

Autism and behaviour

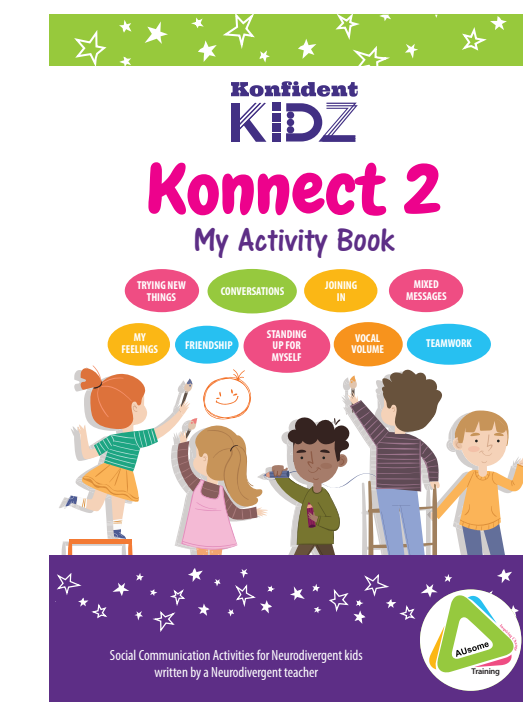
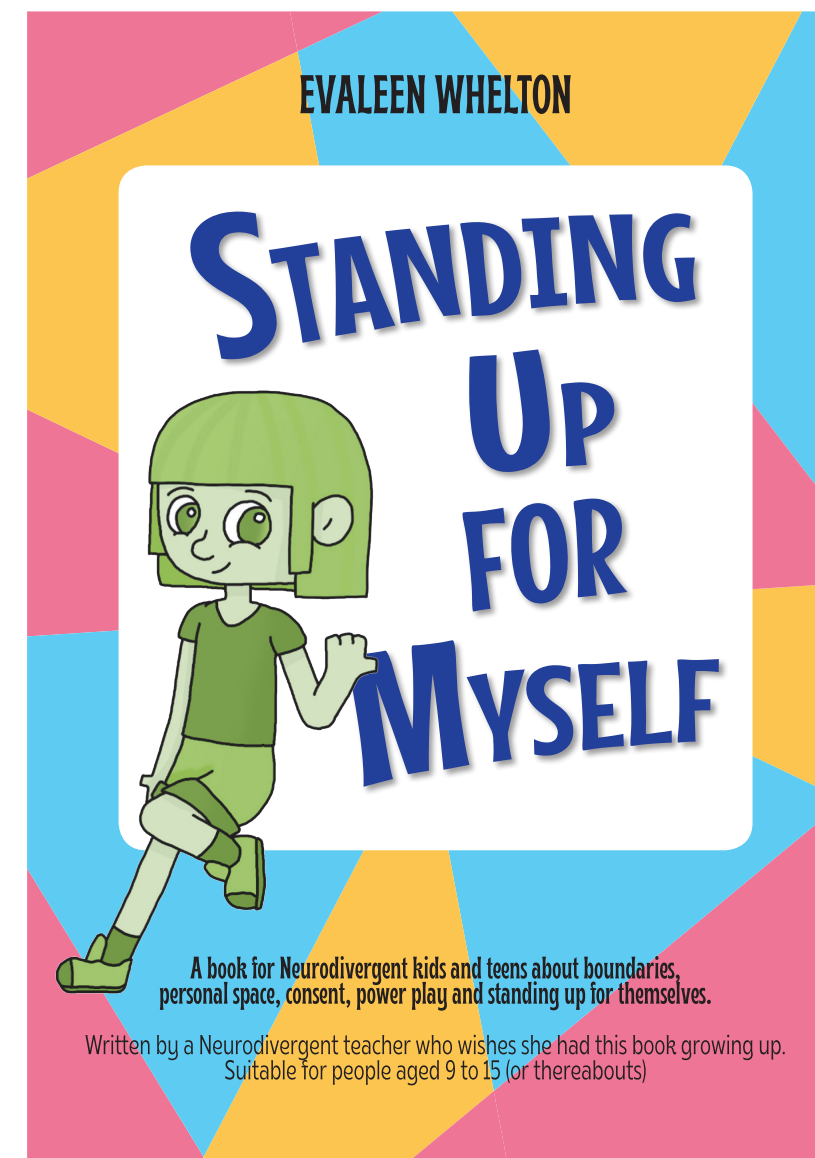
**With creator of Konnect Social Program and founder
AUsome Training**

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Hello..

A little bit about me...

- Autistic since 2014
- My journey
- Working with kids
- Konfident Kidz
- AUsome Training
- The future I see..



Konfident KIDZ

What is autism?

What is it to be Autistic ?

