



Intro to Neurodiversity

Our world is diverse in many ways. One of the ways our world is diverse is called **neurodiversity**. That means that we have a lot of variety in the way that we think and experience the world. That's a good thing, because it makes our society stronger. If we all viewed things the same way, our society would be a lot less varied, unique, and interesting. Neurodiversity also means that everyone has a different set of strengths and areas of difficulty. Every person has strengths and positive qualities.

Even though everybody's brain is unique to them, some people think and experience the world more similarly. The biggest group of people who experience the world similarly is referred to as **neurotypical**. Anyone who is not neurotypical is referred to as being **neurodivergent**. There are many ways to be neurodivergent. Autistic people and people with ADHD, Down syndrome, anxiety, OCD, Tourette's and/or learning disorders often consider themselves to be neurodivergent. Children, teenagers and adults can identify as neurodivergent.

It is important that our world is inclusive of everyone. More and more people are learning about neurodiversity. Many neurodivergent and neurotypical teens and adults educate people about neurodiversity and work towards making the world more inclusive of all ways of being. One of the ways that we can all be inclusive to each other is to learn about each other, how we are unique, and what we have in common. Since neurotypical people are the majority, they have the biggest responsibility to be inclusive.