

## **Open Your Class With This Tomorrow** ***The Reason I Jump***

### **Directions**

These recommendations for interacting and better understanding individuals with Autism come directly from the author of the book Naoki and are scattered throughout *The Reason I Jump*. These are Naoki's recommendations for helping people more successfully interact with autistic individuals. Please note that some of these recommendations may relate directly to Naoki and that there are a variety of degrees and experiences of individuals with Autism.

### **Naoki's recommendations for being more understanding of those with Autism**

- Naoki asks that people not judge autistic people by the "the cover" because although they cannot always communicate effectively, they do have normal cognitive abilities.
- Naoki loves being with other people and does not want to be on his own as people often assume, he just does not want to let anyone down so often reverts into himself.
- Autistic individuals are not ignoring you when you say something but they may be consumed with thinking about other things and hear your voice only as a type of background noise. Be persistent, but you may have to get close or repeat yourself before you are heard. Naoki encourages people to use names when addressing those with Autism to get their attention.
- If a person with Autism starts to have a tantrum, let them. If you try to prevent it, the tantrum often gets worse. The tantrum it will eventually run its course soon enough even if it sometimes happens in public places and might be uncomfortable to watch.
- Individuals with autism often need a direct prompt to begin a behavior such as "you can start to drink your milk now", rather than just placing a glass of milk in front of them. These behaviors may seem intuitive but do not expect them to begin the behavior on their own, this prompt acts as a starting point for the behavior.
- Performing ritualized actions often relaxes and soothes those with Autism; don't discourage this behavior because it can be quite therapeutic.