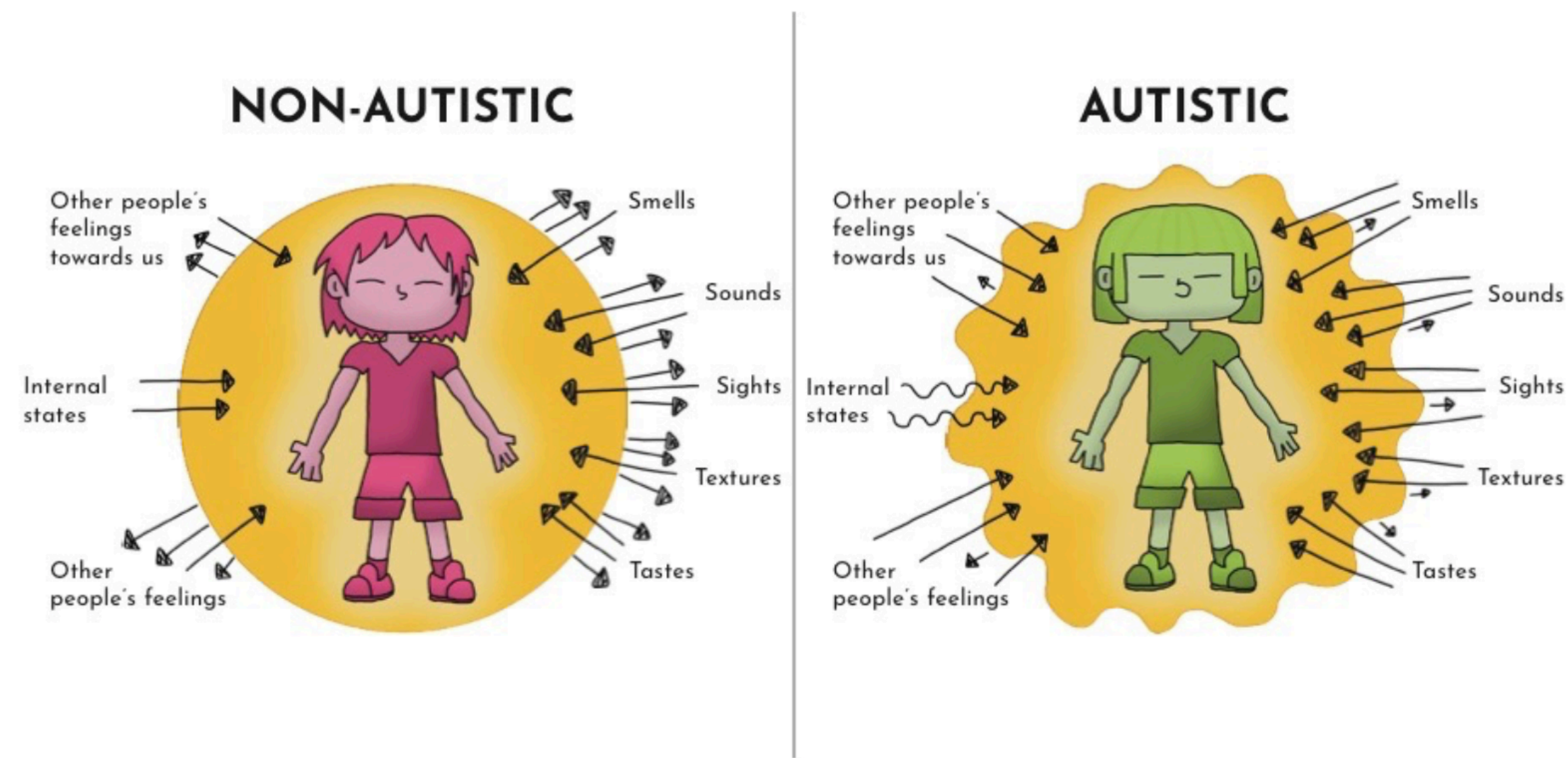
“**Autistics** are human beings who have a different sensory system to non-autistic human beings.

We interact with our environment differently to non-autistic people.

We have our own language and culture which we are only beginning to explore as a community.

We communicate in our own language with other Autistics but our language is often misinterpreted by non-autistics.

