



PANDAS®

All images are copyright and property of PANDAS online.

Please do not change or distribute beyond the original intent.

Please make sure you enclose the last page so people can find us online.

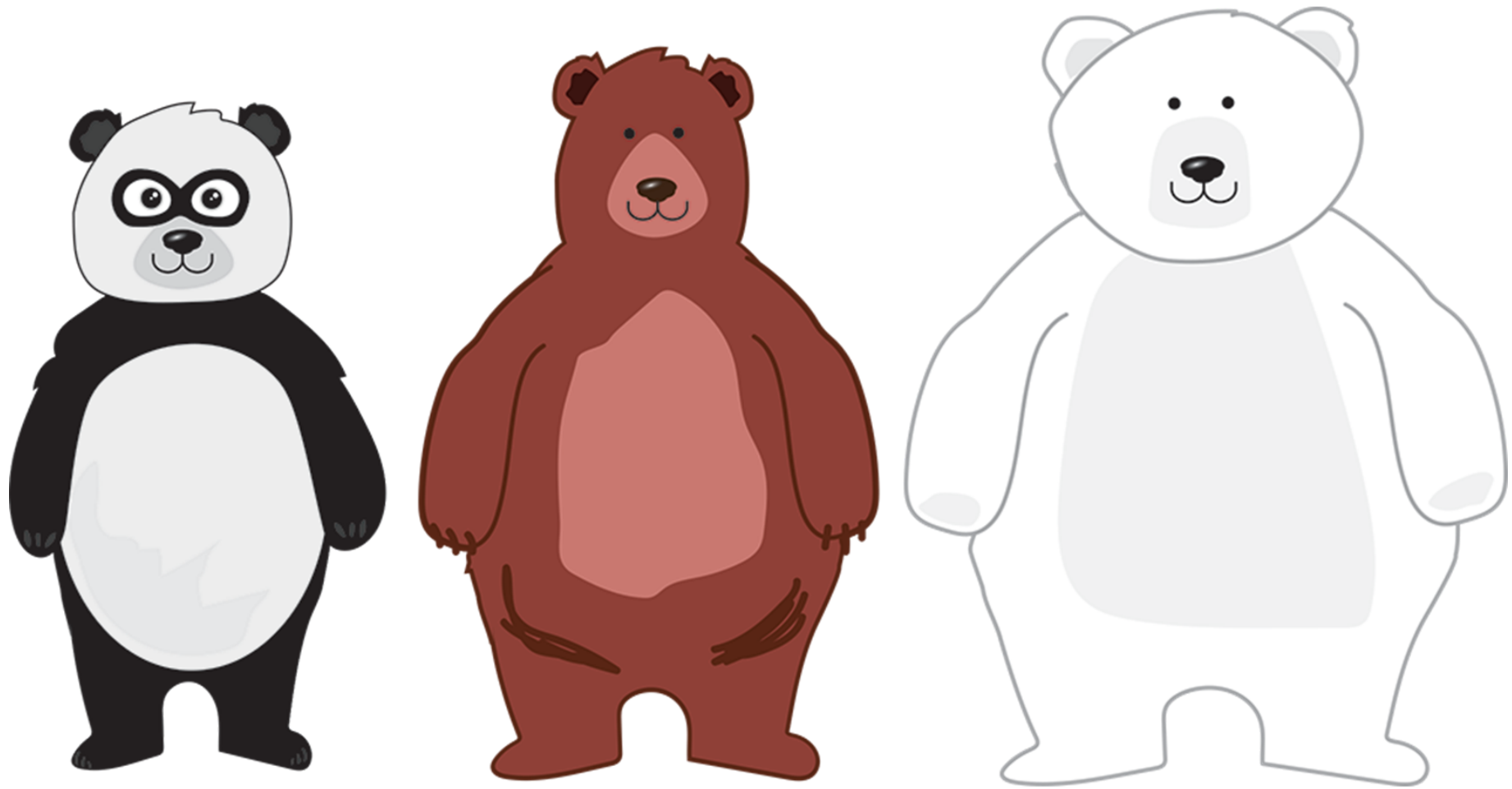


Connect with PANDAS

www.pandasonline.org



PANDAS
PANDASonline2022©



Autism is a difference in brain type.

