

Do One Thing for Autism

Please help us to spread the word about our Do One Thing for Autism campaign: www.onethingforautism.com.au. With your support, we can create greater acceptance and understanding of autism.

Sample website news story

Do One Thing for Autism

New research from [Amaze](#) – the peak body for people on the autism spectrum and their supporters in Victoria – shows that while 98% of Australians have heard of autism, only 16% of autistic people and their families believe the public know how autism affects them.

Autistic people and their families want the community to [understand six ways](#) that autism affects people:

1. Difficulties in social situations
2. Anxiety about unexpected changes
3. Needing extra time
4. Sensory sensitivities
5. Stimming
6. Meltdowns

Amaze is helping to educate people about the ways they can support someone with autism through a new campaign called [Do One Thing for Autism](#).

They're asking people to pledge do one simple thing to help create an autism-friendly world and make life a little bit easier for autistic people everywhere. These actions can include:

- Speaking clearly and directly using plain language – sarcasm and using expressions like “it’s raining cats and dogs” often causes confusion.
- Being punctual and not changing plans suddenly
- Asking questions one at a time and providing information in small chunks.
- Checking what sensory sensitivities the autistic person may have and making adjustments to the surroundings eg. Lowering lights and volume.

You can read more about these simple changes at onethingforautism.com.au and commit to making a change.

Sample newsletter story

Do One Thing for Autism

New research from [Amaze](#) – the peak body for people on the autism spectrum and their supporters in Victoria – shows that only 16% of autistic people and their families believe the public know how autism affects them, and even less (4%) think people in the community know how to support autistic people.

Amaze is helping to educate people about the ways they can support someone with autism through a new campaign called [Do One Thing for Autism](#). They're asking people to take a 2 minute quiz to test their knowledge of autism and then pledge to do one simple thing to make the world a little bit easier for autistic people everywhere.

Please visit www.onethingforautism.com.au and share with anyone you think wants to better understand autism.

Sample social media posts

(Images are available as individual files)

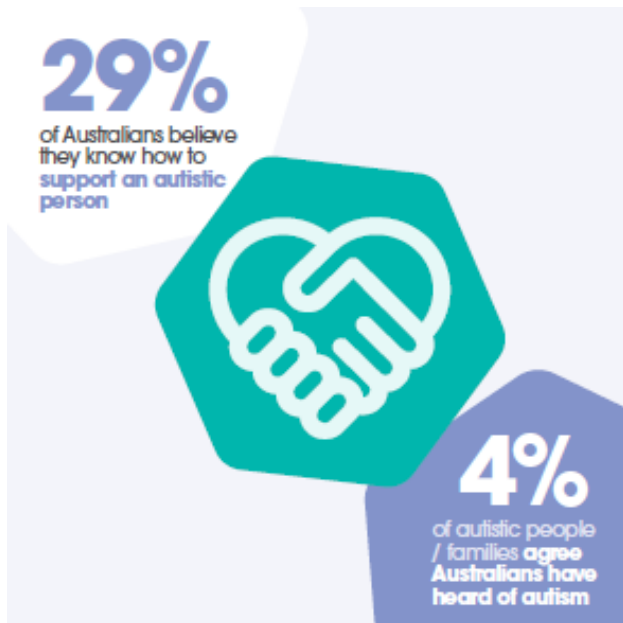
1.

Autism awareness has been done. Now is the time for the community to understand, engage and accept. And it all starts with one thing – do one thing for autism at www.onethingforautism.com.au.



2.

Bridge the gap. Do one thing for autism at www.onethingforautism.com.au. Share this post so more people can understand autism better.



3.

Imagine experiencing this every time you left your house. This is an everyday experience for many people with autism.

Do one thing for autism at onethingforautism.com.au. Share this post so we can increase acceptance and understanding of autistic people.



4.

It's raining cats and dogs. If you were an autistic person what would you think this means? Take and share our 2 minute quiz to better understand autism.

Do more 'things' for autism at www.onethingforautism.com.au

Autism statistics

Amaze has released ground-breaking research into what Australians know, think and feel about autism. It's the first research study of its kind in Australia and it has looked at autism from both sides – autism and non-autism communities.

Key findings:

- Nearly all Australians (98%) have heard of autism – awareness is high.
- 86% of Australians have contact with an autistic person. One in five people have an autistic friend, and one in four have an autistic relative.
- 29% of Australians believe they know how to support an autistic person, but only 4% of autistic people and their families agreed people in the community know how to support autistic people.
- 52% of all autistic people reported being socially isolated, and 48% reported being avoided or shunned by people who knew they or a family member was autistic.
- Autistic people reported high levels of negative social interactions, including being stared at (81%), people 'tutting' at them or shaking their heads (61%) or people actively avoiding them (64%).
- Australians overwhelmingly agree that autistic people are discriminated against and that more should be done to support autistic people in schools (74%) and workplaces (70%).

Download the [fact sheet](#) or access the full [research report](#) for more statistics.