



NEURODIVERSITY AWARENESS

What can the church do?

Learn about minority neurotypes.

Own preferences (rather than assuming they are normal).

"I enjoy hugs, but this is not true for all."

Use a range of delivery techniques.

Have written sermons, audio recordings etc.

Avoid assumptions/judgement.

You may not understand what is happening for a person internally.

Have a quiet zone.

Limit sound, light, use soft colours.

Get familiar with signs of distress and regulation.

E.g. meltdowns, stimming etc.

Advocate!

Minority neurotypes are often misunderstood or overlooked because their struggles are invisible.

Have activities during services.

Colouring, games, crafting, fidget toys etc.

Include.

