

LET'S BE FRIENDS

A story of friendship from Neurodiversity Ireland.



NEURODIVERSITY
IRELAND

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This is the story
of two friends,
Dahlia and Erin.

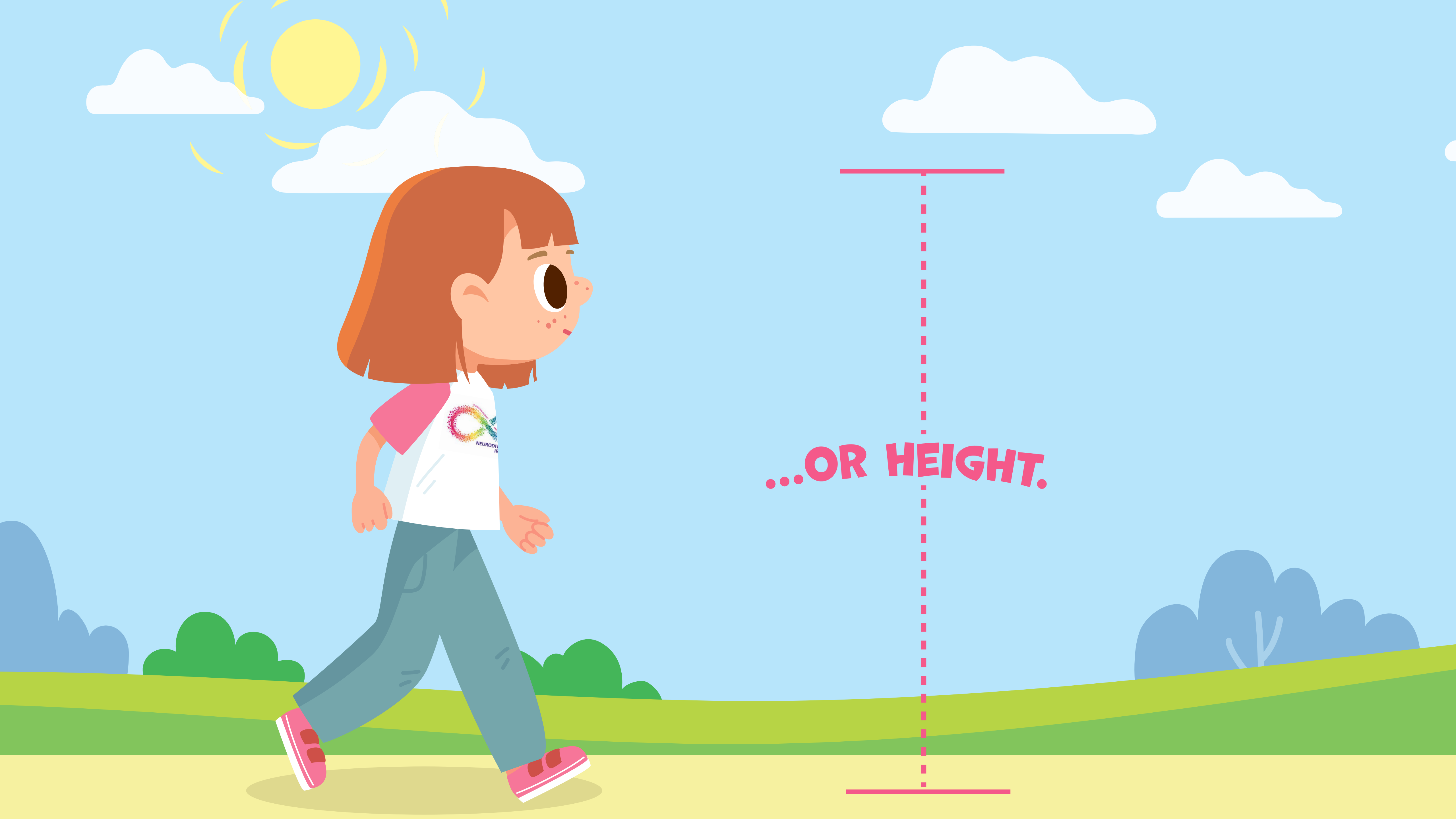




Everyone is different.
Some differences are visible...

