



**Neurodiversity  
Celebration  
Week**

In partnership with



# Celebrating our unique strengths and differences

**March 18 - 24, 2024**

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)

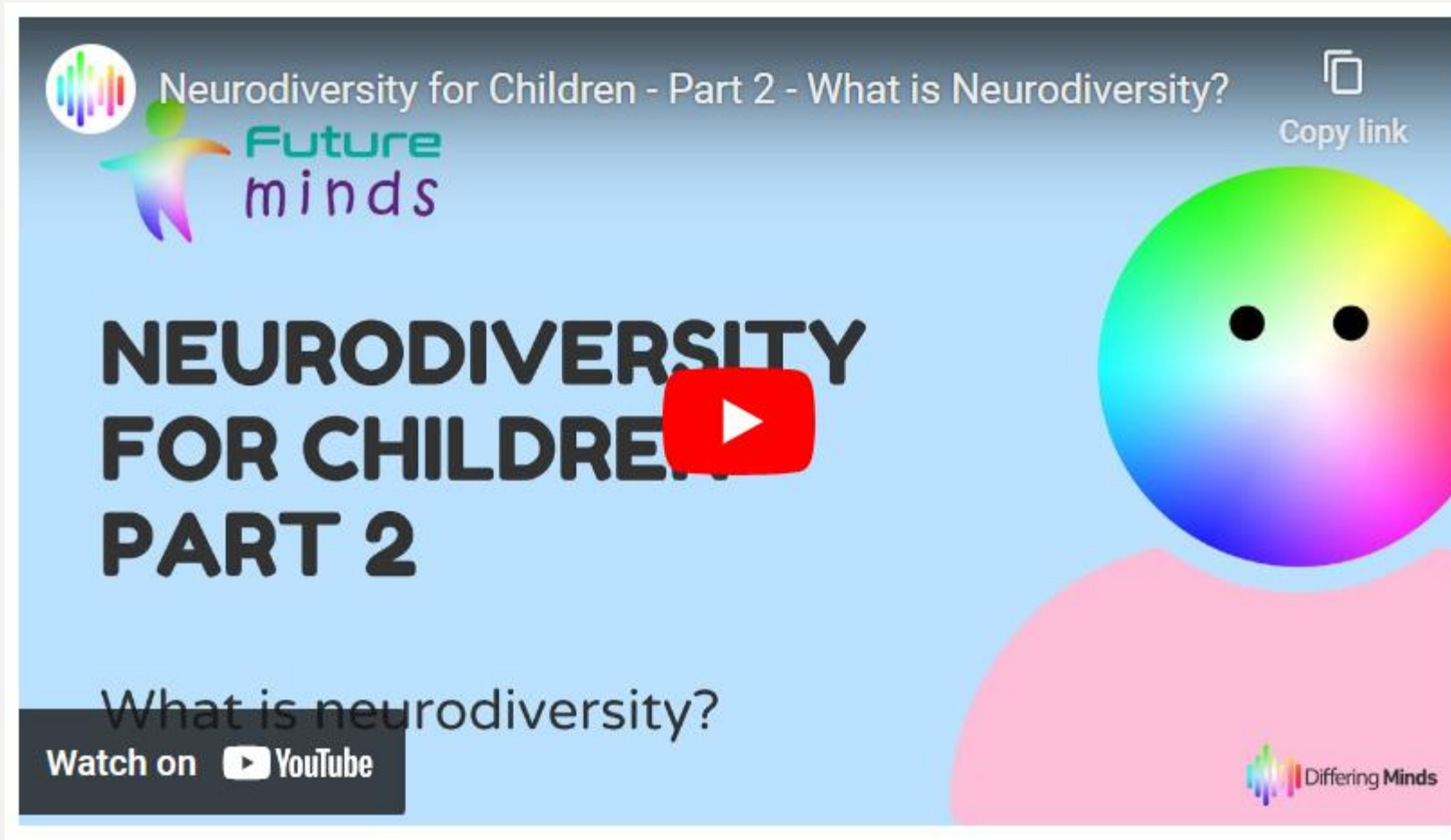


## What is Neurodiversity?

- Have you noticed that everyone thinks, learns and processes information differently?
- Neurodiversity is based on the idea that everyone has a differently-wired brain and their own unique way

Neurodiversity is about recognising that everyone's brain works differently.







# Respecting Differences

- Neurodiversity is about recognising and respecting that we don't all learn the same way.
- Differences in the way our brains are wired means that you may find some things challenging that others find easy.
- You may also find things easy that other people find challenging.

