

# Examples of what you could say when telling someone you're autistic

Here are some examples of things you could say when telling someone you are autistic

## **Telling friends or family**

Think about starting the conversation like this for example.

“Thank you for sitting down with me. I want to share something that is very personal to me. I have recently had an autism diagnosis. I’m happy about the diagnosis as it has helped me to understand myself better and know why I have difficulty in certain areas.”

You could then asked questions like this.

“Do you have any questions for me about the diagnosis?”

“Do you know much about autism?”

You could also explain how autism affect you and your life.

“My autism means that I find these things difficult.....”

“My autism means that I’m really good at.....”

## **Telling your colleagues at work or staff at your college/ university**

Think about starting the conversation like this for example.

“I would like to let you know that I have had an autism diagnosis. I’m letting you know as I think knowing this will help to identify what support or reasonable adjustments can be made to help me in the workplace/ educational environment.”

You could also explain how autism affect you in your workplace/ college or university.

“My autism means that I find these things difficult.....”

“My autism means that I’m really good at.....”