



5 Ways to Win

Five common myths surrounding the autistic experience and perspective.

Even though no two experiences of autism are the same, these myths persist. They are untrue for most autistic people.

1. “Autistic people can’t take jokes - they’re too literal.” MYTH

Autistic people love a joke as much as anybody! Sarcasm can be challenging, particularly if delivered by an unfamiliar person - it’s ok to point out if you’re being sarcastic. Everyone knows that humour is a great way to connect, but it can help to have built a relationship first.

2. “Autistic people don’t have the social skills for conversations.” MYTH

Small talk may not be easy or comfortable for autistic people, but social connections are still meaningful. It helps to: be 1-to-1, to choose a quiet environment, to reduce the intensity of the interaction by sitting side-by-side, to allow ‘thinking time’ after you pose a question, and to avoid finishing their sentences for them.



3. “Autistic people are cut out for jobs in IT: it’s how their brains work.” MYTH

A talent for systems, processes and technical details is helpful in a wide range of occupations. And expressing emotions doesn’t have to come through words. You’d be amazed how many talented artists, musicians, scientists, inventors and designers, to name a few, are autistic.

4. “Autistic people live in their own heads: they don’t notice much else.” MYTH

On the contrary, many autistic people have a very keen eye for detail! They may also have an exceptional memory so will remind you of these details for years to come!

5. “All autistic people flap their hands when they’re stressed.” MYTH

Regulating emotions can be a challenge for many autistic people, but ‘flapping’ is only used by some. Others may use a different physical action. If you want to help, don’t stare but offer an exit route, a chat or a quiet place to sit to help put them at ease.

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