We each have our own strengths  
and challenges.

## Do These Differences Have a Name?

Some of the different ways of thinking, learning, interacting and perceiving the world have been given labels, such as:

- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder (ASD)
- Dyslexia
- Dyspraxia
- Dyscalculia
- Tourette's Syndrome



# Attention Deficit Hyperactivity Disorder (ADHD)

- About 4% of the population have ADHD.
- ADHD affects a person's ability to focus. It can cause inattention, hyperactivity and impulsiveness.
- People with ADHD can be some of the most creative members on a team, bringing energy and new approaches to their projects
- Several studies have shown that adults with ADHD tend to be out-of-the-box thinkers and calm under pressure.

**Did you know  
Justin Bieber  
has ADHD?**



**"Believe you can  
achieve"**

- Justin Bieber, Singer / Songwriter

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**Did you know  
Emma Watson  
has ADHD?**



**"I don't want other people to decide  
what I am. I want to decide that for  
myself"**

- Emma Watson, Actor / Activist

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## Autism

- About 2% of the population is autistic.
- Autism affects how a person perceives the world and interacts and socialises with others, making it challenging for them to pick up social cues and interpret them.
- Autistic people can be sensitive to lights, noise, touch and smells, which can sometimes cause them distress.
- People on the autistic spectrum can be highly logical and can be good at absorbing and remembering facts, attention to

Did you know  
that climate  
change activist  
Greta Thunberg  
is autistic and  
has ADHD?





<https://www.youtube.com/watch?v=Ezv85LMFx2E>



## **Did you know Chris Packham is Autistic?**



**"Humanity has prospered of people with autistic traits. Without them, we wouldn't have put a man on the moon or be running software programs"**

- Chris Packham, Naturalist / Presenter

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# Dyslexia

- About 10% of the population are dyslexic.
  - Dyslexia is a language processing difficulty that can cause challenges with reading, writing and spelling.
  - It can cause challenges with processing information quickly, organisation, sequencing, spoken language and motor skills.
  - Dyslexic people can be very good at creative thinking, problem-solving and verbal communication.
- 
- About 35% of entrepreneurs (business owners) are dyslexic.



**Did you know  
Walt Disney  
was dyslexic?**



**"It's kind of fun to do  
the impossible"**

- Walt Disney, Founder of Disney

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**Did you know  
Keira Knightley  
is dyslexic?**



**"I have always been  
really creative"**

- Keira Knightley, Actress

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**Did you know Jamie  
Oliver is dyslexic?**



