

# What should I do if I want to tell someone I am Autistic?



Disclosure is telling someone that I am Autistic.



Non-disclosure is choosing not to tell someone I am Autistic.

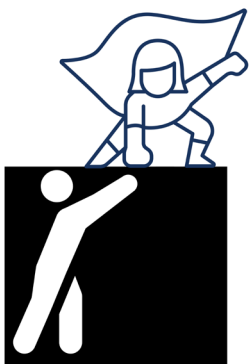
The choice is mine.



## What should I think about if I want to disclose that I am Autistic?



1. Do I feel safe?
  - The place is safe
  - The people I'm with make me feel safe



2. Do I have a reason?
  - I want help
  - I want to be brave
  - I want to help the Autistic community



3. Do I feel okay?
  - I have enough energy
  - I have enough time



4. Am I prepared for how people might respond?
  - It could be good
  - It could be bad
  - It could be neutral
  - Some people might not know how to respond

### **After a disclosure opportunity:**



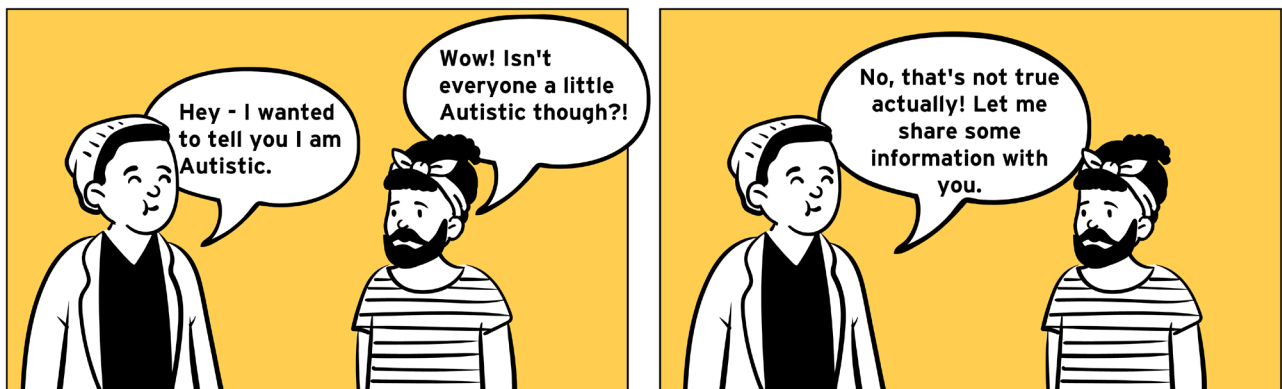
5. What can I learn?
  - What went well?
  - What went bad?
  - What can I do differently next time?

Here are some examples of how you could respond.

## THIS WENT WELL!



## SOMETIMES PEOPLE JUST DON'T KNOW MUCH ABOUT AUTISM



## IT IS OKAY TO PAUSE, AND BREATHE

