



*Improving the Lives of All Affected by Autism*

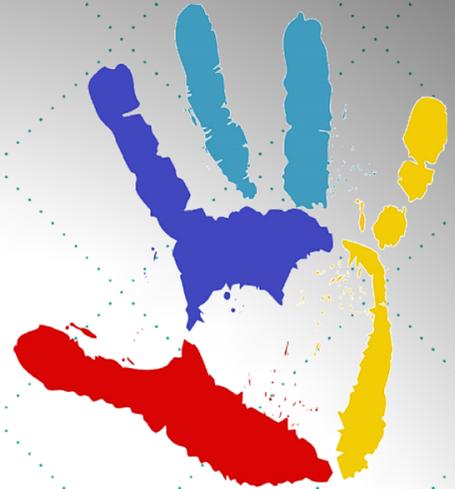
*Texas*

# A National Autism Awareness Month Guide for Families



# April is

## NATIONAL AUTISM AWARENESS MONTH



### Did you know?

Every 20 minutes someone is diagnosed with autism

Individuals with autism, speaking and non-speaking, may use a variety of different and unique ways to communicate

Many individuals on the spectrum stay in school until they are 21

People with autism have very special gifts and talents!

To contact us with questions  
please call 512-479-4199.

 **AUTISM SOCIETY**

Since the 1970's, the Autism Society has been celebrating National Autism Awareness Month (NAAM) to highlight the growing need for concern and awareness about autism. The United States recognizes April as a special opportunity to educate the public about autism and issues within the autism community. April is National Autism Awareness Month and there are thousands of ways you can help support students with and without autism raise acceptance and awareness. We have compiled a list of ideas that we think might help families teach of acceptance and support for individuals with autism. Please feel free to reach out to the Autism Society of Texas with any questions, concerns, or inquiries.

## Awareness Ideas

Here is a basic list of awareness ideas that you can use to help spread awareness and acceptance of autism in your community:

- 1.) Get educated! Read a blog <http://autism-hub.com/> about autism and spread your knowledge to unknowing peers
- 2.) Help your child become a self-advocate for their peers living with autism by teaching them about what autism is <http://www.autism-society.org/what-is/>
- 3.) Take the pledge for autistic inclusion <http://www.autismacceptancemonth.com/pledge/> and encourage your local school system to do the same!
- 4.) Print and distribute these fun bookmarks <http://homeschooling.about.com/od/freeprintables/ss/autismprint.htm#step8> to local schools and libraries
- 5.) Shop autism-friendly businesses such as Artists with Autism <http://artistswithautismunite.webs.com/> or this awesome site for puzzle-piece jewelry! <http://www.thepuzzlingpiece.com/products.ht>
- 6.) Get a proclamation from your city to help spread the word of Autism Acceptance and Awareness! Call the City Clerk or City Secretary to arrange it! <http://www.givingtuesday.org/wp-content/uploads/2014/05/Mayoral-Proclamation-toolkit.pdf>
- 7.) Write public service announcements and try to get your local radio or TV station to air them.
- 8.) Put an Autism Puzzle Flag outside of your house to show your support the pledge for Autistic Inclusion/ support schools to do so <http://www.autismacceptancemonth.com/pledge/>
- 9.) Help your child learn self-advocacy and support Autism Awareness Month <http://www.pathfindersforautism.org/ages/6-12/advocacy-and-self-advocacy/help-your-child-learn>

# Fundraising Ideas

Help raise financial support for the Autism Society of Texas by participating in one of the following activities:

