

# What Is Neurodiversity?



# What Is Neurodiversity?

- Everyone's brain is different and unique.
- Neurodiversity describes the differences in the way people's brains work.

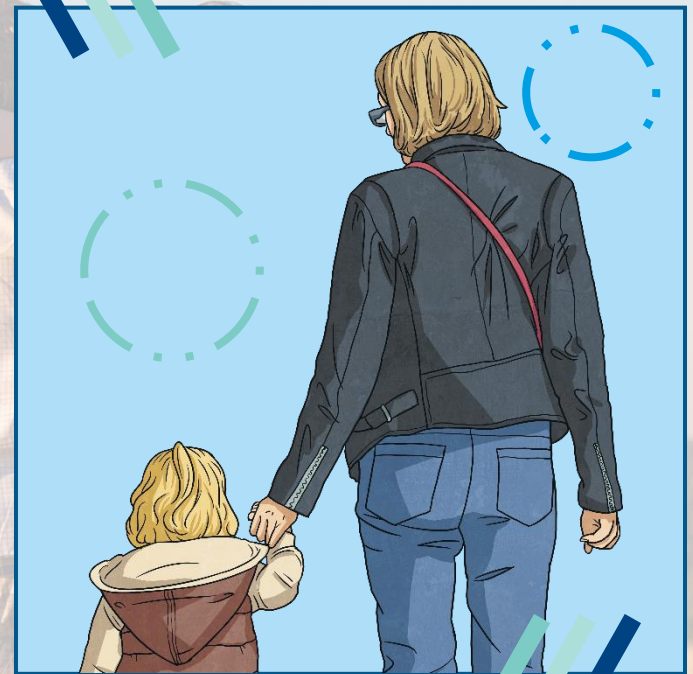




# Types of Neurodiversity

There are lots of neurological conditions that come under the umbrella term of 'neurodiverse'. You may have heard of the following ones:

- Dyslexia
- Dyspraxia
- Autism
- ADHD





# Neurodiversity Explained

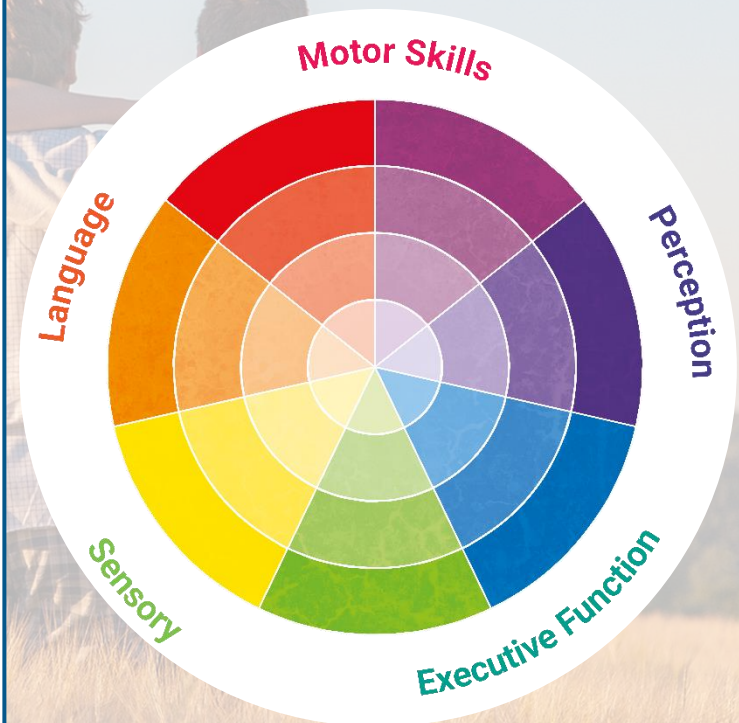


# What Is Autism?

- Every person with Autism is different.
- Autism is a processing difference that can have an impact on many areas in a person's life.

## **Autistic people experience differences in three key areas:**

- social understanding and communication;
- sensory processing and integration;
- flexible thinking, information processing and understanding.



# Autism

- It is important to remember everyone likes and dislikes different things and to respect everyone's individual differences.
- Be aware of your friends' individual needs - some might need a quieter environment or some might need more sensory input. You can ask them what they might need.





# People with Autism

Christine McGuinness started her career as a model and is now a TV star and author. She recently found out that she is Autistic and she has three Autistic children.

In March 2023 Christine said, “Autism is simply a different way of thinking and seeing the world, a different way of hearing, listening, communicating and socialising. My brain is different from others. But knowing what brain you’ve got helps you navigate differently.”



# People with Autism

Greta Thunberg is a Swedish environmental activist. She is the public face of the school climate strike movement.

On her Twitter account, she shared: “I have Asperger’s, and that means I’m sometimes a bit different from the norm. And, given the right circumstances, being different is a superpower...”

She uses Twitter not only to share her experiences of being an activist on the spectrum but also to raise awareness for climate change.

She shared: “I’m not public about my diagnosis to ‘hide’ behind it, but because I know many ignorant people still see it as an ‘illness’, or something negative. And believe me, my diagnosis has limited me before.”





# What Is Dyslexia?

- Dyslexia is a learning difference that may affect the skills you need when reading, writing and spelling.
- However, some dyslexic people may have strengths in other areas, such as design, problem-solving, creative skills, interactive skills and oral skills.



