

What is true autism acceptance?

This is an excerpt from pages 116-117 of *The ABC's of Autism Acceptance*,
By Sparrow Rose Jones

“Autism Acceptance means helping, mentoring, guiding but never trying to re-shape an Autistic person for no good reason beyond the comfort of others. If you accept Autistic people, you will accept that we often move differently, communicate differently, and think differently. Autism acceptance does not mean just letting us ‘go wild’. We need mentoring just like anyone else. Autism acceptance means working to understand why we do things and carefully discerning before trying to change our behavior. Do you want to change it to help us be healthier and happier? Or do you want to change it because you think other people will not accept us the way we are?

If you think people will not accept us because we look, think, and communicate differently, do not try to make use into people we aren't. If you think we will not be accepted, you must work to change the world into one that can accept people regardless of neurology, color of skin, religion, or any other of the things that combine to the glorious diversity of human beings.

Do not traumatize us in the name of helping us fit in.

Do not try to make us smaller; work to make the world's heart bigger.