- 1.) Sign up for the 2017 Texas Autism Bike Ride and Fun Run <https://autismbikeride.greatfeats.com/> on April 2! There is a registration fee for the Fun Run of \$25 for the first person and just \$10 per family member (children under 5 are free), which includes free t-shirts and a lot of fun activities. The proceeds from the event benefit Autism Society of Central Texas to help provide support and advocacy for those living with autism  
#AutismRideRun
- 2.) Attend or volunteer at one of the other local events happening in April see attached calendar for ideas.
- 3.) Ask your employer to match your donations to Autism Society of Texas.
- 4.) Host a yard sale. Spring clean and sell your items at the same time and donate earnings to the Autism Society of Texas.
- 5.) Email friends and family and ask them to donate to the Autism Society of Texas.
- 6.) Host an autism movie night. Show a movie about autism (see attached list)! You can ask for donations for the Autism Society of Texas.
- 7.) Change your Amazon Account to an Amazon Smile account and designate the Autism Society of Texas as your charity of choice.
- 8.) Take a ride in Ride Austin and choose The Autism Society of Texas as your charity.

# Books about Autism

Borrowed from The Autism Society of Arkon

## Elementary School Students

Andy and His Yellow Frisbee by Mary Thompson

Russell is Extra Special by Charles Amenta, III

Captain Tommy by Abby Ward Messner

My Best Friend Will by Jamie Lowell and Tara Tuchel

Ian's Walk-A Story about Autism by Laurie Lears and Karen Ritz

The Autism Acceptance Book by Ellen Sabin

Tobin Learns to Make Friends by Diane Murrell

Taco's Anyone by Marvie Ellis and Jenny Loehr

Keisha's Doors by Marvie Ellis

Nobody Knew What to Do: A Story about Bullying by Becky McCain

A is for Autism by Jennifer Blinky

## Middle-High School Students

Of Mice and Aliens by Kathy Hoopman

Buster and the Amazing Daisy by Nancy Ogaz

Lisa and the Lace Maker by Kathy Hoopman

Wishing on the Midnight Star by Nancy Ogaz

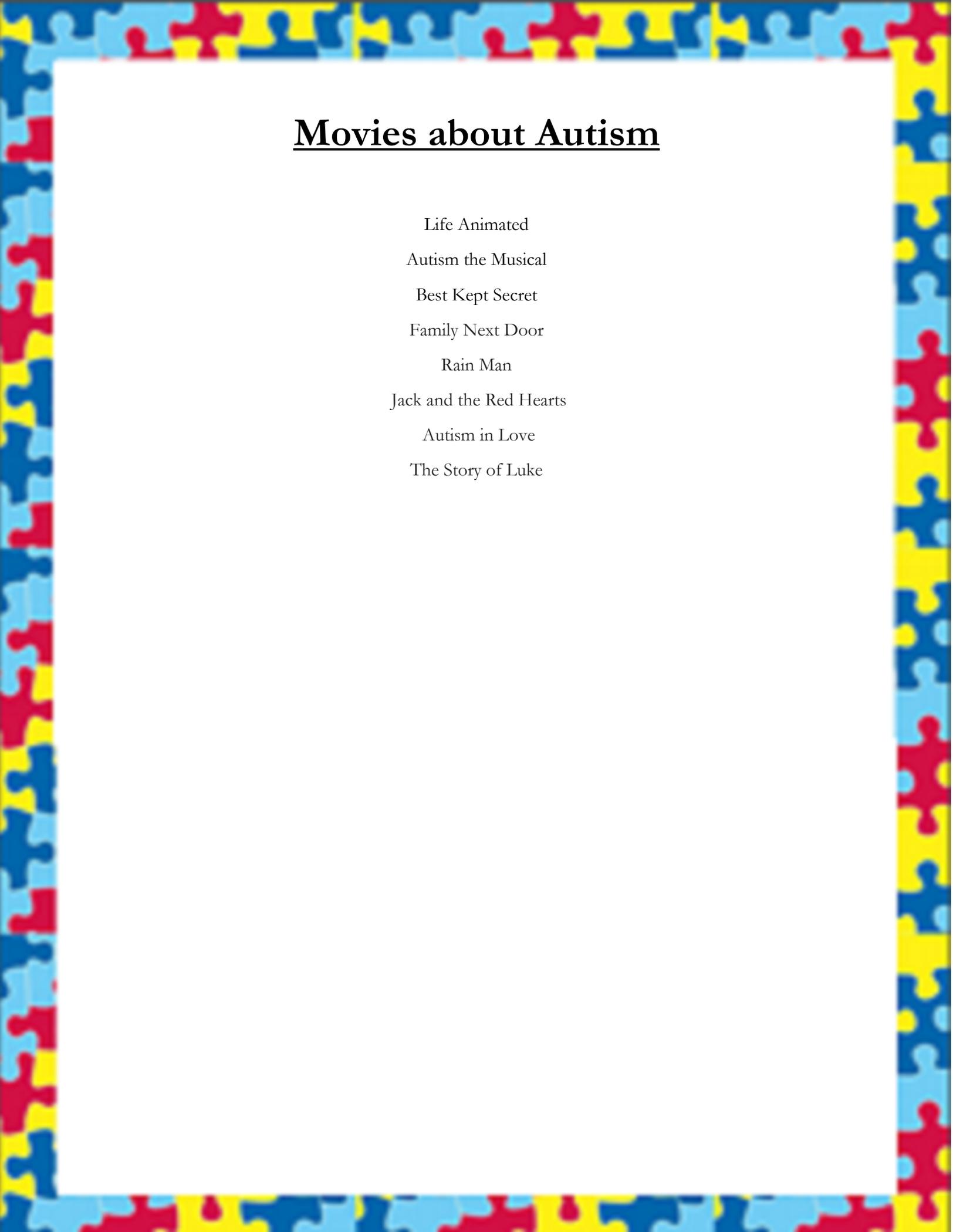
Curious Incident of the Dog in the Night by Mark Haddon

