

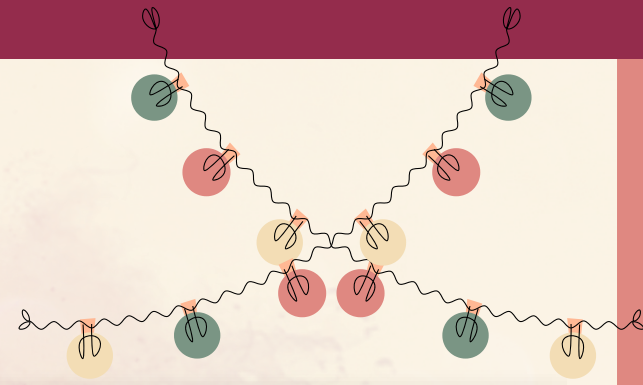
LET'S WELCOME  
2024  
WITH KINDNESS



*Happy New Year!*

NEWSLETTER JANUARY 2024

# Happy New Year



As we step into the new year, it's a mix of joy and challenges. We all feel the pressure of expectations, and for the neurodivergent community, these challenges can be even more intense.

It is important to know that you don't have to do something extraordinary. Unrealistic expectations shouldn't make you feel stressed; you deserve love and respect just like anyone else. Don't let the pressure of meeting certain standards take away from being yourself. In the coming year, let's remember that small acts of kindness and real connections can make a big difference.

At Kind Theory, we're committed to spreading love and respect for everyone, no matter our differences. This year, we're focusing on creating safer communities for neurodivergent people through our BSSC Safety Program. With every day passing by, we are getting closer to making this a reality.

Our goal is to make police interactions with autistic individuals less stressful, creating a world where everybody feels safe, where everybody feels at home. In the coming year, Kind Theory is dedicated to making a positive impact, ensuring every person feels seen, heard, and respected.





# December

HIGHLIGHTS



## EXCERPTS FROM FEATURED ARTICLES

### GRATEFUL HEART

BY SWARIT GOPALAN

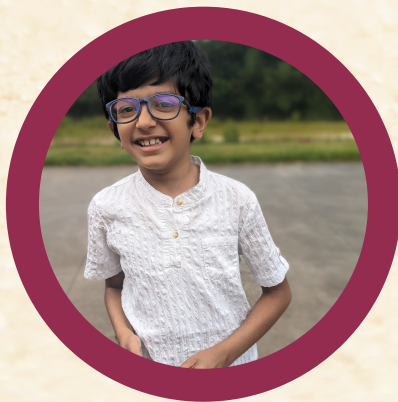
Grateful for every act of love  
That touches my heart  
Grateful for every minute spent  
Listening to my unspoken words  
Grateful for every piece of music  
That uplifts my spirit  
Grateful for every bite of food  
That nourishes my soul



### QUESTIONS I HAVE

BY HASAN AHMED

I wonder if butterflies know that they are colorful.  
I wonder if there are many Hasans in many worlds.  
I wonder if birds and animals can use the letterboard to communicate like me.  
I wonder if the waves have messages for humanity.



## EXCERPTS FROM FEATURED ARTICLES

# WHY IS HONESTY WITH SELF SO CHALLENGING?

BY MATTHEW RUSHIN



In our contemporary world, the task of being truthful with oneself has evolved into an intricate challenge shaped by a myriad of societal, technological, and psychological dynamics. As individuals navigate the complexities of modern life, numerous factors contribute to the difficulty of maintaining honesty with oneself. I have offered some points, regarding the six challenges we face, when seeking some introspective clarity, and sources.





# UPCOMING EVENTS

## PODCAST, EPISODE 3

### AUTISM IN THE MEDIA



The graphic features the Kind Theory logo at the top center. Below it, the text "GOING LIVE" is written in large, bold, white letters on a purple background. Underneath, "AUTISM IN THE MEDIA" is written in smaller white letters on a red background. Two circular portraits are shown: Jamie Shields on the left, wearing a black t-shirt with a rhino and unicorn illustration and the text "Rhinos are just chubby unicorns with bad eyesight", and Jeff Owens on the right. Below each portrait is their name and role: "Jamie Shields Host" and "Jeff Owens Guest".

Our next podcast episode is happening this month, on 11th of January, with Jeff Owens as our guest, hosted by Jamie Shields. We'll be talking about "Autism in the Media."

Join us live on YouTube and Facebook! It's going to be interesting, so don't miss it.

STAY TUNED.

## BSSC SAFETY



We're super happy to tell you that our Building Safe and Supportive Communities (BSSC-Safety) Program is officially starting, and we're working hard to make this impactful and helpful for the entire neurodivergent community.

Thanks a lot to everyone who has helped us! We appreciate every response that came our way. Your thoughts and stories matter to us IMMENSELY. If you want to share something, send us a message at [talktous@kindtheory.org](mailto:talktous@kindtheory.org).

Keep an eye on our Facebook, Instagram, and website [kindtheory.org](http://kindtheory.org) for updates.

YOU MATTER.





# OUR NEW YEAR RESOLUTIONS

- Create safer communities for the neurodivergent community.
- Amplify more voices from the neurodivergent community.
- Increase efforts in improving accessibility.
- Work for a more significant advocacy impact.
- Celebrate every person for their uniqueness.