

The Autistic Advocate

with Kieran Rose & Evaleen Whelton



AUTISM AND MASKING

Live course May 20th 7-9.30pm GMT



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What is Autistic Masking?



Is it as simple as putting on a



What does Autism Research say?



What does the Autistic Community say?

Autism in Adulthood, Ahead of Print |

Free Access

Figures

References

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Details

A Conceptual Analysis of Autistic Masking: Understanding the Narrative of Stigma and the Illusion of Choice

Amy Pearson and Kieran Rose

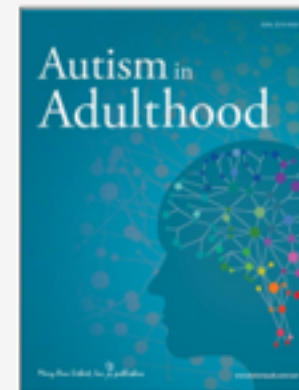
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Abstract

Autistic masking is an emerging research area that focuses on understanding the conscious or unconscious suppression of natural autistic responses and adoption of alternatives across a range of domains. It is suggested that masking may relate to negative outcomes for autistic people, including late/missed diagnosis, mental health issues, burnout, and suicidality. This makes it essential to understand what masking is, and why it occurs. In this conceptual analysis, we suggest that masking is an unsurprising response to the deficit narrative and accompanying stigma that has developed around autism.



Information

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Keywords

PDF

Help

Internalised ableism

Not being included

Marginalisation

Gender norms

Self-protection

Social norms

Being dismissed

Communication invalidation

Negative narrative

Autistic Masking

Trauma

Fear

'Social skills'

Therapies

Othering

Fawning

bullying

Stigma

Feeling unsafe

Lack of reasonable adjustments

Sensory invalidation

Previous negative

Lack of connection

The Autistic Advocate



Is everything Masking?






**Where
does
the
Mask
begin?**

Does Masking present differently in different groups? Does this mean Autism is different in those groups?



Where does masking
lead?





Is Masking ever
useful or positive?

What can be done to mitigate masking?





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Thank you for listening



Evaleen Whelton and Kieran Rose The Autistic Advocate