



NEURODIVERSITY AWARENESS

Neurodiversity:

Term to describe the diversity of neurotypes across humanity.

E.g. "The human species is neurodiverse."

Neurotypicality:

Term to describe majority neurotypes.

E.g. "The majority of human beings are neurotypical."

Neurodivergence:

Most common term to describe minority neurotypes. Not used by all. If in doubt, ask the person how they like to refer to themselves.

E.g. "There are many forms of neurodivergence, including Autism, ADHD, OCD, dyslexia, etc."

Ableism:

Beliefs, systems, and practices that prioritise able-bodied and/or neurotypical experiences and practices.

E.g. "Everyone likes being touched. It's just human nature."

Person-First Language:

Referring to the person first when describing a condition, to avoid implying that neurodivergence is an illness and/or affliction.

E.g. "Autistic person" rather than "person with autism."

