

**Why is the language we use so important?**

**How we talk about autism is important in order to promote equality. People should not be judged for being different and it is important to talk about autism in a positive way to ensure that autistic people are included not excluded. (Autism Education Trust)**

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| **Language NOT to use** | **Language to use** |
| Person with Autism/ on the spectrum/ ASD | Autistic child/ person. (AUT for short if necessary) Neurodivergent |
| Verbal/ nonverbal | Speaking/ nonspeaking |
| Low/ high functioning | High / low level of support/ specific support needs |
| Restricted obsessive interests | Specialised/ focused interests/Ruling Passions |
| Meltdown | Distressed behaviours/ Signs of Stress |
| Repetitive behaviours | Self-soothing/ stimming  |
| Deficit / Difficulties  | Difference  |
| Challenging behaviour | Distressed behaviour |
| Typical/Normal | Allistic (non-autistic person) |

**Neurodiversity Affirming Glossary of Terms**