autism and race
  - [“Being Autistic, Black, and Femme”](#)
  - [“Black and Autistic: Is there room at the advocacy table?”](#)
  - [“Autistic, Gifted, and Black”](#)

- [“I, too, am Racialized”](#) - Autistic Hoya on being Chinese & a transracial adoptee
- [Video: “Growing up BLACK in a neurotypical legal system”](#)
- [The Autism Wars: Mrs. Kerima Çevik’s blog](#)
- Autism and LGBTQ
  - [“Autism and gender variance](#) - is there a cause for the correlation?”
  - [“Divergent: The emerging research on the connection between trans identities and neurodivergence”](#) — neuroqueer stuff!
  - [“What Does Gender Have to Do with Presuming Competence?”](#)
  - [“The intersection of autism and gender”](#)
  - [Issues being transmasculine and autistic](#)
  - [“Gendervague: At the intersection of Autistic and trans experiences”](#)
  - [“I’m an autistic lesbian and no, I don’t wish I were ‘normal’”](#)

## STUFF ON SELF DIAGNOSIS:

- [A self-diagnosis masterpost!](#)
- [Autistic self-dx is valid](#)
- [“Reasons why self-dx is good from the pov of a professional”](#)
- [Some reasons why autism may go undiagnosed](#)
- [“Five reasons I am self identified as autistic”](#)
- [“Beware of gatekeeping”](#)
- A masterpost of [“resources for women who believe they might be autistic”](#)
- [A therapist who’s never met](#) an incorrect self-dx-er
- Is it ADHD or Autism??
  - [Links to information on the intersections between autism and ADHD](#)
  - [A list of things that are more ADHD, things that are more autism, and things that are both](#)
  - [Science: decoding the overlap between ADHD and autism](#)
  - [The concept of neurodivergent “cousins”](#)
- Various tests / checklists:
  - [ASD Checklist](#)
  - [List of inclusive autistic traits](#)
  - [Book: I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults](#)

## STUFF ON PROFESSIONAL DIAGNOSIS:

- [Privilege in being able to get a diagnosis](#)
- [Pros and cons of getting one](#)
- [Someone answers the question "Was it worth it for you to get diagnosed as an adult?"](#)
- [Professional diagnosis can get some people deported](#) :/
- [This person's journey from self-dx to pro-dx](#)

## AUTISTIC PRIDE / CULTURE AND HISTORY!

- [The wiki how-to on accepting your autism](#)
- [The wiki how-to on autistic strengths](#)
- ["7 Cool Aspects of Autistic Culture"](#)
- ["I'm autistic and proud of it"](#)
- ["You are not a burden"](#)
- ["What is self advocacy?"](#)
- **Autism / disability history and culture**
  - [Video](#): "Is autism a disability?"
  - [A google drive "disability library"](#) full of amazing content
  - [A tumblr tag full of posts with autistic history](#)
  - Book - [Loud Hands: Autistic People, Speaking](#) includes essays that explore the history of autism and of autistic self-advocacy
  - Book - [Neurotribes: The Legacy of Autism and the Future of Neurodiversity](#)
- **The Neurodiversity movement**
  - [The neurodiversity paradigm](#)
  - [Video: basic terms and definitions](#)
  - [Video: what is neurodiversity?](#)
  - [Liberating ourselves from the pathology paradigm](#)
- **Person first vs. identity first language** ("person with autism" vs. "autistic person")
  - [ASAN on identity first language](#)
  - [Why it matters](#)
  - [Video](#): Autism ACTUALLY Speaking
  - [Science](#): a study on what labels actual autistic persons prefer
  - [An image showing the difference between person first and identity first language](#)
- **Cureism & seeking causes of autism**
  - [Video](#): "Autism and the disability community: the politics of neurodiversity, causation, and cure"
  - [Video](#): Self advocacy in a culture of cure
  - [An analogy against cureism](#)
  - [It's okay that some autistics do want a cure](#)

- [Quotes on \*Truth Is\* by Julia Bascom about not needing a cure](#)
- [Cureism is eugenics](#)
- [“If a cure is found, no one will force you to take it”](#)

