


BSL



**and Awareness
Club Session 1**

The background features a white base with several abstract, colorful elements. In the top left, there is a light green shape with a pink circle partially visible. In the top right, there is a light blue shape with a dark blue wavy line and a small blue circle. In the bottom left, there is a yellow shape with a dark blue wavy line. In the bottom right, there is a pink shape. Scattered throughout are small dark blue dots.

Google classroom code
v5cr6hr

Contents for today

- What is Autism?
- Life with Autism
- Discussion
- How to be an ally
- How to access help
- Experiences/tips
- BSL & Autism
- Learning the Alphabet!
- Book recommendation of the week
- The plan for next session
- Conclusion

The background features abstract, organic shapes in light green, light blue, and light orange, along with a dark blue wavy line and scattered dark blue dots. The text is centered in a red, serif font.

the anonymous box

What is Autism?

- Autism is a lifelong developmental disability which affects how people communicate and interact with the world
- 1 in 100 people are on the Autism spectrum
- The spectrum and effects individuals in different ways and is not linear
- It doesn't have a 'look' you cannot always tell if someone is autistic or not

Life with Autism

- Common traits for autistic people include:
 - social communication/interactions struggles
 - restrictive/repetitive behaviours
 - over/under sensory sensitivity
 - highly focused interests
 - extreme anxiety
 - meltdowns and shutdowns
- Autistic people often face many difficulties every day, usually including extreme anxiety and difficulty with change
- Autistic people may need more support but they can still live full and rewarding lives

Autism Spectrum

The Autism spectrum is not linear



less autistic

very autistic

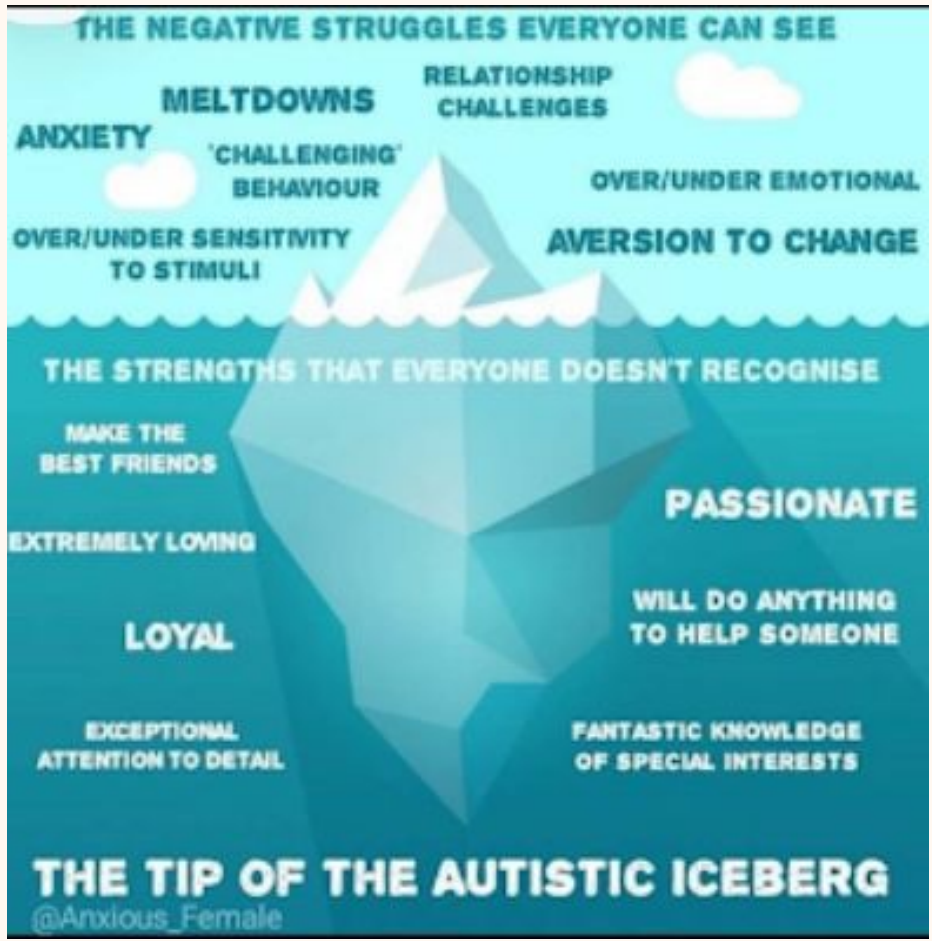
The Autism Spectrum looks more like:



