Fear, Learn, and Grow

I speak up when I see exclusionary behaviour.

I lead discussions about neurodiversity and how to be inclusive.

It's important for me to listen actively and empathetically to understand diverse perspectives.

I advocate for neuroinclusivity in my community and raise awareness about its significance.

I brush off the importance of neurodiversity.

I'm open to challenging my own biases to truly embrace the value of neurodiversity.

I'm scared of asking questions and looking ignorant.

Becoming Neuroinclusive

Fear Zone

Learning Zone

Growth Zone

I avoid conversations about neurodiversity that challenge my beliefs.

I ask questions to learn how to be more neuroinclusive.

I implement changes, like making physical spaces more sensory-friendly.

I rely on stereotypes when interacting with those who think differently.

I strive to celebrate the unique abilities of each individual.

I engage with others who think differently and challenge my biases.

I educate myself about neurodiversity.

I won't let mistakes discourage me from growing and improving.

