



TRAINING NETWORK

UNDERSTANDING NEURODIVERSITY

Everyone's brain works differently.
Neurodiversity is about recognising, respecting and
celebrating those differences.
Different, not less.

TEEN RESOURCE



★ WHAT IS NEURODIVERSITY?

Neurodiversity is the idea that everyone's brain works in different ways, and that these differences are normal and natural. It includes things like:

- ♥ Autism
- ♥ ADHD
- ♥ Dyslexia
- ♥ Dyspraxia (DCD)
- ♥ Tourette's
- ♥ And more



♥ Different brain. Different strengths.
All brains are valuable.

👥 WHY IT MATTERS

- ♥ Everyone has unique strengths and challenges
- ♥ It helps us understand ourselves better
- ♥ It encourages kindness and acceptance
- ♥ It breaks down stigma and stereotypes
- ♥ It helps create inclusive schools, communities and workplaces



♥ Understanding leads to acceptance.
Acceptance leads to inclusion.

👍 STRENGTHS IN NEURODIVERSITY

Neurodivergent people often have amazing strengths, such as:

- ♥ Creativity and imagination
- ♥ Strong focus on interests
- ♥ Problem-solving skills
- ♥ Honesty and attention to detail
- ♥ Original thinking
- ♥ Resilience and determination



♥ Your brain is not a problem to fix.
It's a strength to embrace.

COMMON CHALLENGES (AND HOW TO SUPPORT YOURSELF)



OVERWHELM

Too much noise, information or change can feel stressful.

Try:

- ♥ Take breaks
- ♥ Use noise-cancelling headphones
- ♥ Create a calm space



FOCUS & DISTRACTIONS

It can be hard to stay focused or easy to get distracted.

Try:

- ♥ Break tasks into small steps
- ♥ Use timers
- ♥ Find what helps you stay on track



SOCIAL SITUATIONS

Reading social cues or talking in groups can be tiring.

Try:

- ♥ Take your time
- ♥ Use trusted friends
- ♥ Prepare or plan ahead



SENSORY SENSITIVITIES

Lights, sounds, textures or smells can feel intense.

Try:

- ♥ Identify triggers
- ♥ Use sensory tools
- ♥ Let people know what helps



LOW ENERGY DAYS

Some days can feel harder than others – and that's okay.

Try:

- ♥ Rest without guilt
- ♥ Do what you can
- ♥ Be kind to yourself

REMEMBER...

- ♥ You don't have to mask or pretend to be someone you're not.
- ♥ It's okay to need different support.
- ♥ Asking for help is a strength.
- ♥ You deserve respect, understanding and opportunities.



HOW YOU CAN SUPPORT YOURSELF

- ✓ Learn about your brain
- ✓ Know your strengths
- ✓ Plan for what you need
- ✓ Speak up about what helps
- ✓ Surround yourself with supportive people
- ✓ Celebrate your wins – big or small!



♥ You know yourself best.
Trust your needs. Honor your journey.



HOW OTHERS CAN SUPPORT YOU

- ✓ Listen and be patient
- ✓ Don't make assumptions
- ✓ Ask how you can help
- ✓ Respect your differences
- ✓ Include you
- ✓ Focus on your abilities
- ✓ Celebrate your strengths



♥ Everyone can help create a world where all minds belong.



MY NEURODIVERSITY AFFIRMATIONS

Choose or create your own!

My brain works in its own way.

I am proud of who I am.

I have so much to offer.

It's okay to be different.

I focus on my strengths.

I am enough, just as I am.



THINGS THAT HELP ME

What supports your brain and helps you feel your best?

1. _____
2. _____
3. _____
4. _____
5. _____



♥ Make more time for the things that help you thrive!



MY STRENGTHS

List some of your strengths or gifts.

1. _____
2. _____
3. _____
4. _____
5. _____



♥ Your strengths make you YOU!



PEOPLE IN MY CORNER

Who supports and understands you?

1. _____
2. _____
3. _____
4. _____
5. _____



♥ You don't have to do it alone.



I CAN CONTROL...

Focus on what YOU can control. Circle what matters most to you.

- | | | |
|---------------|---|---------------------------|
| My attitude | ♥ | Other people's opinions |
| My effort | ♥ | The past |
| My choices | ♥ | The future |
| How I respond | ♥ | What others do |
| My goals | ♥ | Things outside my control |

♥ Focus on what you can change.
Let go of the rest.



NEURODIVERSITY IS NOT A WEAKNESS – IT'S A DIFFERENT KIND OF STRENGTH.
BE YOU. THE WORLD NEEDS MINDS LIKE YOURS.



LEARN • GROW • THRIVE

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a healthier, happier future.

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