When People Say Untrue Things About Autism or ADHD

Sometimes I hear people saying things about autism or ADHD. This might be on the news, online, or from people around me.

Some of the things I hear can be untrue or unkind.
When I hear these things, I might feel confused, cross, or upset.

These feelings make sense, because may autistic and ADHD people feel like this when they hear these lies.

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Some politicians say big, dramatic things to get attention. They may not understand autism or ADHD properly.

Their words can make people believe things that are not true. This is wrong. It can make people be unkind and have the wrong ideas about autism and ADHD.

Many adults who understand autism and ADHD try to correct these mistakes.
These adults speak up, write, and share true information to support young people.

It can help to remember that many good adults are speaking up for people like me.

If someone repeats untrue words, I can choose simple things to say, like:
“That’s not true.”
“Those words are hurtful.”
“Autism and ADHD are really ways that different brains work.”

I can also choose to walk away and talk to a trusted adult later.
I can take breaks from news or social media if it feels too much.
I can try to listen to the people who speak with kindness and truth.