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June 16, 2020

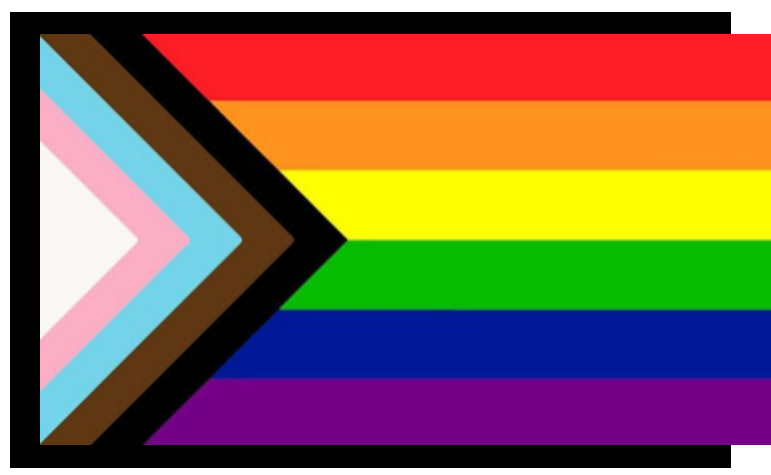


Welcome to Sharing the Spectrum

A unique Canadian bi-weekly newsletter written by Autistics for Autistics. We are very proud to showcase the work of our Autism Ambassadors and hope you enjoy their perspectives.

Interested in becoming a contributor? Email us at info@autismcanada.org

BIPOC Trans, Non-Binary, Intersex, and Queer Autistic Leaders by Christopher Whelan



[Click here to read Christopher's article.](#)

"The disability justice movement is rooted in the radical idea that all lives are worth living; that all people have equal value as human beings. Disabled people have a distinct history and culture, and that all disabled people are entitled to equal inclusion and quality of life as able-bodied and able-minded people."

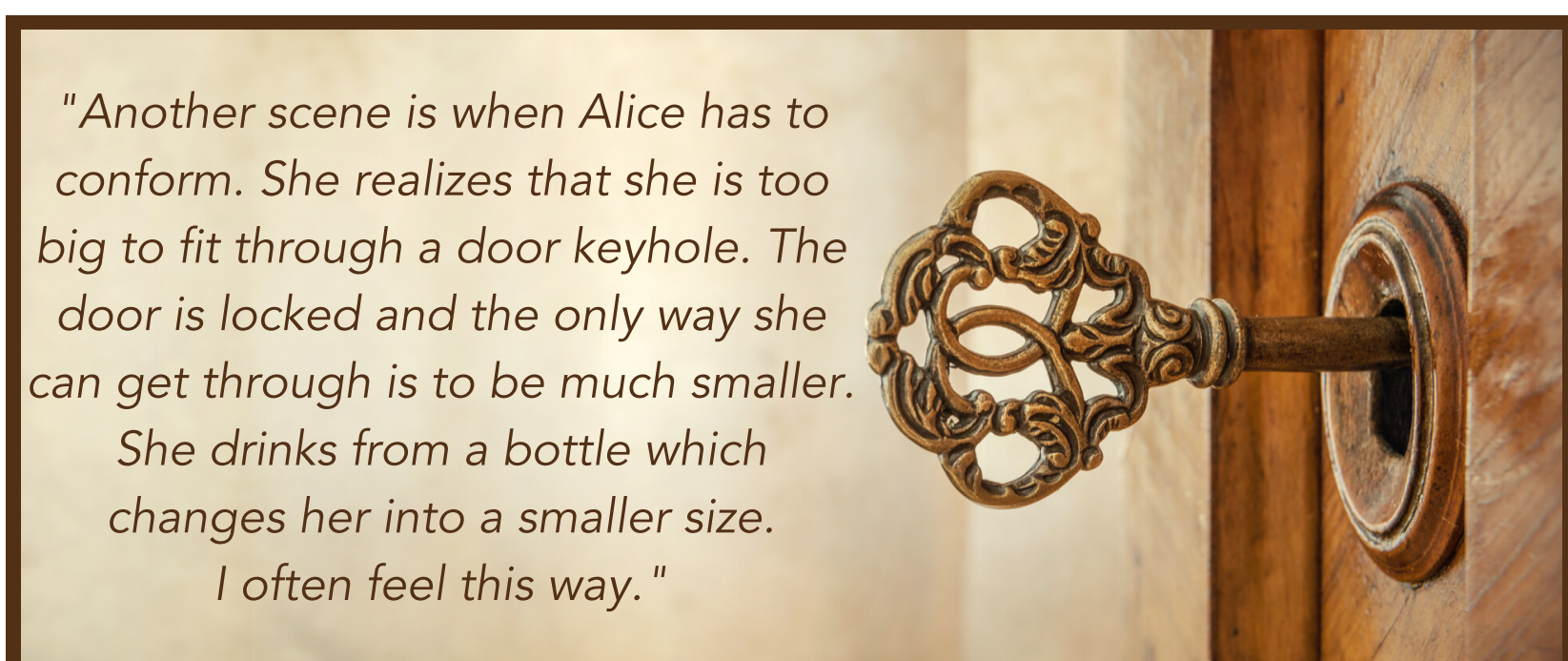
Theory of Mind: I Am Not a Bad Person by Jason Oldford