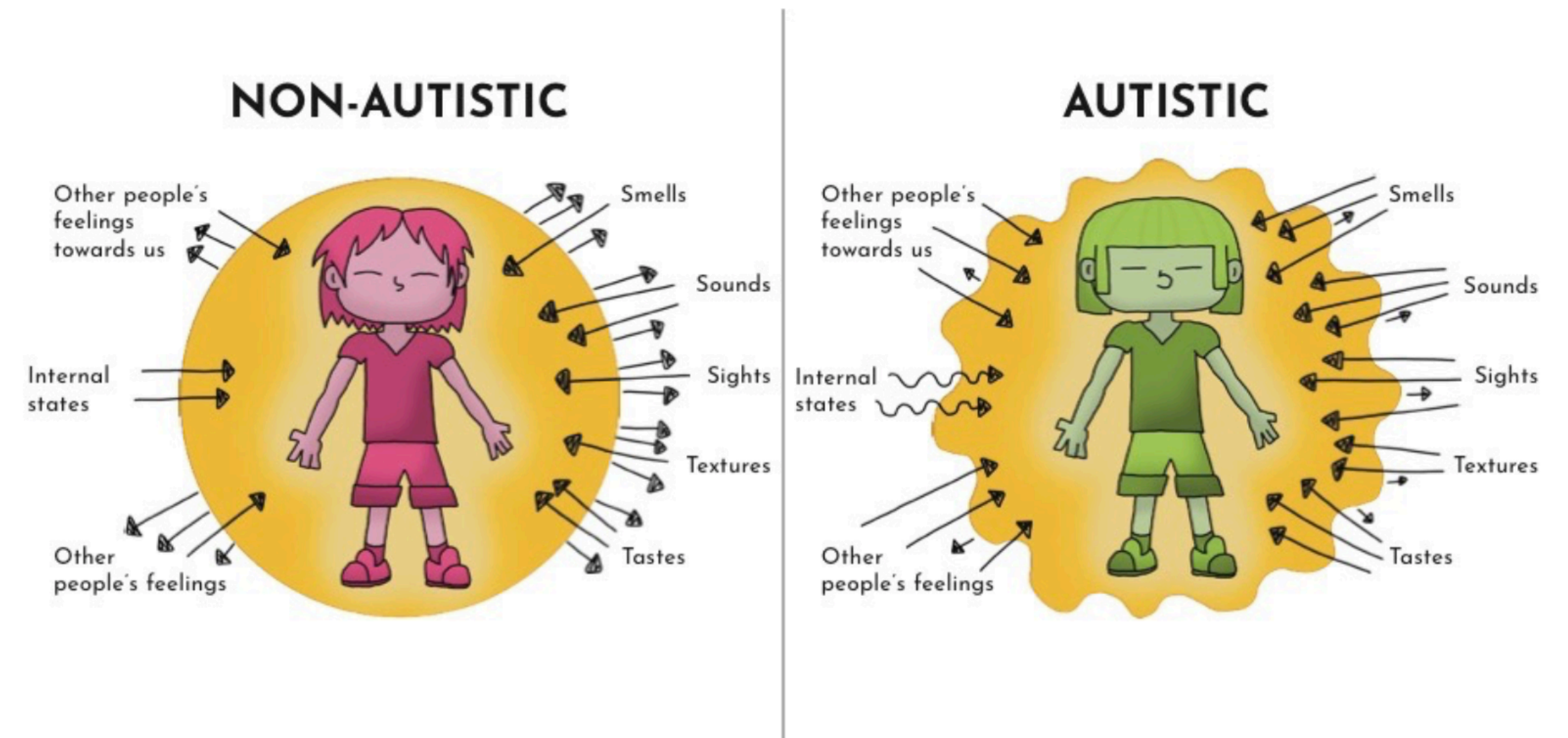
Autistics have an ability to hyper focus and to become experts on a subject because learning for us is an emotional experience. ”



Which lens to use?

The different ways we can view Autistic people

- Medical Model
- Social Model
- Neurodiversity Model



Autism	Autistic
Deficitis in social communcation	Highly effective peer to peer communication just like non-autistics.
Lack empathy	Hyper empathy
Restricted interests	Experts & Creatives
Inappropriate Play	Autistics play Autistically
Inability to read social cues	Double Empathy
Repetitive Movements	Human Behaviour
Adversity to change/ loves routine	Human behaviour + anxiety
Inappropriate interests in sensory aspects of the environment	Sensitive
Sensory Processing Disorder	Sensitive
Difficulty making friends	Excluded
Non-verbal	Person who communicates in plenty of ways
Levels of autism	Autistic people who may medical conditions which complicate their lives
Executive Dysfunction	Anxiety, stress and depression
School Refusal, demand avoidance	Trauma
Difficulties with emotional regulation	Trauma
Inflexibility of behaviour	Trauma



So, do you think the way other people view us, think about us, talk about us, respond to us, respect us and accept us has an effect on how we behave?

So, what is behaviour?

Behaviour is...