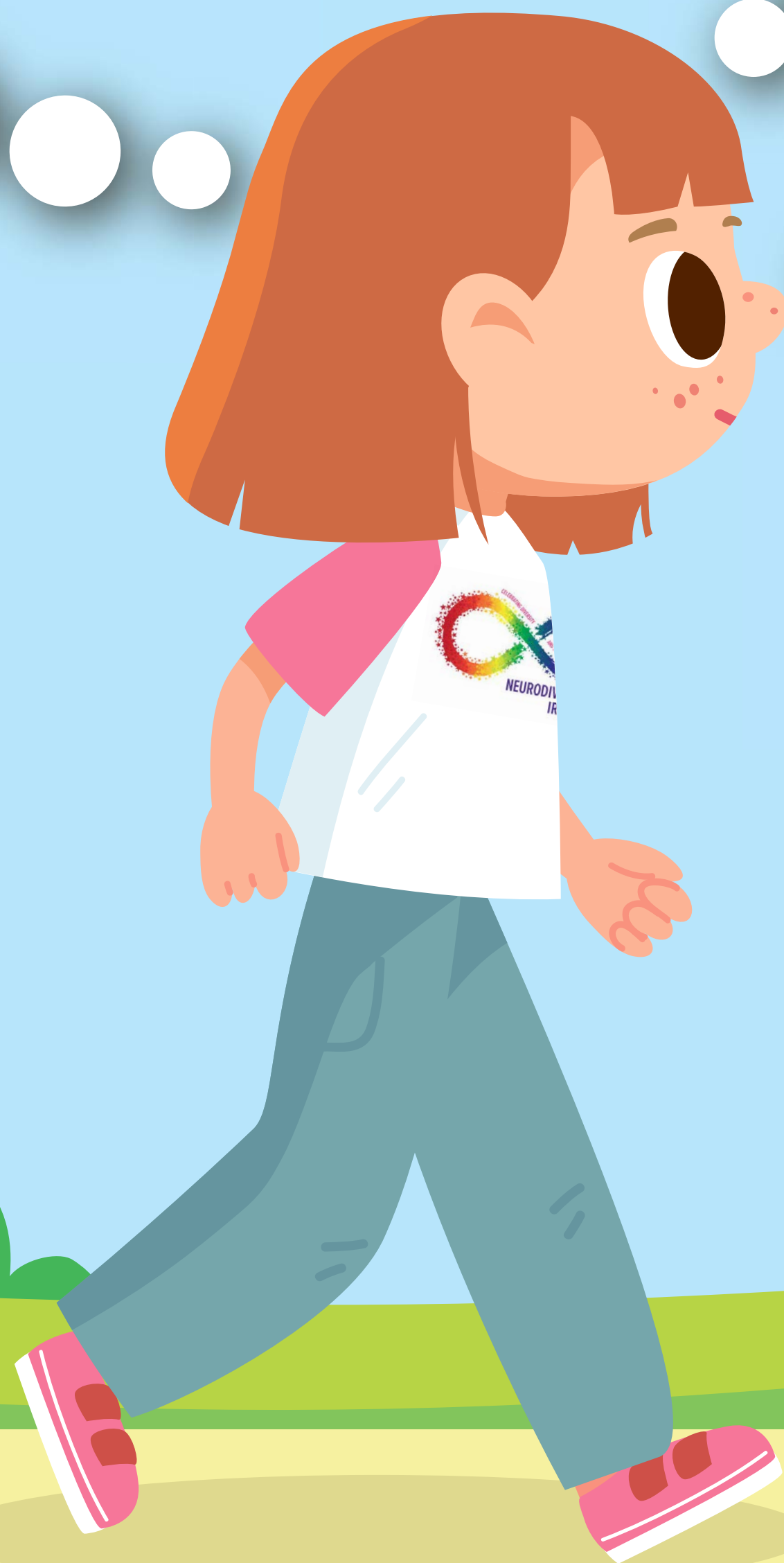


...like hair colour...