A Spot of Bother by Mark Haddon Clay by Colby Rodowsky

Haze by Kathy Hoopman To OZ and Back: A Bones and Duchess Mystery by Alexandra Eden

A Wizard Alone: The Sixth Book in the Young Wizards Series by Diane Duane

The Wright and Wong Mystery Series by Laura J. Burns and Melinda Metz



# Movies about Autism

Life Animated

Autism the Musical

Best Kept Secret

Family Next Door

Rain Man

Jack and the Red Hearts

Autism in Love

The Story of Luke

# Tips for Being a Friend to a Someone with Autism

Borrowed from The Autism Society of Akron

Understanding autism starts at a young age, and there is no greater place than the classroom to start. Understanding autism and how to interact with people with autism comes from being exposed to them, and being taught how to treat and talk to someone with autism. Children naturally want to be helpful. Give them that opportunity by encouraging them to be a buddy to someone with autism. It is up to teachers and parents to teach children about differences, acceptance, and understanding.

Here are some ideas on how to get started.

- People are born with autism and while they look just like you and me, autism changes the way their brain works.
- Some people with autism talk and others do not. Just because they cannot talk doesn't mean they don't have anything to say.
- Nobody knows what causes autism, but we do know that a person with autism will always have autism.
- Kids with autism are the same as other kids in a lot of ways. They like birthdays, swimming, and having friends.
- Being kind and compassionate is one of the best things you can do to help someone with autism.
- Here are a few ways to be a friend:
  - o Playing games they like to play.
  - o Talking to them like you would any other kid.
  - o Giving them a high five when you're having fun!
  - o Sitting next to them in the lunchroom.
  - o Visiting them at their house.
  - o Inviting them to your house.
  - o Show them what to do so they can imitate you.
  - o Being a buddy to them on the playground.
  - o Walking with them to the next class.
  - o Supporting them with kindness and understanding.



