



To really understand autism, you need to listen to autistic people

Listening to autistic people in person, on video (e.g. YouTube) or through their books is the most powerful way of really coming to understand autism.

In this factsheet, we have a range of autistic voices. While you are listening/watching them, think about the strengths of each of the autistic people and how they discuss the differences in the way they process information and experience the sensory world. What helped them when they were young, and what has helped them succeed in the world?

Remember every autistic person is different. Each account you watch describes how that person experiences their autism – in may be different for other autistic people.

Choose which clips are most relevant for you, or listen to them all. They are all accessible on YouTube (use the link or search the italicised title in YouTube). Many of the autistic people have other clips/books and you may want to access these too.

Autistic Voices

Amythest Schaber



Ask an Autistic #7 - What is Scripting?

'What is autism?' a very clear, general account of autism.

Ask an Autistic #23 What is Autism?

<https://www.youtube.com/watch?v=Vju1EbVVgP8&t=103s>



Ask an Autistic #12 - What Shouldn't I Say to Autistic People?

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<https://www.youtube.com/watch?v=aIF00HwC3gQ>



Autistic Voices (continued)

Purple Ella



Ella and Ros explain the differences and similarities in their autism

'All autistic people are different'

<https://www.youtube.com/watch?v=eI5Yg1r83nw>

Naoki Higashida

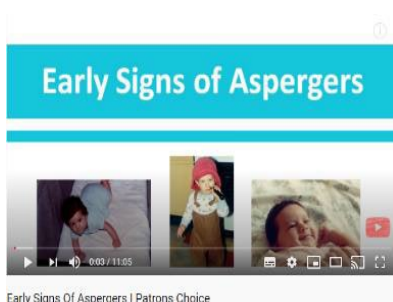


Naoki is non speaking and communicates via typing. He eloquently explains his autism and the answers to why he behaves the way he does. This is the audiobook but the paperback is readily available and recommended.

'The reason I jump'.

<https://www.youtube.com/watch?v=UE9PAT2dG8c>

Paul



Paul is a YouTube vlogger and has created many videos explaining autism 'from the inside' He discovered he had autism in his 30's and in these two videos go back over his childhood explaining why he behaved the way he did, and how his autism affected him.

'Early signs of Aspergers part 1 and 2'

<https://www.youtube.com/watch?v=0Zft4Qi31pk>

<https://www.youtube.com/watch?v=c-u6-fNllj8>



Autistic Voices (continued)



In this clip Paul talks about how he explains his autism to other people. In doing so he explains what autism is to him.

'How to explain autism to others':

<https://www.youtube.com/watch?v=Obmqj0UzHk&t=23s>

Donna Williams (also known as Polly Samuels)



Polly sadly passed away in 2017. She was a well-known autistic advocate and author of a number of books. Here she reads from one of her most famous books 'Nobody Nowhere' which talks about her life as a young girl growing up autistic in an often inhospitable non-autistic world. The paperback is still readily available. Below are links to the first three parts, but watch as many as you choose:

Part 1

<https://www.youtube.com/watch?v=OmnuvcQxc2c>

Part 2

https://www.youtube.com/watch?v=Enyz_8eparg

Part 3

<https://www.youtube.com/watch?v=P1rcviVJ2Ks>

Dean Beadle



Dean Beadle is a well-known autistic speaker, and provides wonderful insights into autism.

<https://www.youtube.com/watch?v=LC0JytWaQZM>

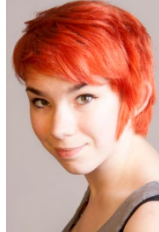


Other Key Autistic Voices to look up

Paul Issaacs



Rosie King



The girl with the curly hair



Robyn Stewart



Sarah Hendricks



Richard Maguire



Dr Wenn Lawson



Jamie Knight



Jamie Knight and Robyn Stewart podcast:

<https://www.bbc.co.uk/programmes/p06sdsty>



