**Autism Hub - Vignette - What Do You Want People To Know About Autism**

**TRANSCRIPT**

- Well, I think everyone should just understand that autism isn't actually a disability. Like it's just, I guess, an alternative to how people live life. Like people look at it as a disability, but it's just, people grow up a different way. People function a different way and it's just adapting to that and getting used to it.

- I'll always be friendly to you if you come up and say hi. I like that with autism that we're able to learn in different ways that not many other people are able to, sometimes.

- It's not bad. Mostly I like hanging out with my friends.

- I guess it's important to remember that autism can take like any form, right? Like it can be me and most people don't even cue that I have ASD. Like anybody you see on the street, you don't know that they could have ASD. Like sometimes it's more obvious. A very, very large amount of people like not everybody, but like quite a significant amount have an implicit bias towards people with disabilities. And you know you've conquered an implicit bias when you don't feel like you need to change your behavior around somebody or it doesn't make you uncomfortable somehow. Once you've acknowledged it, you'll be able to understand it better and then work through it. And then maybe you'll be able to look at somebody with ASD in the eye properly. And maybe they won't look you back in the eye, because sometimes we have a problem with eye contact. But you know, you get the idea.

- If there is someone with autism, just try and look at how they do things, try and learn how you can adapt to that and help them out the best, like just try and communicate in ways that make them feel more welcome. The thing is every challenge with autism is something that you can train. And every strong point with autism is something you can train to do better

- Thinking outside the box, have other skills that non-autistic people don't have. Seeing the world differently, seeing it in a clever way and just being different like, it's, I think I would describe autism as tough but unique, and it's a very happy thing as well, to like to see what it's like to be in this on this planet and what life is like all behind it. It's crazy but cool.