

Together in Diversity



CELEBRATING INTERSECTIONALITY IN NEURODIVERSITY ADVOCACY





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THE INTERSECTIONAL STRUGGLES OF NEURODIVERGENT PEOPLE OF COLOR IN THE AUTISTIC COMMUNITY

Let's recap April. We talked about ableism, autism acceptance, amplifying autistic voices and intersectionality but hold up - why aren't we hearing from more people of color? Do we just assume they don't exist in the autistic community? We're missing out on invaluable insights and perspectives by not reaching out to Black, Brown, South Asian, and Muslim autistic people. It's not enough to just mention us as statistics - oh and the statistics are not really accurate because of the prevailing stigma, stereotypes, misinformation, and ableist language.

Research shows that Black Autistics are more likely to be misdiagnosed with conduct disorder, oppositional defiant disorder, or ADHD, because autistic traits can be misunderstood as behavioral problems. This means that Black autistics may not receive the support and accommodations they need to thrive, and instead may face punishment or negative consequences for their neurodivergence. Moreover, many Indigenous Autistics and Autistic People of Color remain under / unidentified (under diagnosed / undiagnosed).

So, what's the deal? Why are people of color and people with intersectional identities struggling to be heard? The answer is ableism. Our society is built to prioritize certain abilities and ways of thinking over others, and anyone who falls outside of those narrow parameters gets left behind.



The fact that we're undiagnosed, under-represented, and unsupported within an already marginalized community only reinforces the very ableist idea that intersectional autistic people do not exist. It's a vicious cycle that makes it even harder for our voices to be amplified and be heard.

But we're here, and we're not going anywhere. We want to be seen, heard, and accepted for who we are - and that includes all the different aspects of our identities. It's time for the world to know the entire autistic community and make space for all of us, no matter what we look like, what our identity is, or where we come from.



April Highlights



AMPLIFYING AUTISTIC VOICES

In April, we organized a social media still series aimed at amplifying autistic voices and learning from their lived experience.

We spoke to some of the autistic members of our team and asked them a simple question: "How can we challenge ableism?" And their answers were mind-blowing.

If you missed it, head out to our social media pages now!

Instagram: @kind.theory

Facebook: <https://www.facebook.com/kindtheoryorg>



Your
VOICE
MATTERS

AMPLIFYING AUTISTIC VOICES



If we're talking about Autism as a whole, we, as a society, must forget about norms and embrace what is and is not expected.

Read Full [Here](#)

Aishah-Nyeta Brown

The most important thing you can do as a neurotypical person is listen to and learn from autistic people. Read books written by autistic authors, watch TV shows featuring autistic people playing autistic characters, and follow autistic people on social media.

Read Full [Here](#)



Jaime Heidel

AMPLIFYING AUTISTIC VOICES



Eric Garcia

If systems were put in place by people long ago, that means people now can change them or build new systems if they have the will, the desire and the openness to learn.”

Read Full [Here](#)

We have to stop begging and start building, and trying to do that alone is a failing strategy. Community is how we tackle ableism.”

Read Full [Here](#)



Terra Vance

AMPLIFYING AUTISTIC VOICES

With kindness, assuming everyone has good intentions but just needs a little direction."

Read Full [Here](#)



Troy Doucet



Jamie Shields

We're all diverse, yet society is neurotypical and often looks at those who think, learn, work or do things differently as less than. This can have profound effects on Disabled people and it can foster internalised Ableism.

Read full [Here](#)

AMPLIFYING AUTISTIC VOICES



Chris Bonello

It's not enough to be non-ableist: we need to be anti-ableist. Don't just avoid being the person who refuses to install wheelchair ramps or doesn't acknowledge the sensory needs of autistic people: actively be the person who demands accessibility for all.

Read Full [Here](#)

For me, I think we should proactively take steps to break the cycle of our generational trauma and unlearn internalized ableism.