# Dyslexia

- Be patient and understanding with friends who have dyslexia. You may need to give them extra thinking time to answer questions or share their ideas when working in a group.
- People with dyslexia may find it hard to think of the words they want to use. They may need you to repeat things or to help them understand instructions.
- Be supportive to friends with dyslexia when marking or checking their work - they may find spelling difficult.
- Friends with dyslexia may need support to organise themselves in class.
- Friends with dyslexia may need help with reading in class. They may need to check words with you or ask for help with understanding new words.
- Everyone has a subject they excel in. Your friend will return the favour in their strongest area.



# People with dyslexia

Holly Willoughby is a TV presenter and she was diagnosed as dyslexic in secondary school. In 2022 Holly described her dyslexia, saying “I think it makes me who I am” and “I see it as a real feather in my cap.”



# People with dyslexia

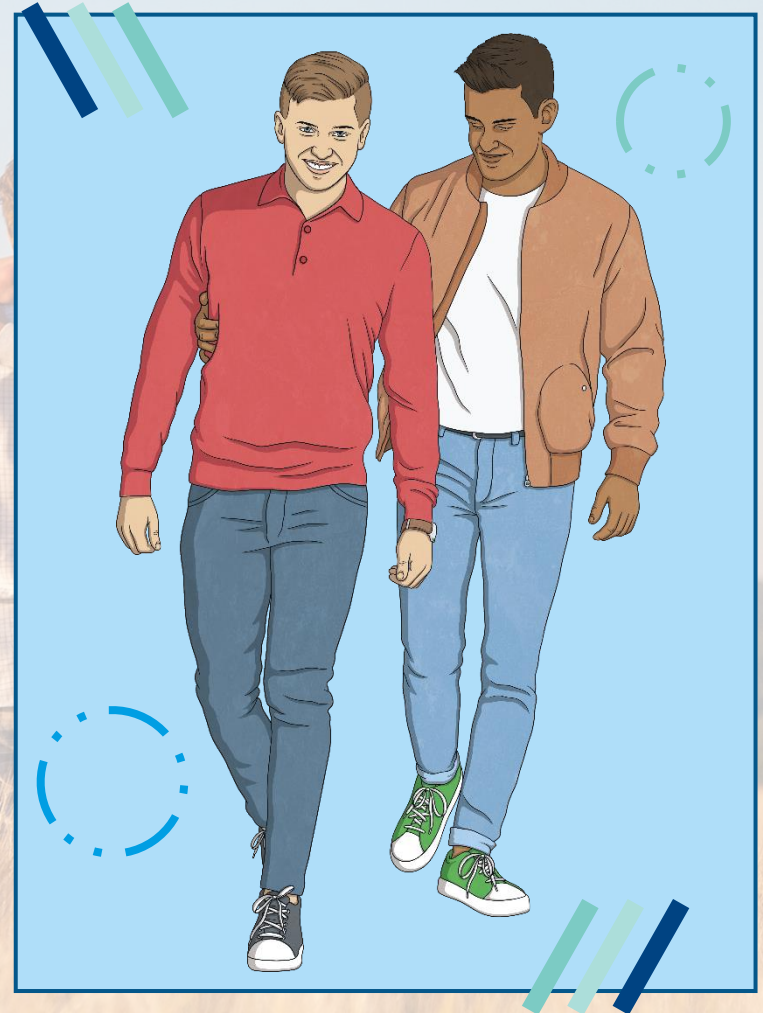
Professional chef, Jamie Oliver is very open about his literacy difficulties. Jamie initially left school at 16 without any qualifications, however working his way up the kitchen ladder he rose quickly to head chef. He is now a professional chef, bookseller, TV personality and campaigner for better school meals and support in schools.





# What Is ADHD?

- People with ADHD may find it harder to control their reactions to what is going on around them. This can mean that sometimes they are impulsive.
- Some children with ADHD may have difficulty following instructions or listening in the classroom. They may also move excessively or fidget and may find it hard to self-regulate.
- There are lots of positives to being ADHD, such as being creative, imaginative and quick-thinking as well as being good at problem-solving.
- People with ADHD can also be laser-focused and complete tasks quickly.



# ADHD

- Remember to be patient and understanding. You may need to repeat yourself or check they have understood what you have said.
- Some people may find it difficult to understand rules and to wait their turn.
- They may also seek out activities to meet their sensory needs, such as running around the playground or using a fidget object (e.g. a small toy, a ball to squeeze or some special putty).





# People with ADHD

James Haskell is a former rugby star who retired in 2019. He is now a DJ, podcaster and author. He was diagnosed with ADHD when he was 8 years old. "My ADHD was essential to what I achieved. With the right help and structure, ADHD can make you achieve more things than you would ever believe."




# People With ADHD

Simone Biles is the most decorated American gymnast ever and arguably the greatest American gymnast of all time. In 2022, she was awarded the Presidential Medal of Freedom — becoming the youngest person at the time to receive the nation's highest civilian honour.





# Important Things to Remember

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- A background image showing the backs of three people standing in a field of tall, golden grass, looking out over a hazy landscape under a blue sky. The image is used as a background for the slide.
- That everyone is unique and they should always be accepted.
    - We must appreciate each other's diversities.
  - We all have strengths in our own favourite subjects, topics and skills.

