



JUSTICE WITH ACCOMMODATION

ENSURING ACCESSIBLE
LEGAL PROCEEDINGS



NEWSLETTER AUGUST 2023

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As we strive for justice and safe communities for neurodivergent people through our BSSC SAFETY program, it's important to understand and address the challenges we, as neurodivergent people, face in legal proceedings. Being autistic or having ADHD, we face unique hurdles when navigating the legal system, that leave us feeling left out and unsure about our rights. Sadly, many of us don't receive the support we need to make the process easier. Some of the challenges include:

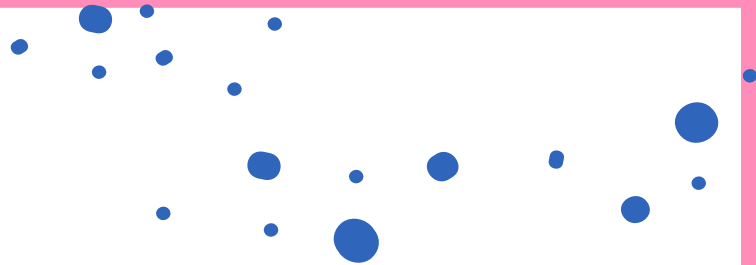
- Misunderstandings and discrimination.
- Lack of awareness and empathy.
- Insufficient accommodations.
- Communication barriers.
- Feeling marginalized and excluded.
- Inadequate understanding of rights.
- Struggle to express needs and concerns.

Understanding and empathy are key to addressing these challenges. Training legal professionals in neurodiversity awareness can make a BIG impact, and that what we are working towards (with our BSSC program)! When we're treated with respect and compassion, it empowers us to engage more confidently with the legal system and enables the system to better serve our needs.

Furthermore, promoting the use of simple and flexible communication methods can make a difference. Having information presented in written form, alongside verbal exchanges, can enhance our understanding and help us make informed decisions.

Creating an inclusive legal environment requires collective effort. Our voices matter, and fostering open dialogues where our perspectives are valued is vital. Active participation in the legal process allows us to contribute to a fairer and more compassionate society.

Do you want to share your thoughts? Email us at talktous@kindtheory.org



August

HIGHLIGHTS



EXCERPTS FROM FEATURED ARTICLES

INTERSECTION OF MY FAITH, CULTURE, ETHNICITY, CHOICE, BODY AND NEURODIVERGENCE

- **SAMAR WAQAR**

Most of these memories though I feel like only I remember. Because when I recall, they are either not mentioned, the subject is changed or I face counter arguments that somehow gaslight my lived experience to the point where I start questioning myself. If positive gaslighting is a thing – then I have an extra large serving of it everytime I talk about my struggles.

The good part about my self discovery journey though?

I feel authentic. I believe in myself. I trust myself. I validate myself.



LIFE IN INDIA

- **SWARIT GOPALAN**

Life in India is mostly expected to function without many of the privileges that I take for granted in the U.S. The contrast is so stark and striking.

From my observations during this trip, it has become more clear to me that the ones that are not privileged are just focused on survival in the most basic sense.



EXCERPTS FROM FEATURED ARTICLES

WHY PEOPLE WITH ADHD WRITE SUCH LONG POSTS (AND ALSO HAVE TROUBLE READING THEM)

-EMILY MORSON



For me, writing is easy and usually painless. If I have an idea and enough mental energy, I can sit down and tap out a readable, grammatically correct 5-10 page article in an hour or two.

Doing the final edits is also pretty quick and easy.

But writing something short often means hours of rewriting, agonizing over every word, phrase, and idea. With the time and energy it takes to make one piece shorter, I could write several new ones.

It's not worth making that effort for a rant on a personal (Tumblr) blog. It is worthwhile when writing an educational blog post on behalf of someone else.

I'm told most people have the opposite strengths and weaknesses in writing. For them, getting words on paper is the hard part. Others agonize over eking out enough words to reach a word limit while I agonize over finding enough words to remove to meet it. For others, writing seems to be harder than editing. When people complain about a long post, I think they assume it's easier to write a short post than a long one.

For some of us, the opposite is true.

So, if you have difficulty reading long things, please know that no one is trying to shut you out.

[**READ FULL ARTICLE**](#)

NOURISH DIVERSITY SESSION IV



We are deeply sorry for the postponement of our previous 'Nourish Diversity' session 5.

However, we are glad to announce that we have rescheduled it. Our fifth session will take place on the 20th of August, while our 6th and last session will be on the 17th of September.

You can catch up on our previous sessions by visiting our [YouTube channel](#). If you want to be a part of these last few sessions, do not miss them out and join us in the Nourish Diversity' program



BSSC SAFETY

YOUR VOICE MATTERS



Our "Building Safe and Supportive Communities" program kickstarted with a special session, "Your Voice Matters."

This session united advisors, Kind Theory board members, and our team to gain insights from neurodivergent individuals, shaping the program genuinely based on their lived experiences.

The session was a heartfelt exchange of ideas, all with a shared goal - to ensure safe interactions between law enforcement and autistic individuals, promoting understanding and preventing harm.

Your voice truly matters in this journey, and we invite you to be a part of upcoming sessions as we work together towards a safer, more inclusive community.



In the halls of justice, diversity demands our commitment.

Empowering neurodivergent people with equal accommodations lights the path towards true inclusivity, where every voice finds its strength before the scales of justice.