Read Full [Here](#)

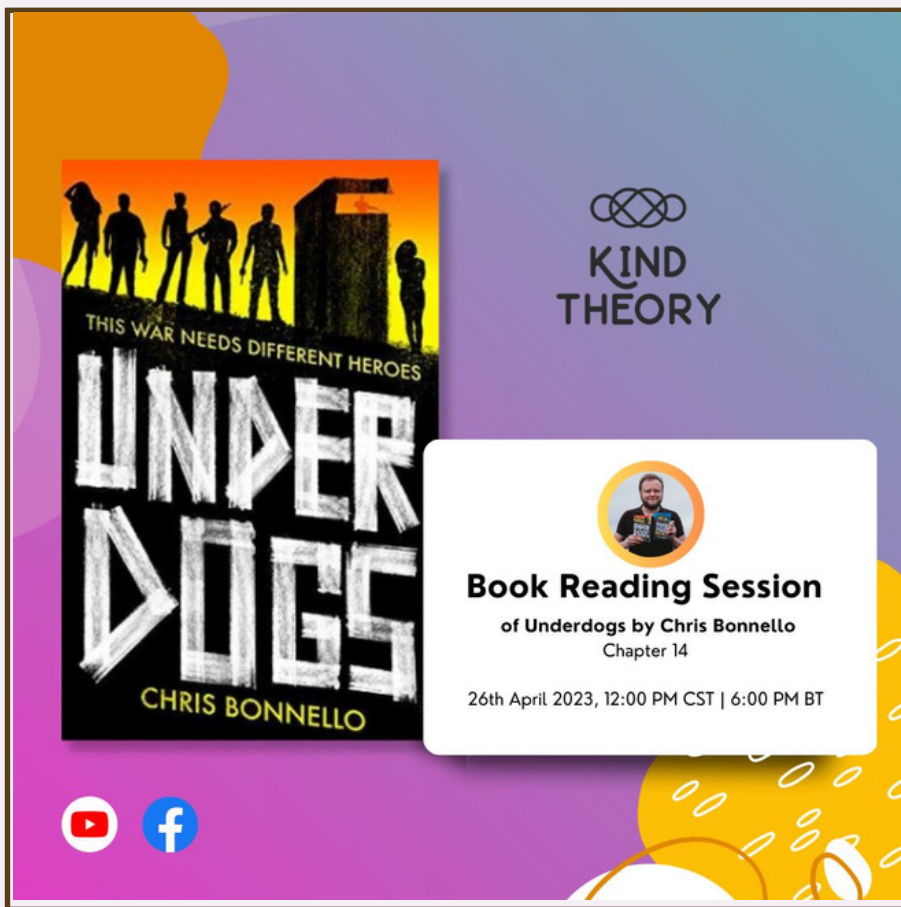


Samar Waqar

APRIL HIGHLIGHTS



BOOK READING SESSION WITH CHRIS BONELLO



**Did you
join us for
the book
reading
session on
April
26th?**

We had an amazing time listening to Chris @autisticnotweird read Chapter 14 of his book, Underdogs. The chapter had a gripping conversation between Evan and Patrick about their chances of survival in a dangerous situation. While Evan was optimistic, Patrick had his doubts.