# AUTISM SOCIETY

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## Word Search Puzzle

R M B F N S T E W S G U D U W  
D I U D I Y D R L A M G K N T  
M N B V E U C X O M V T K D T  
A W H B L F P W B P W Y G E T  
U F S C O Q V T A Y P I D R P  
T I N A V N N W C S F U E S S  
I I V W K R F L B A Q G S T S  
S L M O D G A U N O J X H A D  
M I X W V S P U Z Z L E S N N  
B U E O S A Q R A G P G F D E  
A I E R S S E N E R A W A M I  
G T O X Q I C C L Q Z H S W R  
X O F A T Y Z I J T Y L B R F  
M I W E I T X S E B V M M Q S  
D R R C Z Q U B K L Z Q H K V

AUTISM  
FRIEND  
PUZZLE  
UNDERSTAND

AWARNESS  
FUN  
RIBBON

CLASSROOM  
INCLUDE  
SUPPORT



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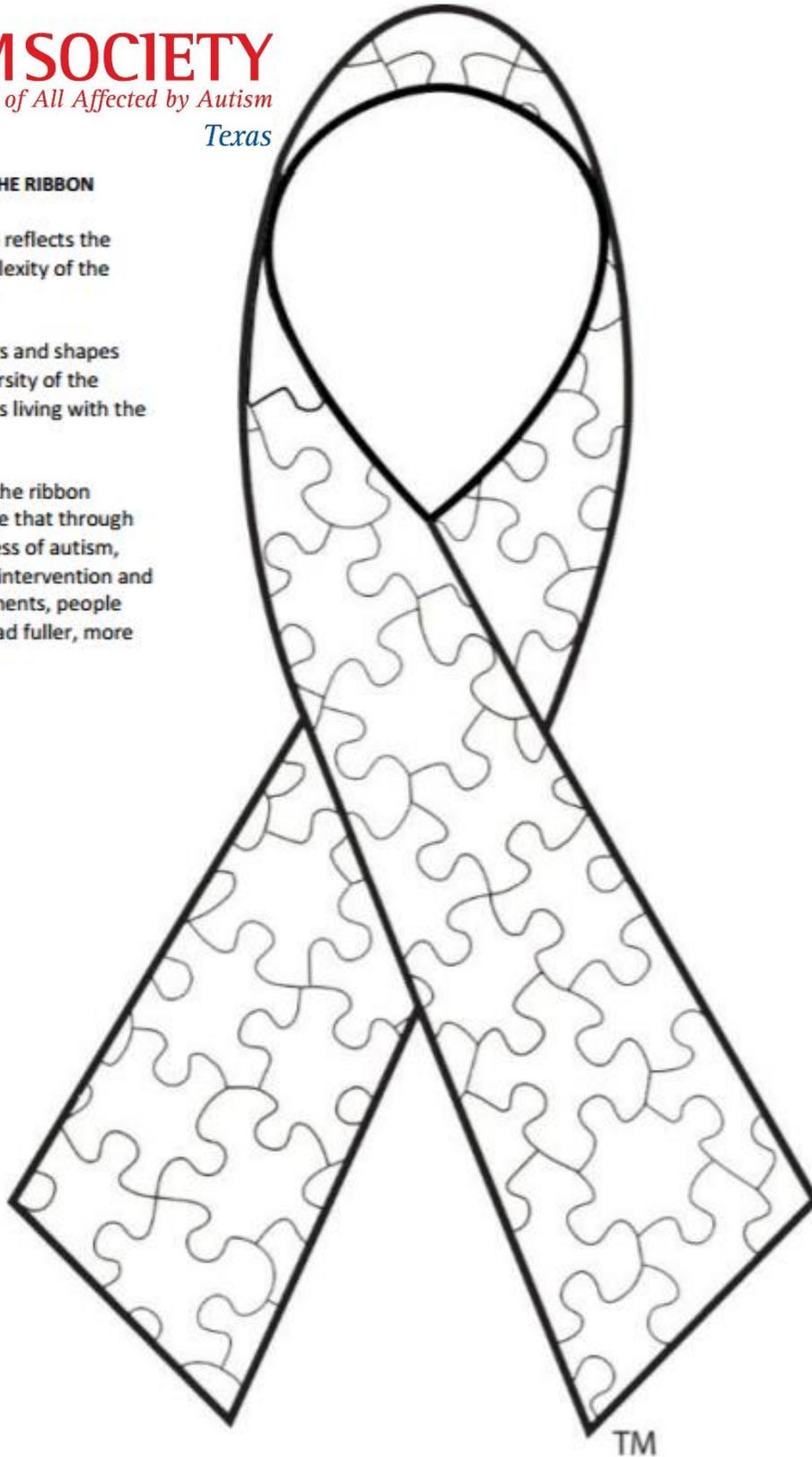
*Texas*

