

# What is Autism?

People are alike and different in many ways. Most people have talents, likes and dislikes. I have many talents, likes and dislikes. There are things I do well. There are things I have a hard time doing. Some people have a hard time doing things that most people do well because they have autism. Autism is a condition that makes the brain work in a different way.

Most people with autism have a hard time communicating with other people. Some people with autism do not talk and some people talk a lot. Communication is more than talking. Some people use gestures and facial expressions to communicate or they use words that are confusing. Sometimes other people may not understand what a person with autism means when they talk. Most people with autism need some help with communication. This is okay.

Most people with autism have a hard time understanding other people. Understanding other people can be confusing at times. This sometimes makes it hard to make friends. Having friends is important to most people. Some people with autism need help in making friends. Some people with autism need help understanding how other people think and feel. This is okay.

Most people with autism like things to stay the same. Some people with autism have difficulty with things like noises, lights, smells, and the way clothes feel. Some people with autism do not like the way some food tastes or feels. People with autism may need help when things change or are not the same. This is okay.

I have many talents. I am a very special person because I am me. I have autism. This is okay.