Just like you can get many different types of bears, you can get many different types of brains.

Unlike bears, you cannot tell the difference between people's brains by looking from the outside.



Connect with PANDAS

www.pandasonline.org



PANDAS
PANDASonline2022©



People and bears need the right environment to feel happy and comfortable, and safe.

Everyone has different needs.

www.pandasonline.org



Connect with PANDAS



PANDAS
PANDASonline2022©



If we took our bears out of their right environment, to somewhere trickier to live.

They would need accommodations for them to feel comfortable and happy. Panda would need somebody to bring them food, they only really like bamboo and lots of it!

They also need places to climb and quiet corners to sit-in



Connect with PANDAS

www.pandasonline.org





**If we put all our bears together they might struggle to communicate.
They all have different body languages and different ways of living.
Do you think they would struggle to understand each other?**

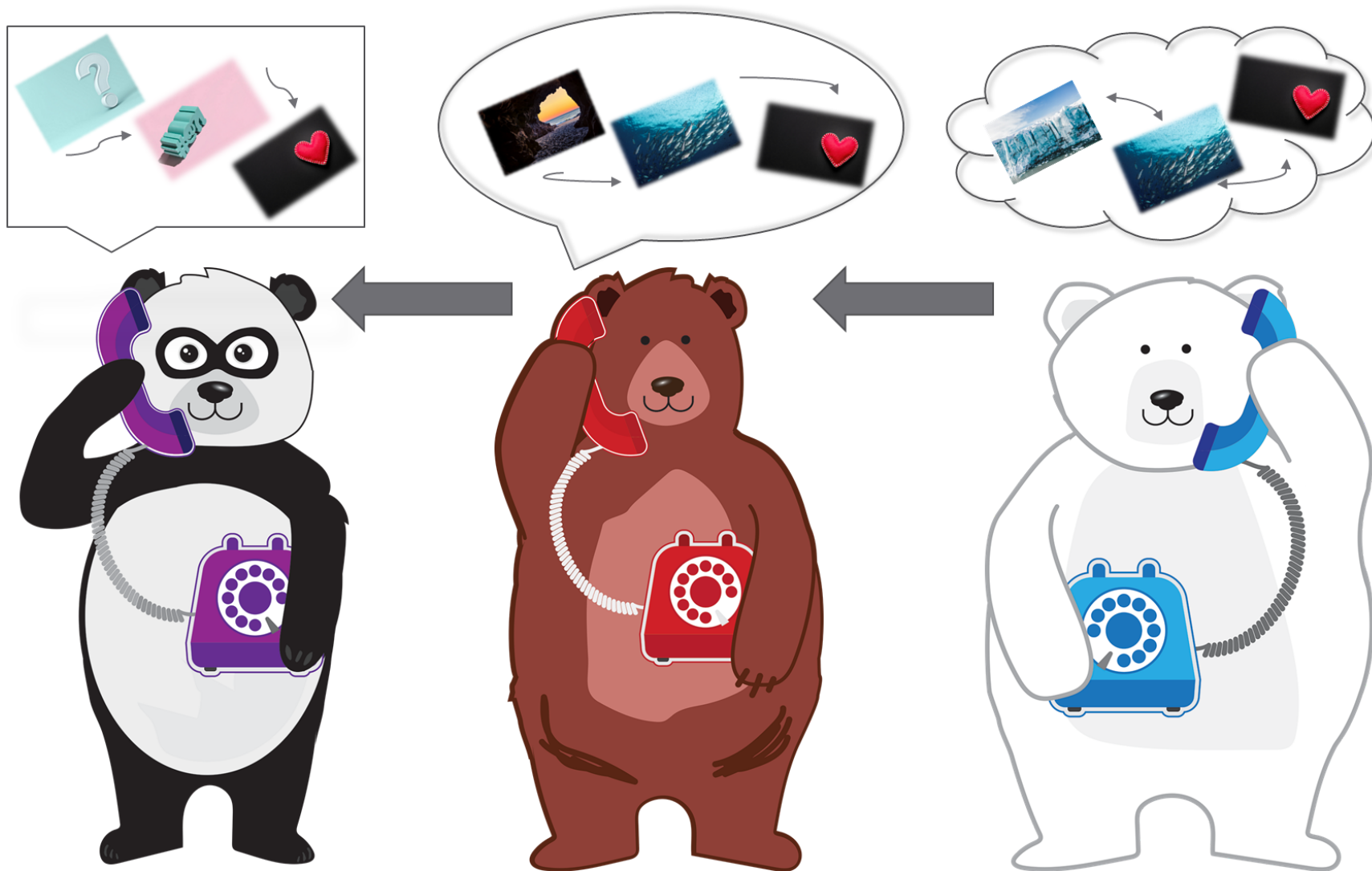


Connect with PANDAS

www.pandasonline.org



PANDAS
PANDASonline2022©



There was an experiment, called the 'double empathy problem'. Which showed when autistic people and non autistic people communicate it can go wrong, that messages are lost and both parties find it tough to understand the others' communication style.

Can you imagine our bears trying to talk to each other?





So who's right and who's is wrong?

No one!

Communication is based on more than language or words, it's cultural, people from different places, live in different ways, and communicate in different ways.

All these ways of living are enjoyable for that person or bear

When there is a mix of communication or a change in the environment we need to help and accept people.