## THE MEANING OF THE RIBBON

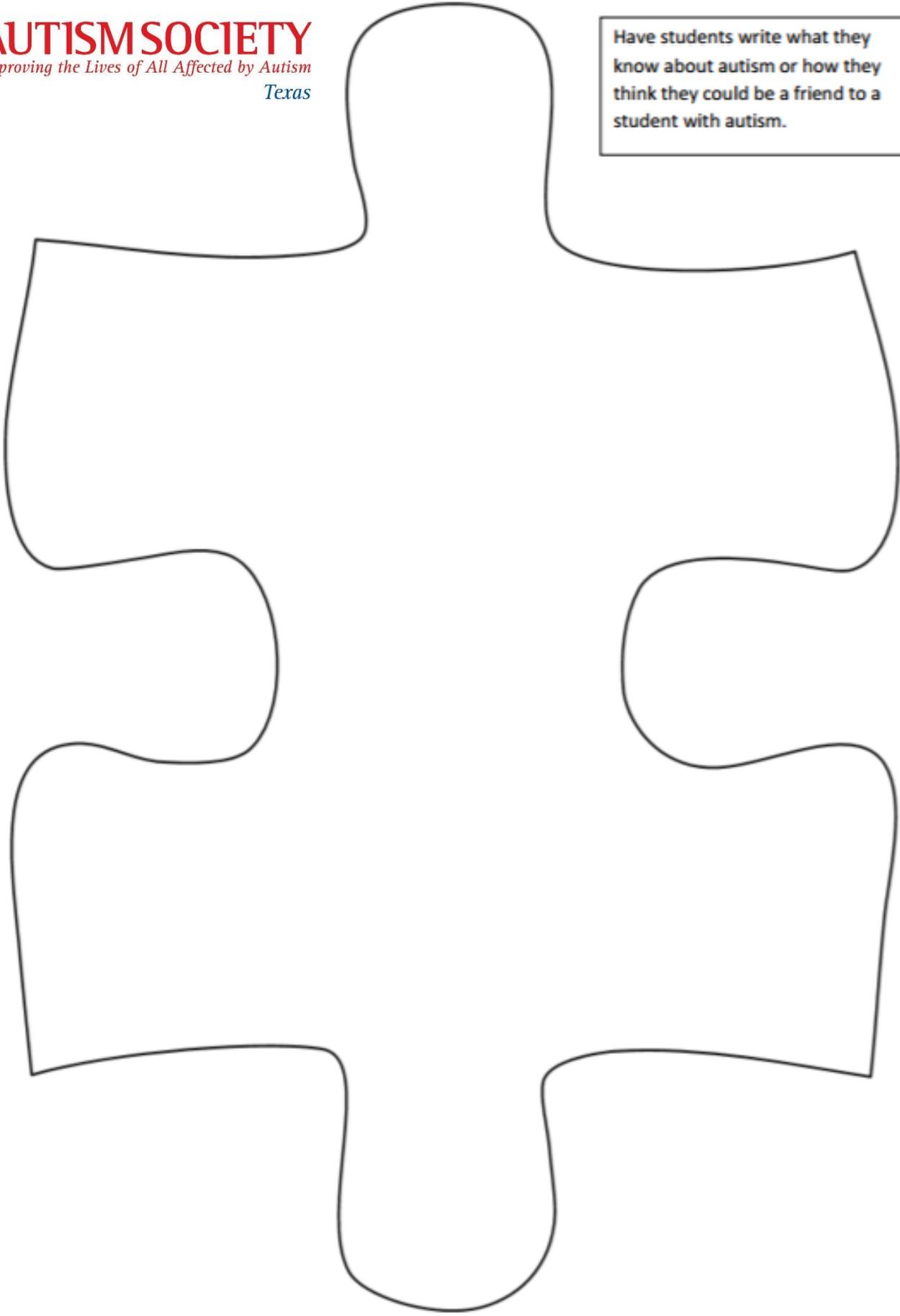
The puzzle pattern reflects the mystery and complexity of the autism spectrum.

