



THE WORLD CAN BE  
**OVERWHELMING**  
WHEN IT WASN'T DESIGNED FOR YOU.

FOR SOMEONE WITH SENSORY PROCESSING  
DIFFERENCES, THE WORLD CAN BE:

 <b>LOUD</b>	 <b>BRIGHT</b>	 <b>OVERSTIMULATING</b>
STREET NOISE	FLUORESCENT LIGHTS	STRONG SMELLS
SUDDEN SOUNDS	FLASHING LIGHTS	CROWDS
HEAT PUMPS	NEON SIGNS	UNCOMFORTABLE CLOTHING
VOICES		TEMPERATURE CHANGES
COMPUTERS WHIRRING		

Everyone experiences sensory sensitivity at times. But for many autistic people, sensory overwhelm can be a daily experience. It can make everyday activities like attending school, going to the supermarket, working in an office or going to a movie feel impossible.

INTRODUCING  
**HOODS UP  
VOLUME DOWN**

JOIN A NATIONWIDE MOVEMENT FOR  
ACCEPTANCE, UNDERSTANDING & ACCESSIBILITY.

WE ARE ASKING BUSINESSES, WORKPLACES, SCHOOLS AND  
ORGANISATIONS TO PARTICIPATE IN A NATIONAL 'QUIET HOUR' ON



WEDNESDAY, 02<sup>ND</sup> OF  
APRIL 2025



10.00 AM

**TURN DOWN THE LIGHTS, TURN DOWN THE NOISE AND  
TURN UP FOR THE AUTISTIC COMMUNITY OF AOTEAROA.**

## **HOW CAN YOU PARTICIPATE**

### **1.BUY A HOODIE**

Purchase our limited edition Hoods Up for Autism 2025 Hoodie. Many autistic people use hoodies as a way to block out overwhelming sensory input, and our hoodies are super soft and comfy, helpful for those who are sensitive to touch and texture. **\$10** from every hoodie sold goes straight to Autism New Zealand, to help us continue our work to support the autistic and wider autism communities of Aotearoa.

### **2.ORGANISE A QUIET HOUR AT YOUR SCHOOL, WORKPLACE OR ORGANISATION**

On Wednesday, April 02nd, at 10 am, we are holding a nationwide quiet hour. This is an opportunity to make your environment more accessible to autistic people, and while it might seem like only a moment, it's the start of a movement. During this hour, we will show the autistic community that as a society we are ready to truly accept autism and embrace the accommodations needed to create an accessible society. Check out our guide to creating a sensory friendly environment on our website <https://autismnz.org.nz/>

### **3.DONATE TO AUTISM NEW ZEALAND**

During the Hoods Up, Volume Down quiet hour, every dollar donated to Autism NZ will go towards our work empowering the autistic and wider autism communities.

Autism New Zealand is a registered charity, with a commitment to empowering the autistic community to make informed choices and take action: every step together.