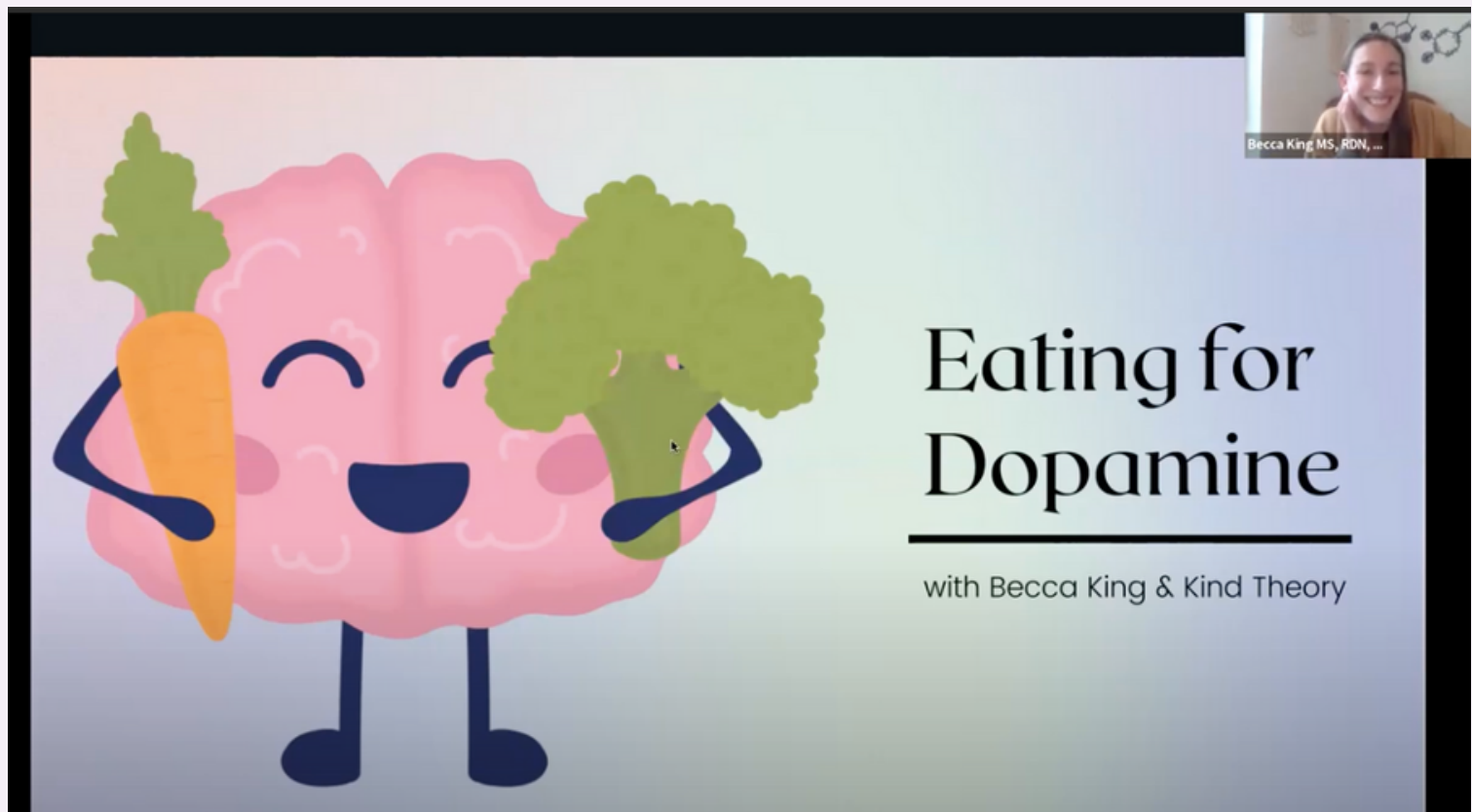
We hope you didn't miss out, but if you did, make sure to catch the recording on our YouTube and Facebook pages.

We have more exciting book reading sessions planned with Chris for the rest of the chapters, so stay tuned for more updates.



