

Supporting Autistic people who may want to disclose

Tips for non-Autistic people

Autistic disclosure is when someone chooses to disclose their Autistic identity. While disclosure is a personal choice, it is everyone's responsibility to create an environment where Autistic people (and people with other disabilities) can feel safe to disclose and be their authentic selves.

To be an ally or an advocate to someone who wants to talk about autism, follow these tips from people who are Autistic!

Disclosure is private. If somebody discloses to you, that is a private decision and it is not for you to share with other people unless that person gives you permission to do so.



Ensure you create a safe environment

- Welcome open conversations about disability and neurodiversity
- Consider how sensory-friendly your environment is (do you need an expert to assist?)
- Treat all people with respect
- Value perspectives that might be different to your own



Words and responses matter!

Some of the most negative reactions as reported by Autistic people following their disclosure included people:

- Telling me, "You don't look Autistic!" or "There is no way you could be Autistic!"
- Being shocked or surprised
- Responding with disbelief saying I don't have it ...
- Dismissing what I had to say



React positively

Some of the most positive reactions as reported by Autistic people following their disclosure included people:

- Making me feel welcome
- Being curious, interested and excited
- Making me feel heard and understood
- Thanking me for sharing being Autistic
- Making me feel valued and seeing my autism as a strength
- Asking how I experience things
- Asking me for resources about autism



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