## AUSTITIC TRAITS (BEYOND THE ONES COMMONLY DISCUSSED!)

- [“Thinking about patterns of opposite extremes among autistic people”](#) (e.g. how we tend to be sensory avoidant *or* sensory seeking, extremely gender conforming *or* extremely gender nonconforming, hyper-empathetic *or* hypo-empathetic)
- [An essay on inclusive autistic traits](#)
- [This tumblr is dedicated to](#) answering people asking about whether various things are autistic traits!
- [This person lists the reasons](#) they think (know) they’re autistic; the list includes a lot of traits that often aren’t talked about
- [“Some autism things”](#)
- [“What are samefoods?”](#)
- [“Why do autistic people tend to samefood?”](#)
- [It’s okay if you don’t like certain things / avoid certain things because of your autism](#)
- [Wanting/needing to know how long something will last, what to expect](#)
- **Stimming!**
  - [Video: what is stimming?](#)
  - [Video on self-injurious stims](#)
  - [Video: autobiographical look at stimming and its role](#)
  - [More than a coping mechanism](#)
  - [A masterpost of examples of various types of stimming](#)
  - [Video](#) on vocal / verbal stimming
  - [Examples of vocal stimming as communication](#)
  - [A tumblr blog with a tag full of examples of body stims](#)
- **Communication stuff**
  - [Trouble with volume modulation; repetition; inconsistent talking habits](#)
  - Verbal/nonverbal
    - [Selective mutism](#)
    - [Semiverbal communication](#)

- [Different amounts of access to speech](#)
- [A person on being non-verbal and using AAC](#)
- [People who are nonverbal still deserve to be listened to](#)
  
- [Autistic idiolects](#)
- [Autistic dialect?](#)
- [Autistics communicate differently amongst each other!](#)
  
- **Infodumping**
  - [What is infodumping?](#)
  
- **Echolalia**
  - [“Autism and Echolalia: what you need to know”](#)
  - [What is echolalia?](#)
  - [A tumblr blog’s tag featuring examples of echolalia](#)
  
- [Aphasia and autism](#)
  
- **Prosopagnosia** (Face blindness)
  - [Science](#): a study confirming that some 67% of autistic persons have some degree of facial recognition difficulties
  - [Science](#): a study offering theories for why this is!
  
- [Video](#): Autistics and eye contact
- [Science: Researchers explore why autistic people avoid eye contact](#)
  
- [Tendency to overexplain](#)
  
- **Special interests / hyperfixations**
  - [Some info on hyperfixations](#)
  - [Video on special interests](#)
  - [Emphasizing the intensity of these things](#)
  - [“What’s so special about a special interest?”](#)
  - [“Why we love what we love and why it should matter to you”](#)
  - [Not every autistic person knows everything there is to know about their special interest](#)
  - [“Interest hopping”](#)
  - [Dividing our lives into “eras” of special interests](#)
  
- **Auditory Processing Disorder**
  - [Examples of APD](#)
  - [“You might struggle with auditory processing if...”](#)

- **Sensory Processing Disorder**

- [Video](#): What is sensory processing disorder?
- [Video: a virtual experience of what it's like to be at a party as someone with SPD](#)
- [A post about](#) some of the weird sensory stuff that many autistics experience (such as feeling nauseated when your real issue is a headache)
- [Many sensory issues aren't just annoying, but physically painful](#)
- [Difficulty in explaining autistic hypersensitivities](#)
  
- [Auditory sensory musings](#)
- [Trying to describe sensory overload](#)
- [Not noticing when we're hungry](#)
- [Weird tolerance for big pain, intolerance for small pain](#)
- [Science: "Unseen Agony: Dismantling Autism's house of pain"](#)
  
- [Tumblr blog with a tag of other posts about sensory issues](#)

- **Meltdowns and Shutdowns and burnout:**

- [Meltdowns vs. shutdowns](#)
- [Video: "What are autistic meltdowns?"](#)
- [Video: "What are autistic shutdowns?"](#)
- [A description of meltdowns](#)
- [Signs of a shutdown in autistic people](#)
- [How to support someone having a shutdown](#)
- [Science: "Autistic shutdown alters brain function"](#)
  
- [How to avoid meltdowns](#)
- ["Dealing with meltdowns"](#)
- ["The protective gift of meltdowns"](#)
  
- [Video on autistic burnout](#)
- [Article on burnout](#)
- [Science: Autistic burnout described by a researcher](#)
- [An article on autistic regression \(burnout\)](#)
- ["Help! I seem to be getting more autistic"](#) - talks about how things like burnout, aging, new environment, being around other autistics, and more can cause this

- **Executive function**

- [Video](#): "What is executive functioning?"
- [A chart describing the different aspects of executive function](#)
- ["Executive functioning problems - a frustrating aspect of being autistic"](#)
- [Autistic inertia](#)

- **Emotion stuff!**



- [Our emotional regulation is different](#)
- Empathy
  - [Article](#): (some) people with autism can read emotions, feel empathy
  - [Video](#) on misconceptions around autism and empathy
  - [“Double standards: The irony of empathy and autism”](#)
  - [Science on the “double empathy problem”](#) involving relationships between autistics and non-autistics
  - [Not a bad person for not having empathy](#)
  - [More musings on autism and empathy](#)
- [“Autistic grief is not like neurotypical grief”](#)
- Alexithymia:
  - Science: [Overlap between autism and alexithymia](#)
  - [Video: what is alexithymia?](#)
  - [“I don’t know how I feel”](#)