...OR HEIGHT.

Other differences cannot be seen like what our favourite things are or the way we take in information.



**INFOR
MATION**



The way I take in information and
experience my environment is called

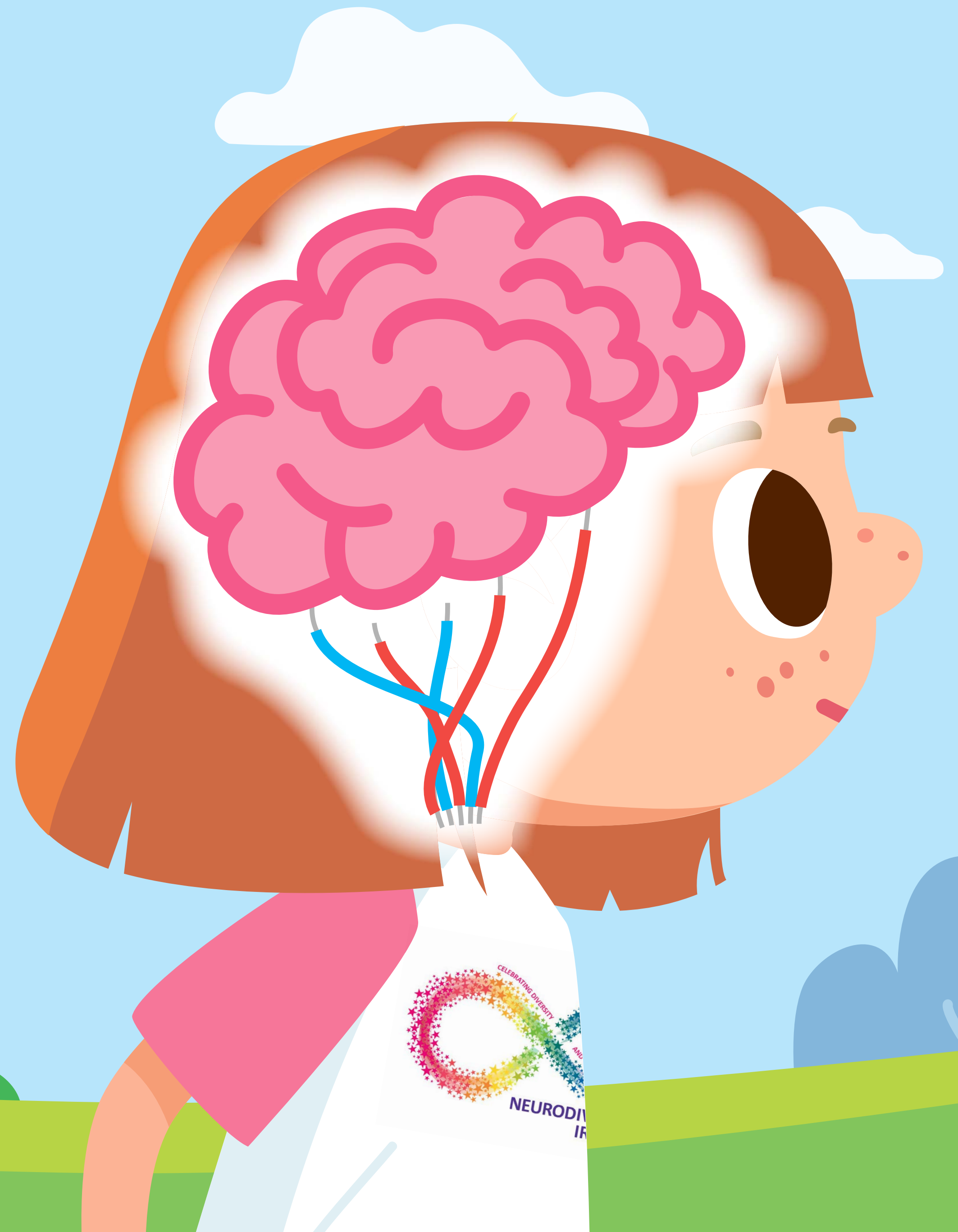
AUTISM

An illustration of a child's head in profile, facing right. The child has brown hair and a large, open mouth. Inside the head, a pink brain is shown with several colored lines (red, blue, red) representing neural connections extending downwards. The background is a bright blue sky with a yellow sun and white clouds. The foreground shows a green field with blue bushes.