- What we see on the outside
- An outward expression of inward responses
- A response to stimuli
- A response to environment
- A reflection of the environment

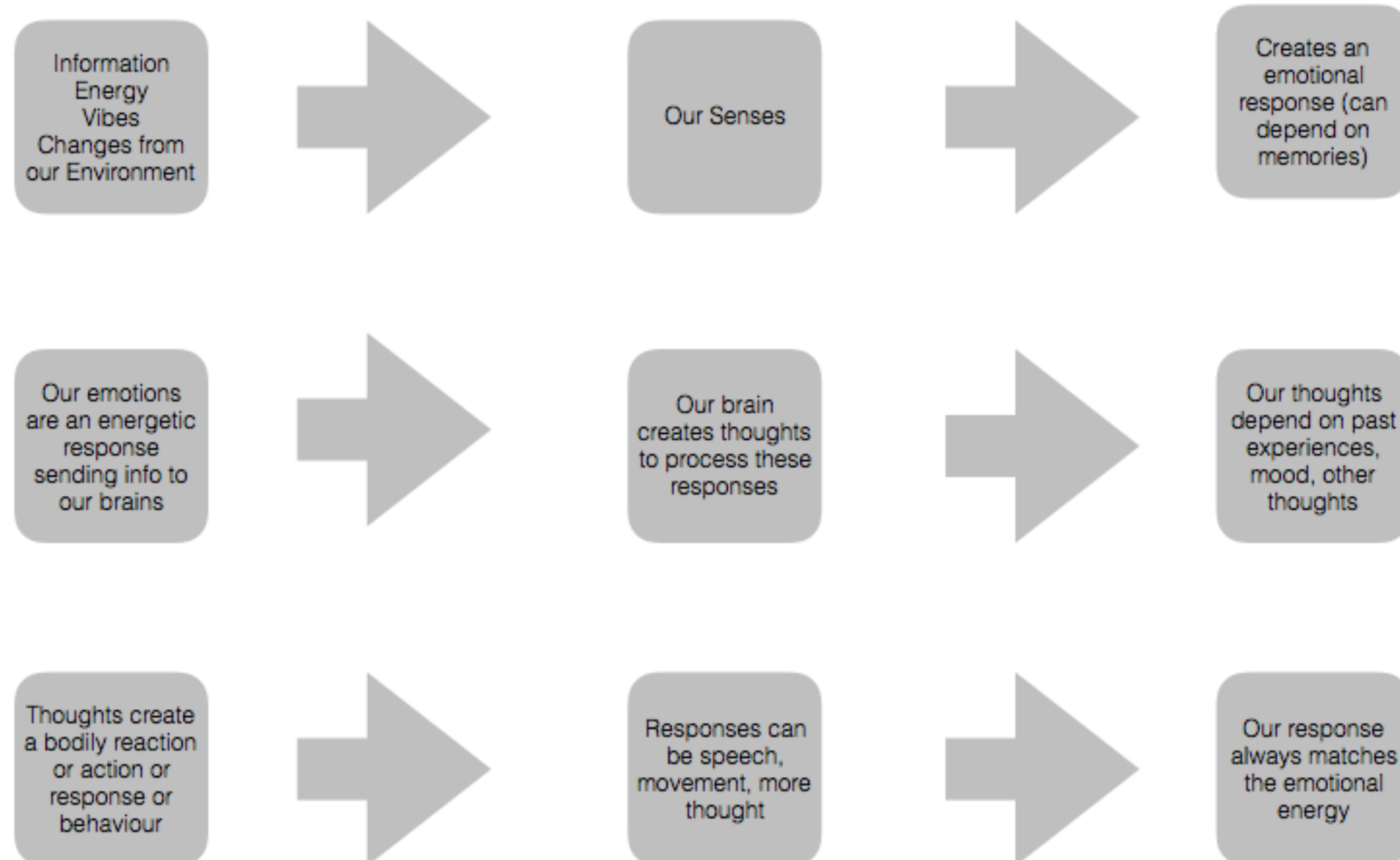


Is behaviour good or bad?

Underneath behaviour is emotion

Let's break it down visually...

The internal Process



So, can we ever really over-react?

What others see as “over-reactions” are...

Signs of distress

Signs of overwhelm

Trauma responses or triggers

High anxiety

Feeling unsafe

Cries for help

Understanding Behaviour



**There is no Autistic Behaviour, only human
behaviour.**

Once we start here understanding Autistics is much easier.

So, how does our sensory system work?



Growing up Autistic :
**How do responses to us impact us, our
emotional state and our behaviour ?**

How can we create a sense of balance?

Positive Inputs	Negative Demands
Freedom to be ourselves	Judgement
Accept us as we are	Non-Autistic Milestones and Expectations
Presuming Competence	Assumptions
Freedom to Stim	Supressing Stims
Time with other Autistics	Behavioural approaches
Time to ourselves	Non-Compatibale Social Environmemts
Time with Special Interests	“Engaging” us in non-autistic practices
Accepting that all communication is valid	Expecting Speech
Friendly Environments	Hostile Environments
Appreciation for Autistic Talent	Pathologising Autistics

**Autistic sensitivity + an unsafe world=
Anxiety+ Trauma**

So, what is normal?

The Environmental Funnel

