



NEURODIVERSITY

Neurodiversity refers to the natural variation in how human brains function. Just as we celebrate diversity in race, culture, or personality, neurodiversity recognizes that differences in brain wiring are a normal part of human diversity. These differences can affect how people learn, communicate, process emotions, and interact with the world around them.

Autism Spectrum Disorder (ASD)

ASD is characterized by differences in social communication, sensory processing, and behavior.

Dyspraxia

Affects motor coordination and planning, often leading to difficulties with tying shoelaces, writing, or sports.

Attention Deficit Hyperactivity Disorder (ADHD)

People with ADHD may have difficulty with impulse control, focusing on tasks, staying organized, or sitting still.

Tourette Syndrome

Tourette Syndrome involves involuntary movements and vocalizations called tics.

Dyslexia

Dyslexia affects reading, spelling, and processing written language.

Selective Mutism

An anxiety-related condition where an individual is unable to speak in certain situations or environments, even though they can speak normally in others.

Dyscalculia

Dyscalculia affects mathematical reasoning and number sense.

Fetal Alcohol Spectrum Disorders (FASD)

FASD is caused by prenatal alcohol exposure, affecting behavior, memory, learning, and self-regulation.

Being neurodivergent is not a flaw or something that needs to be fixed. It simply reflects the wide range of ways that human brains can work.



SUPPORTING NEURODIVERSITY

As with any form of neurodivergence, support should be personalized. Every person has unique needs, strengths, and preferences. Here are some general strategies that can help.

Use clear and direct communication

Speak clearly and literally – avoid sarcasm, idioms (“break the ice”), or vague instructions. Give extra time to process language and respond.

Encourage all forms of communication

Some may use speech, while others use gestures, pictures, or assistive technology (like speech-to-text apps). Respect and encourage communication in whatever form feels most comfortable.

Be mindful of sensory needs

They may experience heightened or reduced sensitivity to sounds, lights, textures, or smells. Offer choices such as quiet spaces, alternative seating, or sensory tools.

Celebrate strengths and interests

Neurodivergent individuals often have intense interests or special talents. Use these passions as motivators for learning and engagement.

Provide structure and predictability

Many neurodivergent individuals feel more secure with routines and clear expectations. If changes are necessary, give advance notice and support transitions.

Respect autonomy and boundaries

Ask before offering help—don’t assume someone needs assistance. Avoid forcing eye contact, physical touch, or social interactions if they appear uncomfortable.

Help with emotional regulation

Meltdowns or shutdowns often happen when someone feels overwhelmed—not because of misbehavior. Teach calming strategies and provide safe spaces to de-escalate.

Be patient and kind

Supporting neurodivergent individuals sometimes requires flexibility and understanding. Your kindness and acceptance can make a lasting positive impact.

Neurodivergent traits are not things that need to be cured or hidden. With the right understanding and accommodations, neurodivergent individuals can shine in their own unique ways.

Together, we can build a world that values every mind.



NEURODIVERSITY

Neurodiversity ej kōn ukoktak in kilen an kōmālij eo jerbal. Āinwōt ad kile oktak ko ikōtaan armej in kajojo laḷ, ṁanit, im bōnjan kajojo armej, neurodiversity ej kile oktak ko ilo kilen an ejaak im jerbal kōmālij ko an kajojo armej ej mōttan wōt kadkadin kōj armej ad oktak jān doon. Oktak kein remaron jelōt kilen ad katak, bōk melele, eñjake, im jerbal im ṁakūtkūt ilo jukjuk in pād ko ad kajojo.

Autism Spectrum Disorder (ASD)

Kadkad in armej rein ej alikkar ilo oktan in aer bōk melele ak kōnono ippān ro jet, emaroñ dik ak ḷe jān joñan eñjake ko ippāer ṇan anikien, meram, im ed in nuknuk ak nemān, ekoba ṁantier.

Dyspraxia

Ejelōt kilen an kōmakūt ṁajel ko ṇan karōk wawein an komakitkit ānbwinin, im ekkā an waḷok ilo an abañ an kommani makitkit ko einwot lukōj juuj ko an, jeje, im barāinwōt ikkure.

Attention Deficit Hyperactivity Disorder (ADHD)

Ro ewōr ADHD emaroñ pen aer dāpij kōṇaan ko aer, bok aer ien nan kadedelōk juon jerbal, kakōn peḷaakier ak ḷōmṇak ko aer, barāinwōt pen aer tōt ilo juon wōt jikin.