## **MASKING / PASSING**

- [Video on passing](#)
- [An infographic on autistic masking](#)
- [Another video](#) on masking / “hiding” in a neurotypical world
- [We are not obligated to mask or “act less autistic”](#)
- [When you mask less and get told “you’ve been acting more autistic”](#)
- [Getting called high-functioning because you mask/pass well](#)
- Scripting:
  - [Video: what is scripting?](#)

## **WHY AUTISM SPEAKS AND ABA ARE SO BAD**

- [A guide to identifying good autism organizations \(and how they can improve!\)](#)

### **Autism Speaks:**

- [Some facts and statistics](#)
- [An AS masterpost](#)
- [Another AS masterpost](#)
- [Video](#): What’s wrong with AS?
- [Video](#): a non-speaking autistic’s response to discussions between Autism Speaks and GRASP

- [“Enough with the puzzle pieces”](#)
- [“I resign my roles at Autism Speaks”](#)
- [“Responding to Autism Speaks”](#)

#### ABA:

- [Video: what's ABA?](#)
- [“Studies find thin evidence for early autism therapies”](#)
- [Masterpost of why ABA is harmful](#)
- [More on how ABA is abusive even if a kid “seems to like it”](#)
- [An autistic describes ABA's “quiet hands” method](#)
- [And another post on how ABA is harmful](#)
- [Trauma and autism](#)
- [A handout on trauma & recovery interventions](#)
- [Alternatives to ABA](#)

#### MISCELLANEOUS

- Suicide
  - [Video](#): Speaking to suicidal autistics
  - [Science](#) linking autism and increased suicidality
  - [Video](#): “diagnosis saved my life”
- Allyship / for allistics
  - [Video](#): How to be an ally
  - [Resources for supporting autistics during Autism Acceptance month and year-round!](#)
  - [Autistic accessibility needs](#)
  - [“How to be a friend to autistic people”](#)
  - [15 things you never say to an autistic person](#)
  - [What to say / not to say to an autistic adult](#)
  - [Video](#): what shouldn't I say to autistic people?
  - [Video](#): Things not to say to an autistic person
  - [Video](#): “Isn't everyone a bit autistic?”
  - [Don't talk about “mental age”](#)
  - [“To those who tell autistic persons ‘everyone experiences that’”](#)
  - [Why it's not helpful to say “well I don't think of you as disabled / as autistic”](#)
  - [How to support a loved one who's gone temporarily nonverbal](#)
  - [How to support someone having a shutdown](#)
  - [Help reduce meltdowns in a loved one](#)

- [Don't restrain an autistic person having a meltdown](#)
- [Understanding why autistics seem "so picky"](#)
- [Making communication easier for your autistic friend](#)
- [Avoiding ableism against AAC users](#)
- ["How to protect your autistic employees from 'no script found' situations"](#)
- **For parents of autistic persons**
  - ["Don't Mourn for Us"](#)
  - ["You don't 'lose a child to autism'"](#)
  - [Advice from autistic adults on treating your autistic children with respect](#)
  - Article by a parent of an autistic kid: ["How Listening to Autistic Adults Helped Me Understand and Support My Son"](#)
  - [A masterpost of advice for "autism parents"](#)
  - [It's okay if your kid doesn't hug you or say "I love you"](#)
  - ["They keep publishing these violent articles"](#)
  - ["When you're autistic, abuse is considered love"](#)
  - [You don't have to tell everyone who comes across you and your kid in public that your kid is autistic](#) / you don't have to constantly apologize for your kid!
  - [Your kid isn't bad / uncooperative just because they have certain differences](#)
  - [Don't tell autistic adults we are "nothing like your child"](#)
  - [A tag full of more tumblr posts about / for "autism parents"](#)
- More non-speaking autistic self-advocates
  - [Video](#): "In My Language" by Mel Baggs
  - [Mel Baggs](#): "Don't ever assume autism researchers know what they're doing"
  - [Lysik'an](#): "You don't speak for low-functioning autistics"
  - [Film](#): *Deej*
- [Autistics and the idea of "getting out of your comfort zone"](#)
- [Autistics accommodate allistics far more than the other way around](#)
- [It is icky when autistic persons are only valued when we're "productive"](#)
- [Parents who are themselves autistic](#)
- [Autism as genetic?](#)
- [Science](#): "Autism Genetics. Explained"
- [Science](#): links to some studies on autism and gastro-intestinal issues, autism and caffeine, autism and sleep, autism and stimming, autism and queerness, autistic strengths, and more