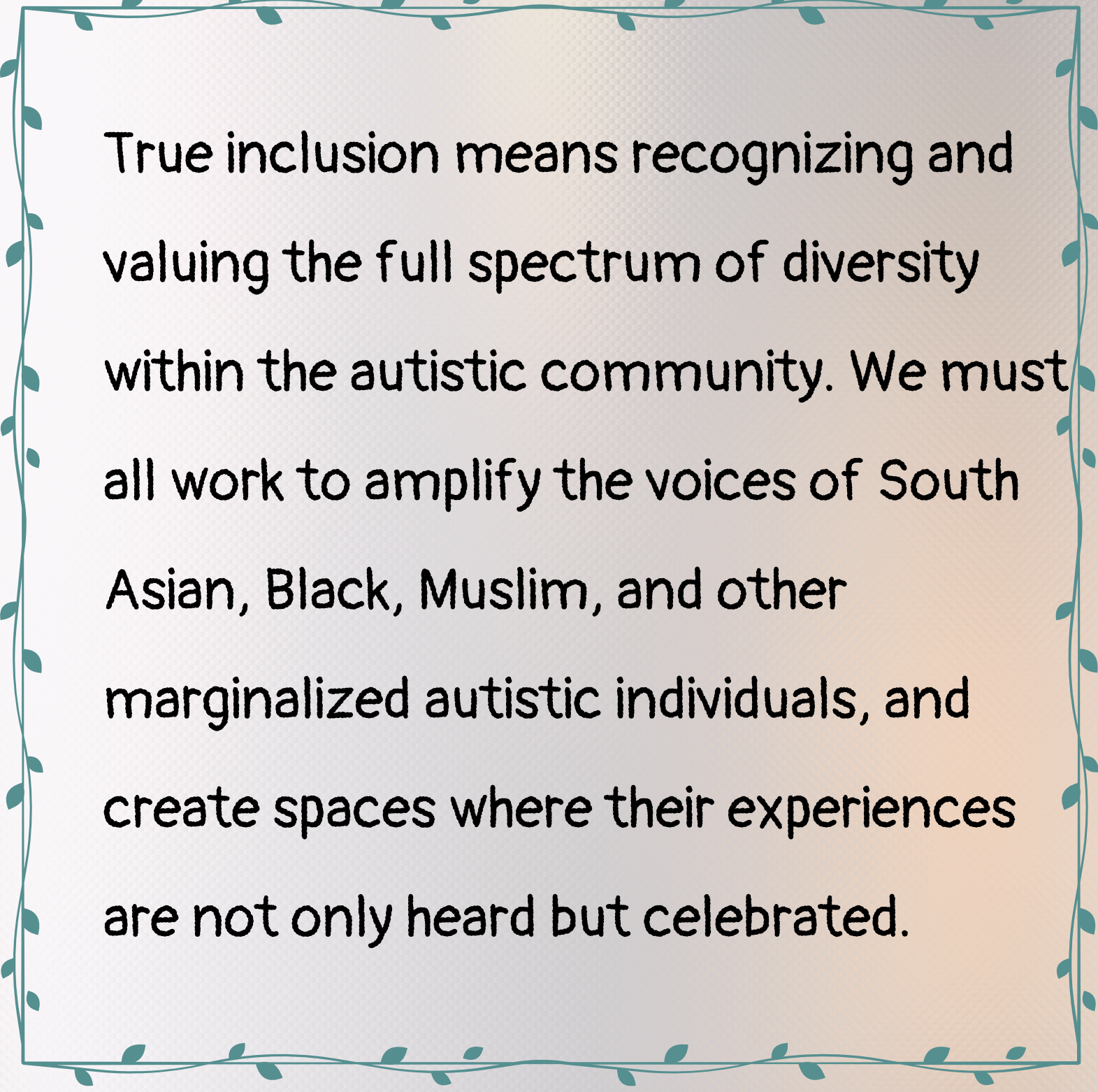
NOURISH DIVERSITY SESSION II

NOURISH DIVERSITY
BY KIND THEORY & REBECCA KING



Our second Nourish Diversity session was hosted on the 19th of April, 2023. This time, we explored the concept of "Eating for Dopamine." We also learned about identifying the difference between actual hunger and eating for "dopamine". Rebecca King RDN, LDN (Licensed Nutritionist from NC) shared some practical tips for making mindful food choices and tuning into our bodies.

The session ended with an engaging activity and a Question Answer session. Thanks to everyone who joined us and stay tuned for our upcoming third session on the 21st of May, 2023.



True inclusion means recognizing and valuing the full spectrum of diversity within the autistic community. We must all work to amplify the voices of South Asian, Black, Muslim, and other marginalized autistic individuals, and create spaces where their experiences are not only heard but celebrated.