



## Autism Level UP!? Yes, Autism Level UP! Autism awareness is not enough!

Level	Where you are	Taking the next step
<b>Awareness</b>	<ul style="list-style-type: none"> <li>You've heard of autism</li> <li>You know someone who is autistic</li> <li>You may even know diagnostic criteria and typical forms of "support" for autistic people</li> <li>You are wondering why this flyer isn't blue and full of puzzle pieces</li> </ul>	<ul style="list-style-type: none"> <li><b>Learn by listening to the autistic community, including their:</b> <ul style="list-style-type: none"> <li>Lived experiences</li> <li>Preferences for language</li> <li>Preferences for representation, symbol use, colors</li> </ul> </li> <li>Preferred organizations and sources of support</li> </ul>
<b>Acceptance</b>	<ul style="list-style-type: none"> <li>You embrace autistic people as part of your community</li> <li>You realize that your preconceived notions about autism derived from text books and public awareness campaigns are limited (and possibly wrong)</li> </ul>	<ul style="list-style-type: none"> <li><b>Learn how much you do not know and how much you cannot know</b></li> <li>You thought that you understood the "autistic experience" and now you accept that you really cannot (unless you are autistic)</li> <li><b>BE OKAY WITH THAT!</b></li> </ul>
<b>Appreciation</b>	<ul style="list-style-type: none"> <li>Informed by autistics, you strive to understand the reality of autism; that is, the strengths AND challenges</li> </ul>	<ul style="list-style-type: none"> <li><b>Understand how your real appreciation of differences, strengths and challenges can translate into support and action addressing the needs of autistic individuals and the autistic community</b></li> </ul>
<b>Empowerment</b>	<ul style="list-style-type: none"> <li>You support, follow, and let autistic people lead</li> <li>You strive to arm autistic people with the knowledge, tools and strategies to navigate the world as they are</li> </ul>	<ul style="list-style-type: none"> <li><b>Move from passive to being proactive and teaching others</b></li> <li>You are a true source of support for autistic people and you understand how to empower - spread that knowledge far and wide</li> </ul>
<b>Advocacy</b>	<ul style="list-style-type: none"> <li>You are committed to being an ally to autistic people who is responsive to the priorities of the autistic community</li> </ul>	<ul style="list-style-type: none"> <li><b>Continue learning and remain up to date on issues that will influence the autistic community</b></li> <li>Challenge those who are not as Leveled UP! to take the next step</li> </ul>

**Instructions:**

- 1) Identify your current level
- 2) Immerse yourself in that level. Embrace it! Make sure you that you have a solid foundation from which to grow
- 3) Determine your next step
- 4) Stretch your understanding and beliefs, and get out of your comfort zone. It is the only way you will Level UP!
- 5) Repeat

*Note. Don't skip any steps! Success at each step relies on success of all prior steps! They are all needed...we wouldn't have included them all if they weren't necessary.*