

Please be understanding and patient.  
Speaking too much can make me  
feel worse. Please allow me some  
time and space to compose myself.

**Thank you.**

hello

My name is...

**I have an autism spectrum condition**



**Having autism means I experience the world differently and I might react to certain social situations in an unusual way.**

I may not understand everything that is said to me, even if it appears I do. I can be passionately interested in a particular subject and may talk about this a lot or become really engrossed in an activity or object. The world can sometimes be a scary place when you have autism.

Busy, crowded places can be over stimulating with lots of different noises, sights and smells. This can make me feel scared and anxious and I may behave in a way that could be difficult to understand.