**"Being dyslexic or having  
special needs is not an  
excuse or reason for you not  
to prosper"**

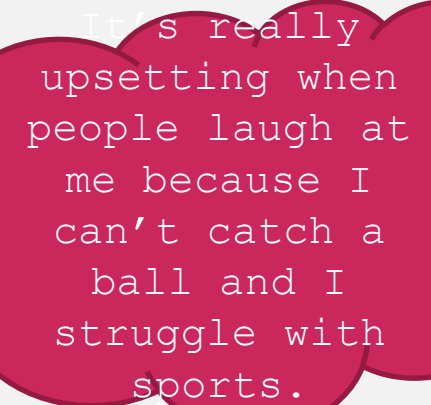
- Jamie Oliver, Chef / Restaurateur

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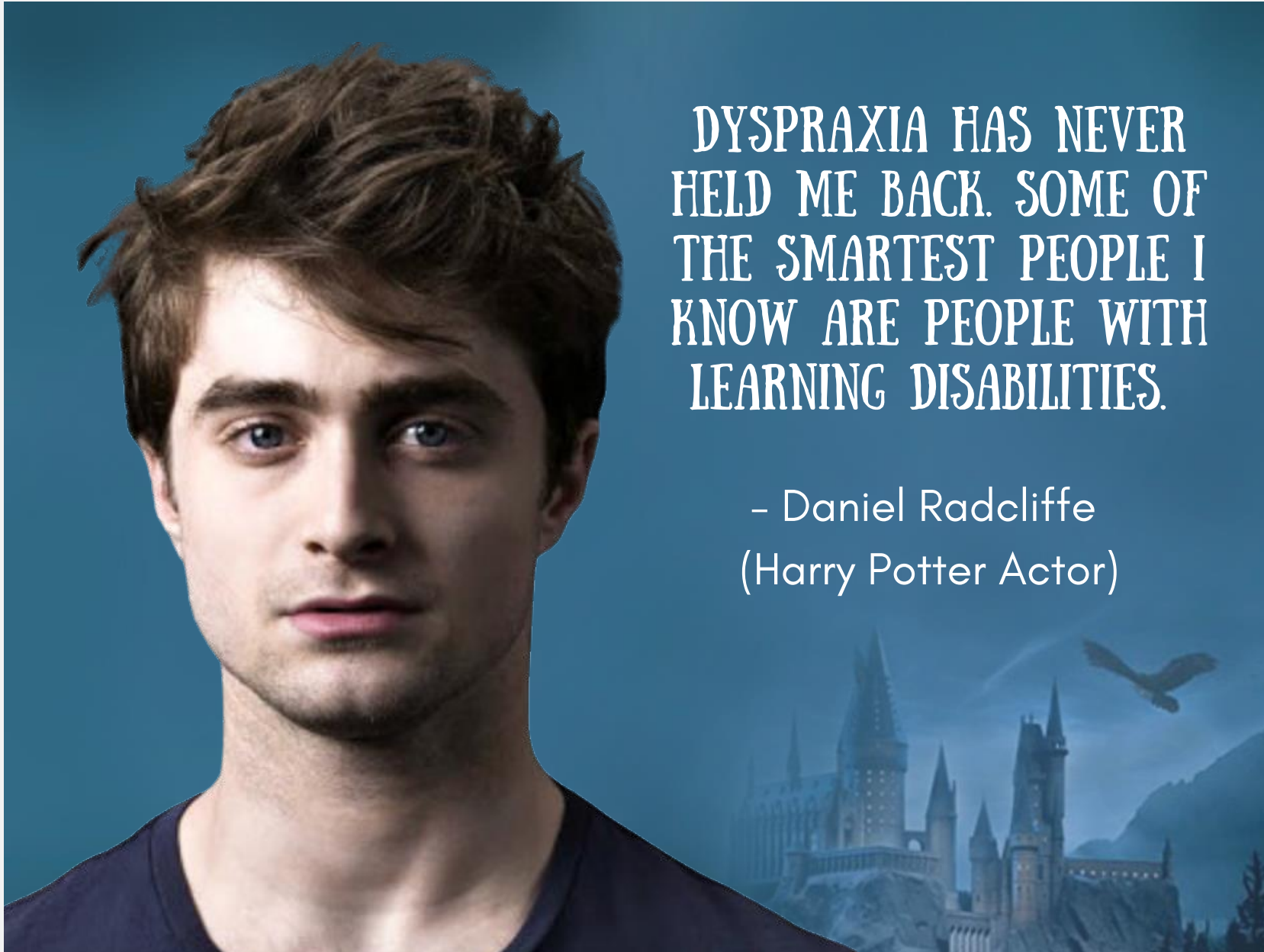


# Dyspraxia

- About 6% of the population are dyspraxic.
- Dyspraxia affects your physical coordination.
- Sometimes dyspraxia can be misperceived as clumsiness.
- Dyspraxia can affect your fine motor skill, such as your handwriting, ability to tie your shoes and doing up buttons.
- It can also affect your gross motor skills, such as being able to catch and kick a ball, run and ride a bicycle.
- Dyspraxia can also affect your ability to organise yourself.
- Dyspraxic people are creative, determined and really good at developing their own strategies to overcome difficulties.



It's really upsetting when people laugh at me because I can't catch a ball and I struggle with sports.



DYSPRAXIA HAS NEVER  
HELD ME BACK. SOME OF  
THE SMARTEST PEOPLE I  
KNOW ARE PEOPLE WITH  
LEARNING DISABILITIES.

– Daniel Radcliffe  
(Harry Potter Actor)



# Dyscalculia

- About 5% of the population have dyscalculia
- Dyscalculia affects an individual's ability to acquire and use mathematical skills
- For some, it affects how they see numbers. For others, it might make symbols difficult to read, or they may have trouble understanding finances, data and using numbers in everyday life
- People with dyscalculia often have strengths such as intuitive and strong strategic thinking, are very creative and have a love of words

## Tourette Syndrome (TS)

- About 1% of the population have Tourette Syndrome.
- Tourette Syndrome (TS) causes sudden, uncontrolled, repetitive muscle movements and sounds called "tics."
- Stressful situations can make the tics more frequent, longer and more severe.
- People with TS can be faster at assembling sounds into words (phonology) and are often high-achieving, creative and empathetic (understanding and caring).





## What Can You Do To Help?

- Don't tease or make fun of anyone in your class who is different or who is finding something difficult.
- Instead, be kind, understanding and encouraging.
- Never forget that you have the power to make a positive difference to someone who may be having a difficult time.

Make someone's day by being understanding and kind.