

# Here's what we think you AUT2KNOW!



- 01** Having autism can make social interactions difficult, but not impossible!
- 02** LISTEN and TRY different ways to communicate if you are having trouble understanding someone or giving them a message.
- 03** Pause when you give instructions or try to get someone's attention. Give extra response and wait time!
- 04** Be patient, and tolerant! Their perspective is going to be different, but valid!
- 05** Speak at a normal pace - just keep it calm and simple! Trying communicating directly and without confusing sarcasms or figures of speech.
- 06** Help someone in an emergency situation, only when the danger is clear. You can often ask them if you can help them contact a carer or trusted person!

**Scan the QR code to see the full video,  
or visit [pactautism.com](https://pactautism.com) for more information!**