Tourette Syndrome

Ejjab maroñ dāpij jet iaan ṁakūtkūt ko an ānbwinnin im naan ko ej ba (tics)

Dyslexia

Ejelōt kilen riit, jipeel, im melele ta ko rej riiti im jei.

Selective Mutism

Itok jen an ikumkum, ejelōt an juon ajri ak ritto maroñ kōnono ilo jet jikin ak jabrewot wawein ko, mekarta rejelā kenaan. (Selective Mutism ejjab melelein ej nueordivergence)

Dyscalculia

Ejelōt kilen an juon jerbal kon nōmba im jerbal ko jet ikijien bōnbōn.

Fetal Alcohol Spectrum Disorders (FASD)

Itok jen an Ṃaṁa eo idaak kadōk ilo iien eo ej ejaak niñniñ eo im ejelōt ṁwilin, an kakemejmej, an bōk katakin, im maroñ eo an ṇan dāpij e make ak kōjparok e make.

Neurodivergent ejjab juon bōd ak juon men eo jej jibadrōk ṇan kajimwe. Jekjek in ej kalikkar drebakbak in wawein an kōmālij ko an armij jerbal.



JIPAÑ NEURODIVERSITY

Jabdewōt ro im rej neurodivergence, rej aikuji jibañ ko im rejenolōk ñan er make. Aolep armej rejenolōk aikuji, kajoor, im kōṇaan ko aer. Ijoke, ijin ila! ej jet ial ko komaroñ kōmṇani ñan jibañ.

Kōjerbal naan ko im realikkar im jejjet

En alikkar aṇ kōnono im jab kōmṇan kōjak. Jab kōjerbal naan ko rejjab alikkar. Leļok iien ñan an ajri eo lōmṇak kōn ta ko kwōj ba- ro ewōr autism ippāer ebōk iien ñan aer uwaak.

Rejañ bwe ren kōnono im kwalok lōmṇak ko aer ilo jabrewot wawein

Jet remaroñ kōnono, jet rej kōkkale, kōjerbal pija ko, ak kōjerbal kein jibañ ko jet einwot device ko rej ukot naan ko ñan ainikien. Kautiej im rejañ er ñan kwalok lōmṇak ko aer ilo jabrewot wawein ko emman im jejjot ñan er

Melele kin aikuji ko aer nan jiban er jelmae eñjake ko aer

Anikien ko rellap, ñe elap an meram, nem ko rekajoor, ak edin nuknuk remaroñ jab jejjet. En wōr jikin ko im komaroñ bōklōk er im ejjelōk ekeroro ie (ak kōjerbal headphone ko im rej kadiklōk anikien ko).

Monono kin kajoor ko aer im itoklimo ko aer

Ippāer elōñ men ko elap aer itoklimoier kaki im jelā ko rejenolōk kaki. Kōtlōk bwe ren kwalok kōn ta ko eitoklimoier kaki — komaroñ kōjerbali ñan kōmṇan wōnṇaanlōk im kōmṇan bwe ren leṇōñōñō.

Karōkan jerbal im jelā ta enaaj bōk jikin tokālīk

Ro rej autistic emṇan ñe rej jelā ta ko renaaj bōk jikier. Ñe ewōr oktak in jerbal ak ṇakūtkūt, ñe emaroñ kepooj er ṇokta jān an oktak eo bōk jikin.

Mōñōñō kōn joñan eo epād ippāer im itoklimo ko aer

Kajjitōk ṇokta jān aṇ leļok — kautiej lōmṇak ko aer make. Jab kipel er bwe ren lale mejaṇ, jibwe jabdewōt men, ak kōnono ippān ro jet ñe kwōj loe ke ejjab itoklimoier in kōmṇane.

Jipañ wawein an komanman eñjake ko an

Remaroñ jañ im komman mwiteier ak jet remaroñ jab kwalok enjake ko aer — ejjab kinke enana mwilier. Kwalok bunten ko ñan komanman aer lōmṇak ak bōk er ñan juon jikin ñan kaineman er.

Kwōn kijenmij im jouj

Leļok jibañ ñan ro ewōr ASD ebōk juon eo elap an kijenmej, ejelā rāpeltan jerbal, im eṇōñōñō in ekatak jān bwōd. Ilo aṇ jouj im melele enaaj kōmṇan oktak ilo mour ko aer.

Ṁanit im kōl ko an juon eo ej Neurodivergent ejjab juon men jej jibarok nan kemouri ak nooje. Ilo ad bōk an doon melele im jibañ ro rej neurodivergent remaroñ le iṇaan kōn kapeel ko aer rejenolōk.

Ippān doon, jemaroñ kalōk juon la! eo im aolep armej im wōr aer aorōk.