



Charlottesville Region Autism Action Group

We Need Autism Acceptance at Individual and Societal Levels

In recognition of **April's Autism Acceptance Month**, we are linking two articles by female self-advocates. Both articles provide thoughtful and positive perspectives on the need for increased acceptance.

1. From the United States: [Moving Beyond Autism Awareness to Autism Acceptance](#). The article promotes the "concept of neurodiversity embraced by many autistic advocates, which acknowledges the collective strength that comes from natural variation in human brains and, thus, lends itself to championing support and accommodations for those who diverge from the norm, rather than attempts to 'cure' or 'normalize' autistic people." (Psychology Today)
2. From New Zealand: [Autism Awareness or Autism Acceptance?](#) For this author, "autism acceptance means simply that – acceptance, even embracing, of autistics and autism, making us welcome in the world. It's about recognizing that we are members of the human community, and just as deserving of basic human rights, even while acknowledging that our humanness is expressed differently." (Altogether Autism)

Lastly, we're reprinting a list of [ten positive traits of people with autism](#) from CRAAG's 2020 April Newsletter. Accepting people can be uncomfortable. Dealing with one's own discomfort is at the heart of what is meant by 'autism acceptance.'"

Here's the list from April 2020:

1. Rarely lie
2. Live in the moment
3. Are passionate
4. Rarely judge others
5. Are not tied to social expectations
6. Have terrific memories
7. Are less materialistic
8. Play fewer head games
9. Have fewer hidden agendas
10. Open new doors for neurotypicals

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