- Social skills
- fixations
- routines
- Sensory issues
- stimming
- perception
- executive func.
- other

→ Terms like "high functioning" and "low functioning" are harmful and are not used anymore

Autism - sketches



Discussion time!

- Have you seen representation of autism in the media? Where have you seen it? Was it good or bad?
- Why do you think a majority of autistic people prefer IFL?
- What are your opinions on self diagnosis? Why do you think self diagnosis can be important to autistic people?
- What do you think people could do more to help autistic people?

How to be an ally

- Do not believe in the stereotypes, autistic people are different from each other
- Give them time and be patient, Autistic people may need more time to process information or make decisions
- Being clear and direct with plans/instructions can help lower anxiety
- Ask the individual how you can help them in advance
- Do research from trusted sources, avoid misconceptions
- Be accepting and listen to autistic people, amplify their voices!!
- Be open minded!

Asking for help

- Please use trusted sources, we've listed a few
- Speak to someone you can trust, you are supported!
- Autism is not something to be ashamed of, there are so many ways you can reach out for support at school
- AHS provides individual support for students who have been diagnosed with ASD or for students who want to discuss ASD. Please contact the SEND team by emailing them or dropping in to see them if you would like to know more. They are really approachable and will always make time for you even if you feel your thoughts are insignificant they are there to listen!

Things autistic people want allistic people to know

‘Autism is not a mental illness’

‘It may seem like I’m not listening if I don’t make eye contact but it actually allows me to focus more on what you are saying if I look away’

‘It is the best thing in the world when people accept me and don’t judge me for who I am’

‘Some people don’t think I look or act autistic because they don’t see everything, I have been mirroring people my whole life to fit in so they only see a masked version of me’

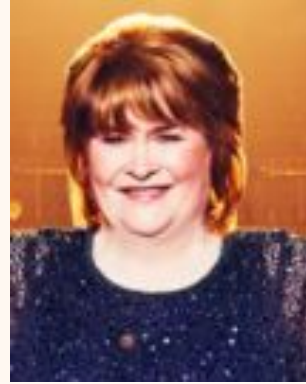
‘You are born autistic you cannot develop it later on in life’

‘Diagnosis are not easy to receive and can take years, you can support someone even if they are not professionally diagnosed, a well informed self diagnosis is likely to be correct’

‘I wish people asked more about it rather than saying they don’t know much about it or assuming things wrong’

Does anyone have anything they want to share?

Autistic celebrities



sources for more information:

Websites:

<https://autismwestmidlands.org.uk/information-resources-index/>

<https://www.autism.org.uk/advice-and-guidance/what-is-autism>

<https://www.nhs.uk/conditions/autism/>

AVOID
Autism Speaks

Tiktok:

@actually.julz
@alicebradshawx
@lifewithjordan_
@ellaellaw
@ashleighfare
@actually.izzy
@unmaskedwithellie
@zialeevans
@aubbirue
@hannahlouise702_
@confidencewithrae
@peachynoa_
@actually.lacey
@emeraldbuttons
@soundoftheforest

Instagram:

@21andsensory
@ourautismdiary
@thespectrumgirl
@autieselfcare

Youtube:

<https://www.youtube.com/channel/UCFd9e6W-saUSwje3-BzICVg>

BSL & Autism

- Autistic people may go non verbal in certain situations, usually when facing intense stress or feeling overwhelmed
- Sign language is a great way to communicate with people who struggle with verbal communication and can really help
- BSL is a beneficial skill and can aid many people!