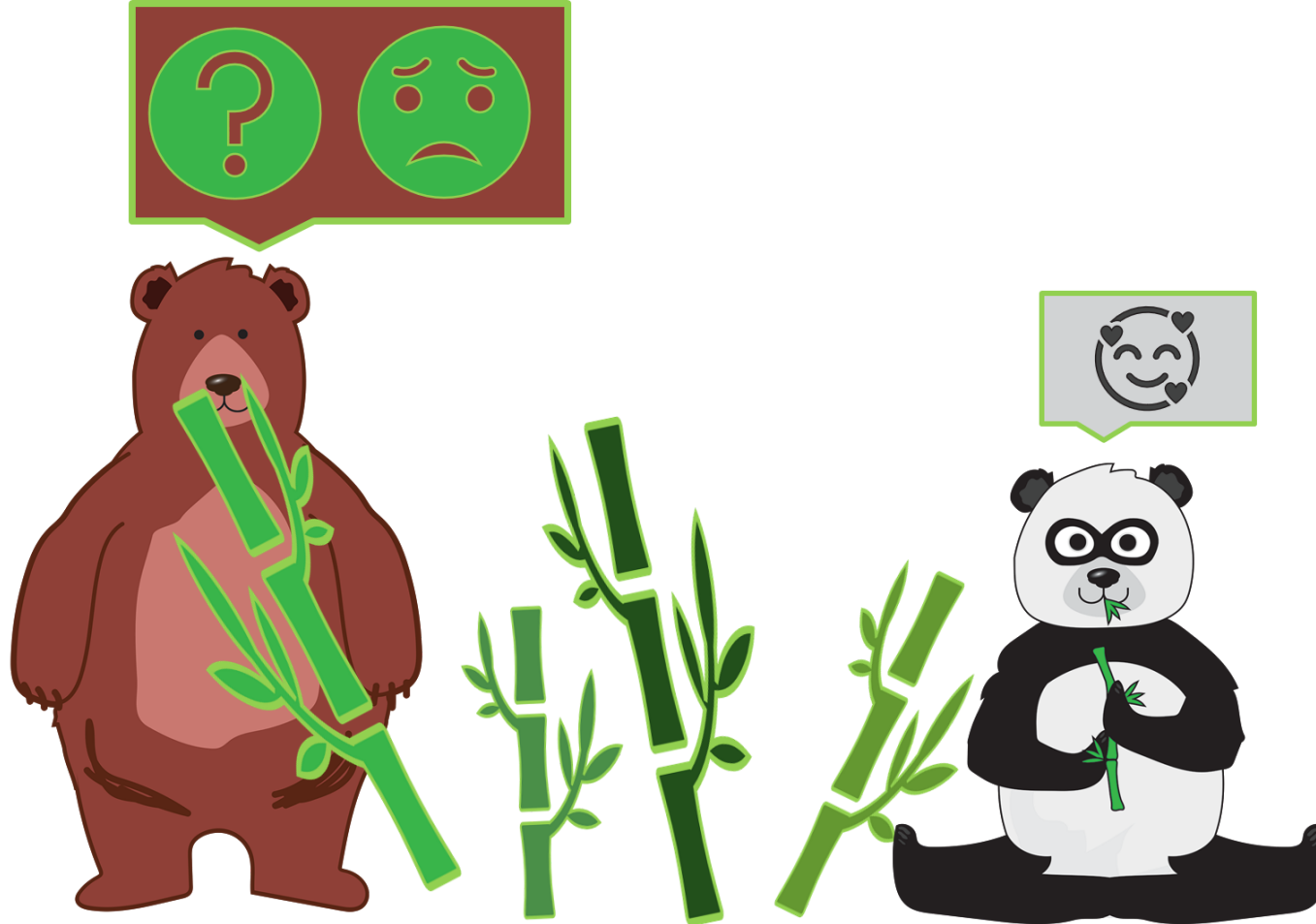


Connect with PANDAS

www.pandasonline.org



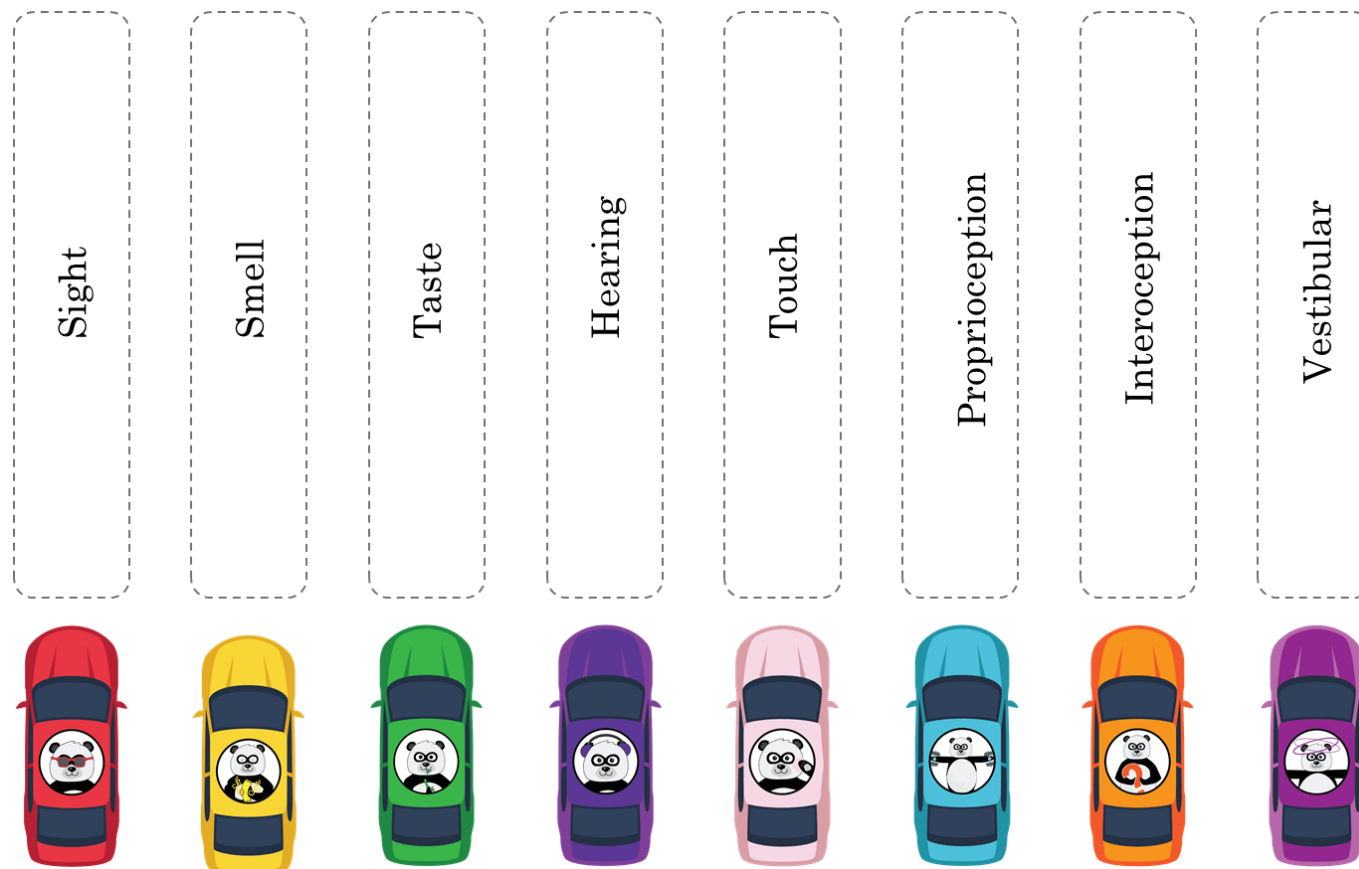
PANDAS
PANDASonline2022©



**It is very likely in your life there are autistic children.
Someone may have tried to teach them how to communicate more