[Click here to read Jason's article](#)

"One of the things that's haunted me as I deal with autism every day is my inability to grasp "theory of mind." It's that concept that many autistics struggle with that has to do with seeing things from another person's perspective."

Alice In Wonderland vs. Autism by Katherine Gallagher

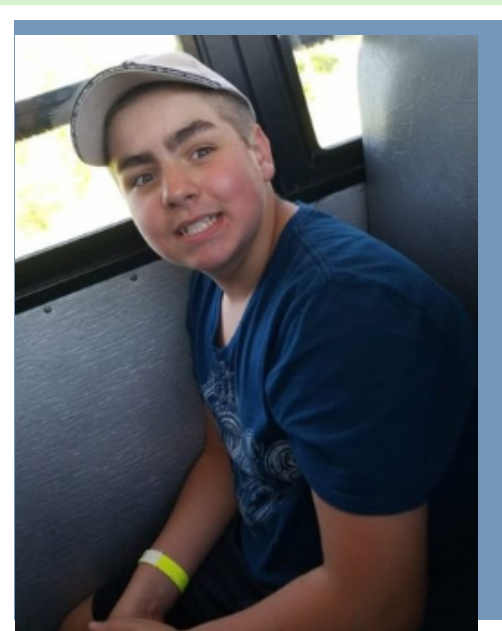


"Another scene is when Alice has to conform. She realizes that she is too big to fit through a door keyhole. The door is locked and the only way she can get through is to be much smaller. She drinks from a bottle which changes her into a smaller size. I often feel this way."

[Click here to read Katherine's article](#)

Guest Contributor

Sometimes ... by Kalem P. 14 yrs old.



"My name is Kalem, and I am autistic. I love to speak to friends about autism to help them learn a little more about me.

Sometimes, I am really happy, and I start flapping my hands and hitting my chest but that's ok. It is my way of staying calm so I can enjoy the moment a little better.

Sometimes, I like to sit by myself instead of with my friends at recess or during lunchtime, and that's ok. I need some quiet time, so I can think a little clearer for whenever I go back to playing with my friends. Sometimes, I wear my earphones to help with noise, I have very sensitive ears and can hear things a little more loudly than you can, so the earphones help with keeping the noise lower, so I don't get scared. But I can still hear you so you can keep talking to me.

Some of my friends with Autism don't like to be hugged. That's because it hurts their skin or don't like someone in their personal bubble and that's ok, but not me, I Love hugs! I can give hugs all day long. They make me feel loved.

Sometimes, I repeat words, a lot, but that's only because I am trying to use your words to communicate instead of my own.

I love to do a lot of the same things you do, but sometimes, I need to do them differently but that doesn't mean I can't do them. I have a very good memory and I think in pictures, so sometimes it takes a little longer for me to answer you because I need to draw things in my mind. I hope this helps you get to know me a little better and maybe now we can call each other friends."

Our community is so talented.
Take a look at our ASD Art Gallery on YouTube:
<https://youtu.be/XYLIIWpyE8c>

Special thanks to Bruce Petherick for the beautiful music.
Hear more at www.brucepetherick.com

Autism Canada's
ASD Art Gallery

Donate today!

Our interview with Dr. Temple Grandin is now available!

In our newest podcast, Dr. Grandin speaks of the importance of routines, her challenges with sensory processing and how there are different kinds of minds.

Click [here](#) to hear our interview with Dr. Temple Grandin.



Temple's Tips for COVID

Make a new schedule!
People on the spectrum thrive with consistency & routine so make a "COVID schedule" while you are working and schooling from home.



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