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BSL time!

Learning the alphabet

The image features a central text element 'Primary hand' in a red, serif font. The background is a light cream color, decorated with abstract elements: a green shape in the top-left, a light blue shape in the top-right, and a light orange shape in the bottom-right. Dark blue wavy lines and clusters of dark blue dots are scattered across the page, primarily around the colored shapes.

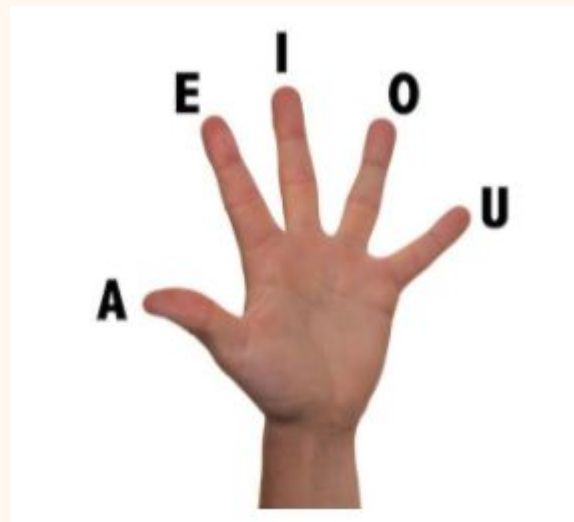
Primary hand

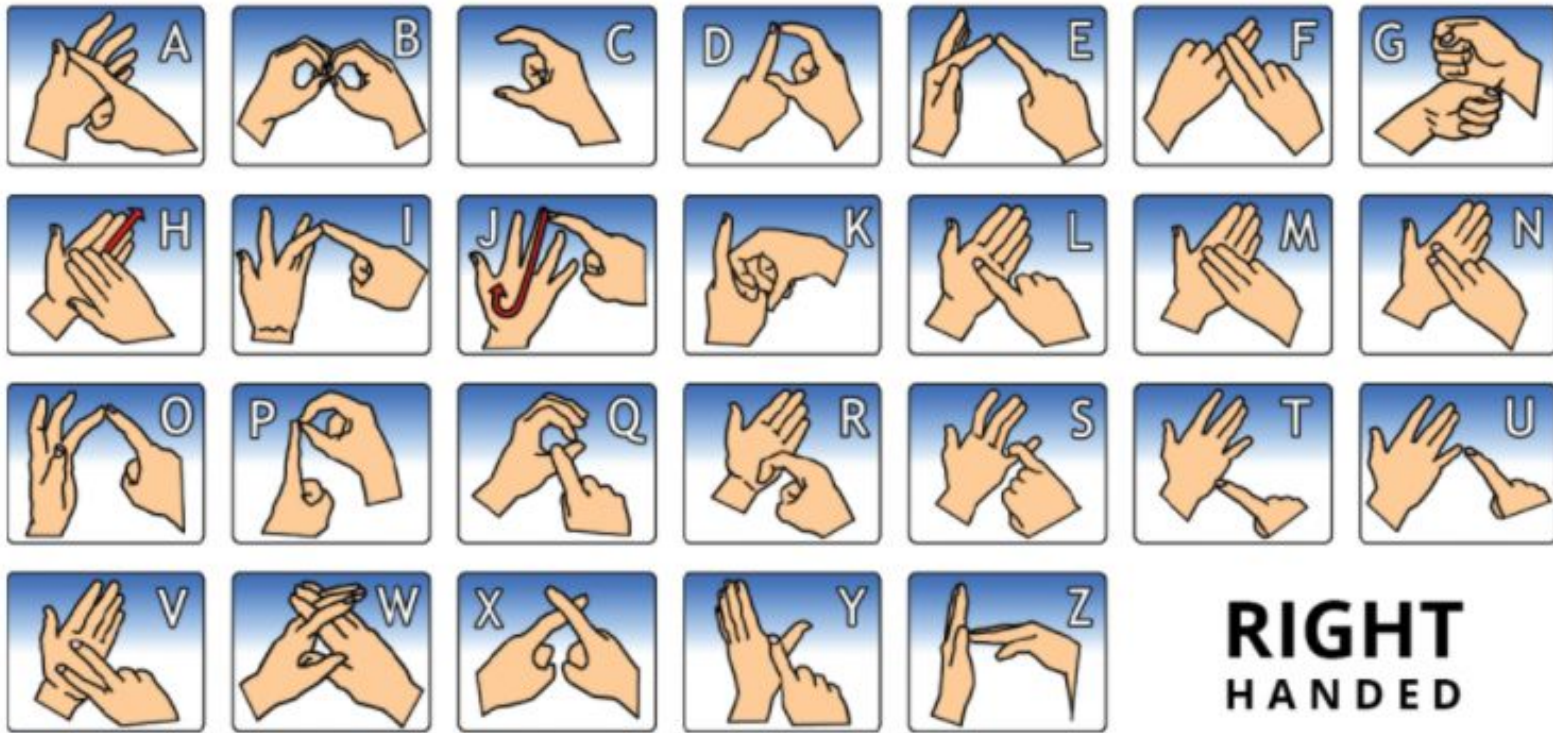
Vowels

Left Hand

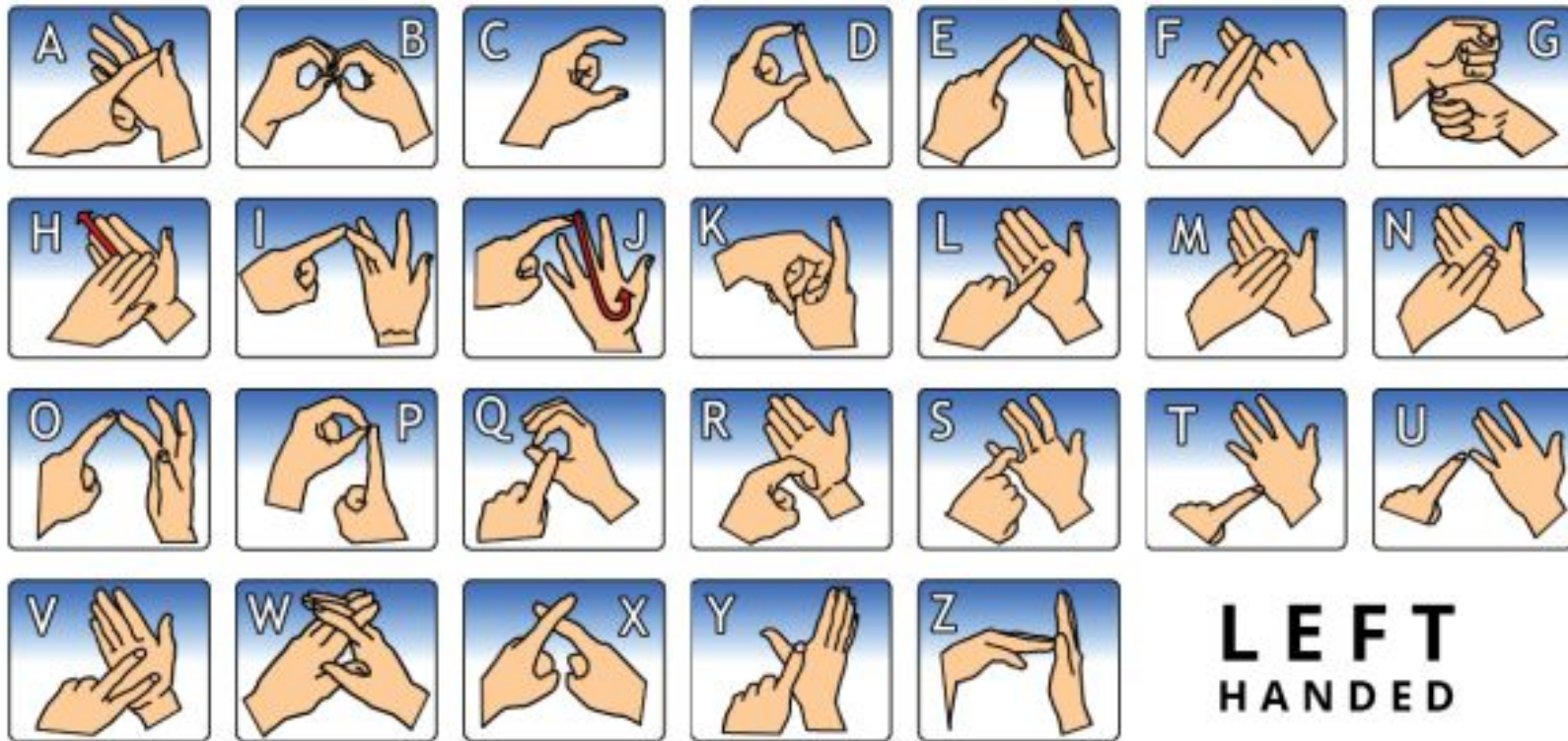