like non-autistic children.**

**Has anyone taught you to communicate like an autistic person?
Should we ask the brown bear to eat bamboo all day so he can be
the same as Panda?**





We all experience the world through our senses.

Autistic people also experience their senses and the world differently,

Most people know the 5 senses sight, smell, taste, hearing and touch.

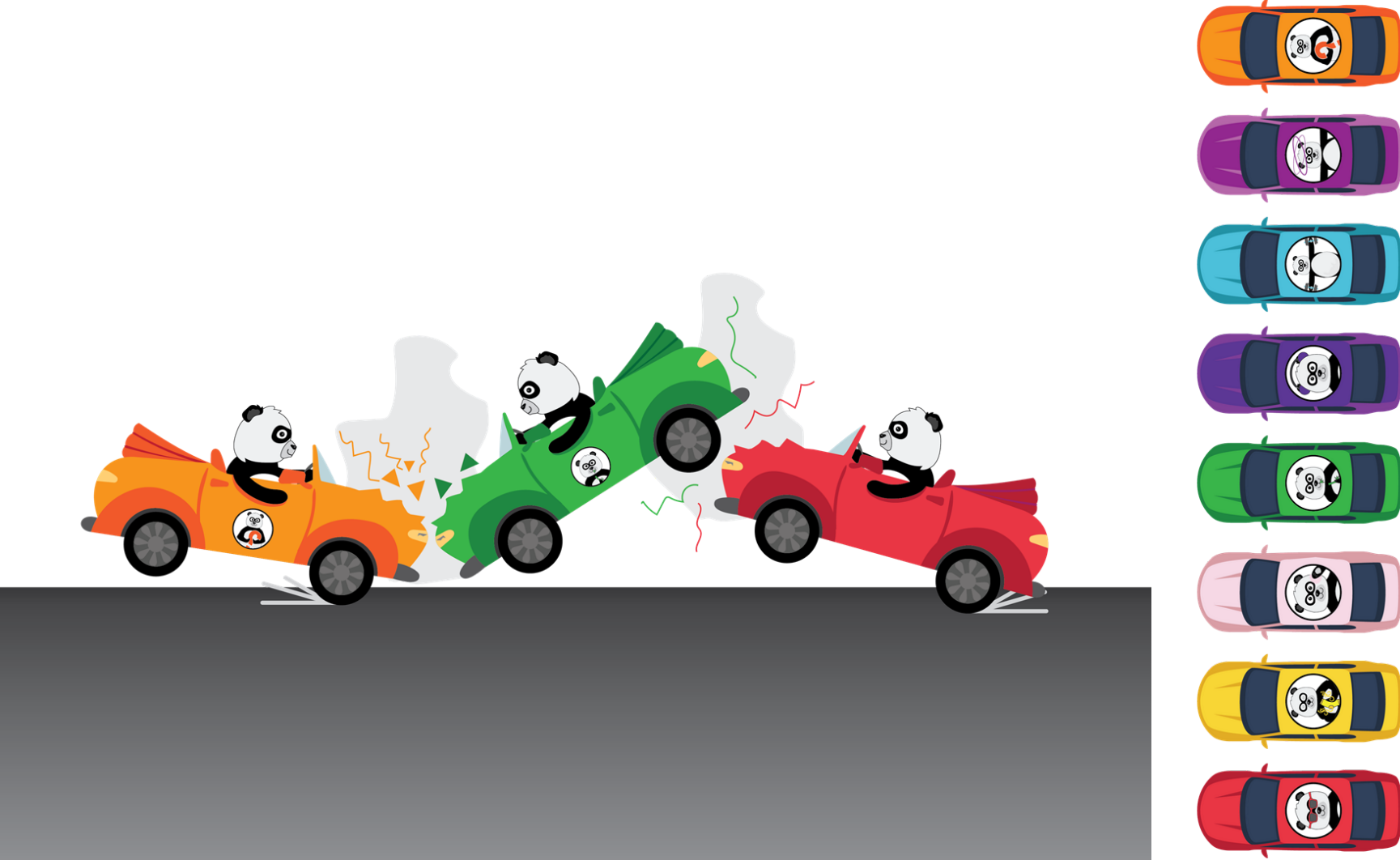
You have more senses, the sense of your muscles moving, or the feelings inside your body, and where your bodies position is in the space you are in.