That means I am autistic.
Being autistic means my brain
(the body's computer)...



...is wired differently than
some other people.



A colorful illustration of a young girl with brown hair, freckles, and a white t-shirt with a logo, walking on a yellow path. She is carrying a pink backpack. The background features a stylized landscape with green hills, a white house with a yellow roof, a white fence, and several trees. The sky is light blue with white clouds and a small airplane flying in the distance. The text "It also means that I see and understand the world differently." is written in white on a teal background.

It also means that I see and understand the world differently.



Sometimes I might get bothered by things that others might not notice or that don't bother them.



The things I

**HEAR, SEE,
TASTE,
SMELL & FEEL**

can sometimes be too much to handle.



For example, I might be bothered
by the fabric of my shirt...



...or how loud a classroom sounds when everyone is talking and it might take me a little longer to respond.



When these things happen



I NEED MY FRIENDS TO BE

PATIENT

AND KIND

When I get overwhelmed
by something



...like a loud sound,
I might get upset or cry,
just like my friend does when
they get frustrated or hurt.



MY FRIEND MIGHT
ACT, PLAY
AND TALK
DIFFERENTLY




than I do but all that matters is I like my friend and I enjoy playing with them.

An illustration of two young girls in a park. The girl on the left has brown hair and is holding a green turtle. The girl on the right has red hair in a ponytail. The background features a bright sun, white clouds, green grass, and a tree.


My friend is great at art and sport,
they are funny and kind...

...and it's cool to listen to how much they know about turtles!




Hey, want to hear about my turtle?

Yes please!

An illustration of two young girls in a grassy field under a blue sky with a sun and clouds. The girl on the left has brown hair and is holding a green turtle. The girl on the right has red hair in a ponytail. A speech bubble from the girl with the turtle says, "I can tell you all about him."

I can
tell you all
about him.

An illustration of two young girls standing on a green grassy hill under a bright blue sky with a yellow sun and white clouds. A small green turtle is on the ground between them. The girl on the left has long brown hair and is wearing a white t-shirt with a colorful infinity symbol logo and the text 'NEURODIVERSITY IRELAND', blue jeans, and pink sneakers. The girl on the right has red hair in a ponytail and is wearing a white t-shirt with yellow sleeves, dark shorts, and yellow sneakers. Three speech bubbles contain their dialogue.

He is
so cool

He's actually
cold-blooded

Oh wow!




EVERYONE HAS
THINGS THEY ARE

GOOD AT

AND

NOT SO GOOD AT

An illustration of two young girls standing in a grassy field under a blue sky with white clouds and a yellow sun. The girl on the left has long brown hair and is wearing a white t-shirt with a colorful infinity symbol logo and the text 'NEURODIVERSITY IRELAND', blue pants, and pink shoes. A small green turtle is on the ground near her feet. The girl on the right has red hair in a ponytail and is wearing a white t-shirt with yellow sleeves, dark shorts, and yellow shoes. The background features rolling green hills, blue bushes, and a bright sun with rays.

I might find it easier to learn something than my friend does, but they might find other things easier to learn than I do.

An illustration of two young girls standing on a green grassy field under a bright blue sky. The girl on the left has long brown hair and is wearing a white t-shirt with a colorful infinity symbol and the text 'NEURODIVERSITY BELANG' on it, and blue pants. The girl on the right has red hair in a ponytail and is wearing a white t-shirt with yellow sleeves and dark shorts. A small brown turtle is on the grass in front of them. The sky is light blue with white clouds and a bright yellow sun with rays.

My friend can help me learn new things
and I can help them learn things too.

I love that my friends
are all different and unique.



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