Right Hand





**RIGHT
HANDED**



**LEFT
HANDED**



Let's practise together!

RH-

https://www.youtube.com/watch?v=mkTeqA4kwUQ&ab_channel=CommandingHands

LH-

https://www.youtube.com/watch?v=nC-x42rmpQ&ab_channel=CommandingHands



The background is white with several decorative elements: a pink circle with dark blue dots in the top-left; a light green shape with a dark blue outline in the top-right; a light blue shape with a dark blue outline and a yellow circle in the bottom-left; and a yellow shape with a dark blue outline and dark blue dots in the bottom-right.

Practise signing your name!

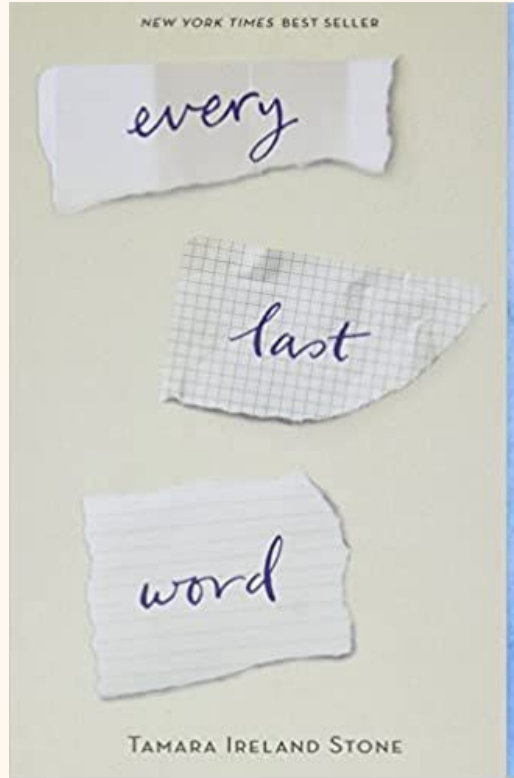


**MORE PRACTISE!
LET'S PLAY HANGMAN**

Book recommendation of the week

Every last word - Tamara Ireland Stone

Themes -
OCD
Friendship
High school
poetry



Disability rep-

OCD (obsessive
compulsive disorder)

Anything that has a
long term substantial
impacting effect on
someone's ability to
carry out day to day
activities is considered
a disability

The plan for next session

- The disability we will focus on - Dyslexia
- The BSL content we will study - Useful everyday phrases

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Thank you for coming :)

Icon pack: Hospital



Icon pack: Emergencies

