

The rights of autism

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These are the rights for all people, youth and adults, on the Autism Spectrum, as recommended by #charlotteworldwide (Charlotte Gough), age 13 in 2019:

1. You should always feel **unconditionally loved** by someone you know. As individuals, everyone needs a “support unit” or “cheerleader” that helps you feel grounded in your situation.
2. You are someone with **physiological needs** that need to be met. You have the right to have met them without severely impacting others around the space.
3. **You are your own person** which makes you not so comparable to anyone else. It feels safe to know that there are others who are understanding of you or like similar concepts, however we all should understand that comparing doesn't feel right, for those on the spectrum or not.
4. You have the right to **express humor**. You might have a very particular sense of humor that others may not find funny. The sarcasm people can present might personally hurt you for a long period of time.
5. You might tend to do some things out of **random purpose or curiosity**. Some might question your spontaneous learning style, however this helps you piece and gather information in your busy brain.
6. You have the right to **not be peer pressured** into activities (truth or dare scenario), it can be hard to self-advocate for what you believe in because of more pressure. If you deny you might be considered “not cool” or “babyish” for not taking the risk. You should know that you are brave enough to tell someone this makes you uncomfortable.
7. You have the right to **take time to process** and be mindful of your surroundings. Sometimes peers may give you quick instructions that need to be broken down into a way of which you are able to understand clearly. This may get annoying for the person explaining but it is much more convenient than no context at all.
8. You have the right to **learn through play**. In our younger years this is what the school curriculum provides for us. Why does it stop?