With autistic people parts of their sensory systems can move faster or slower than each other.

Like cars on a motorway.

www.pandasonline.org





It can lead autistic people to feel overwhelmed and they may behave in ways that help them reset, and feel calm.

Or they may try to distance themselves from all the input they are getting through their senses

Until they can find a balance to their cars again.





**Being autistic and embracing your autism can be a wonderful way to live
There's stimming, information sharing, sharing your knowledge and ideas,
pattern spotting, parallel play, and having really deep knowledge on subjects
that bring you joy, deep connections with other people, animals, or nature.**

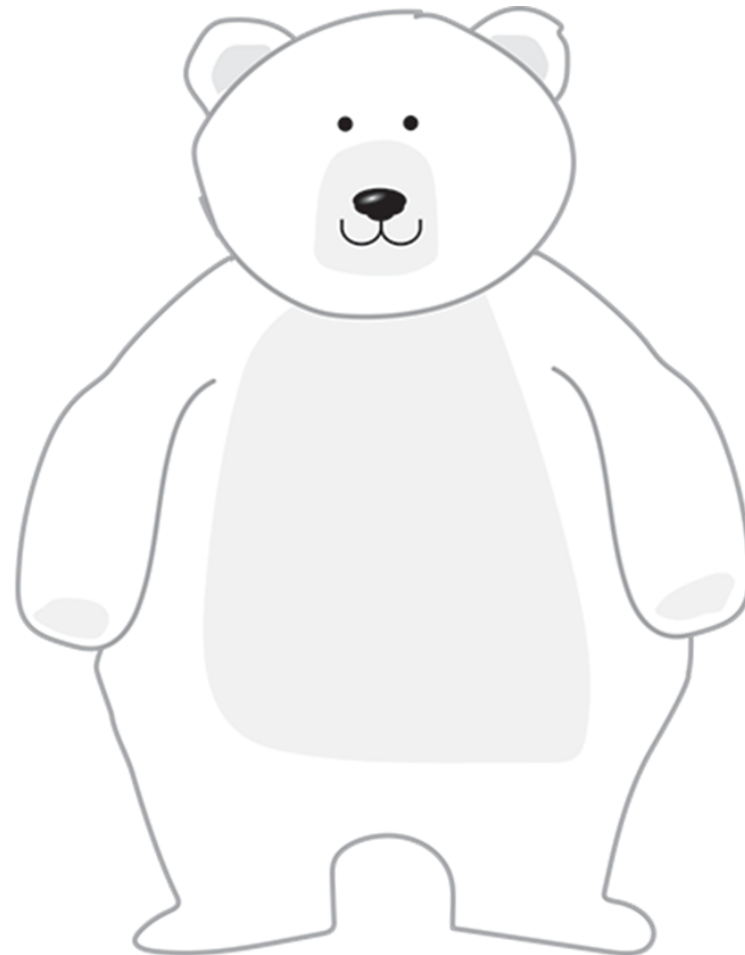


Connect with PANDAS

www.pandasonline.org



PANDAS
PANDASonline2022©



Everyone is different, some differences are easy to see, different types of brain are not.

It is important to accept everyone, for their differences and for what we share.

After all the world would be very boring with just one type of bear.



Connect with PANDAS

www.pandasonline.org



PANDAS
PANDASonline2022©



The Autistic
Advocate



Do you want to know more about the autistic experience?

www.pandasonline.org