The different colors and shapes represent the diversity of the people and families living with the condition.

The brightness of the ribbon signals hope—hope that through increased awareness of autism, and through early intervention and appropriate treatments, people with autism will lead fuller, more complete lives.



Have students write what they know about autism or how they think they could be a friend to a student with autism.



# AUTISM AWARENESS MONTH APRIL 2017

SUN	MON	TUE	WED	THU	FRI	SAT
						<p>1 Attend Crossfit for All at Crossfit City Limits @10:30AM</p>
<p>2 Attend Autism Bike Ride &amp; Fun Run in Georgetown @ 7:30 AM-1:30 PM</p>	<p>3 Write a letter to a loved one with autism</p>	<p>4 Try out an Autism Friendly Business</p>	<p>5 Read a book about autism or with a character with autism</p>	<p>6 Share something on social media about autism</p>	<p>7 Invite a friend or family member with autism to your house</p>	<p>8 Watch a movie about autism</p>
<p>9 Attend Bowling Fundraiser Event in San Antonio @ Main Event 4PM-8PM</p>	<p>10 Change your Facebook header picture to an image about autism</p>	<p>11 Subscribe to the Autism Society of Texas Newsletters</p>	<p>12 Attend Texas Autism Advocacy Day at the Texas State Capital @ 9:30 AM - 3:00 PM</p>	<p>13 Watch the Brown Bag Learning Lunch @ 12:00 PM - 1:00 PM</p>	<p>14 Wear an autism shirt</p>	<p>15 Donate to the Autism Society of Texas via Facebook or the website</p>
<p>16 Talk to a stranger about autism</p>	<p>17 Write a letter to your legislators to advocate for individuals with autism</p>	<p>18 Order your Amazon goods via Amazon Smile and select Autism Society as the organization</p>	<p>19 Attend Taco About Autism Event at Chuy's near 183 (all day)</p>	<p>20 Attend Autism Society open house @ 5PM &amp; Quiz for a Cause at Nomad Bar @ 8PM (21+)</p>	<p>21 Create an autism friendly workplace</p>	<p>22 Ask for a shout-out for autism awareness month on the radio</p>
<p>23 Share educational facts about autism on Twitter, Facebook, and Instagram</p>	<p>24 Ask your employer to match your donations to Autism Society of Texas</p>	<p>25 Thank someone who has helped you or your loved one affected by autism</p>	<p>26 Learn &amp; share information about autism safety</p>	<p>27 Practice or watch someone with autism's talent &amp; sign up for the May Talent Show</p>	<p>28 Call a caregiver of someone with autism and let them know that you care</p>	<p>29 Share a story about how you have or would want to accept someone with autism</p>
<p>30 Attend sensory friendly hours at the Thinkery 8:00AM-10:00AM</p>	<div style="text-align: center;">  <p>For more information and events online,  <b>Visit our website</b>  <a href="http://texasautismsociety.org">texasautismsociety.org</a></p> </div>					
<div style="text-align: center;">  <p><b>AUTISM SOCIETY</b>  <i>Improving the Lives of All Affected by Autism</i>            Texas</p> </div>						