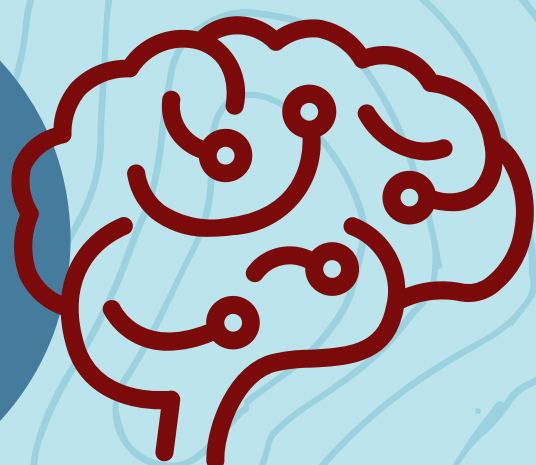


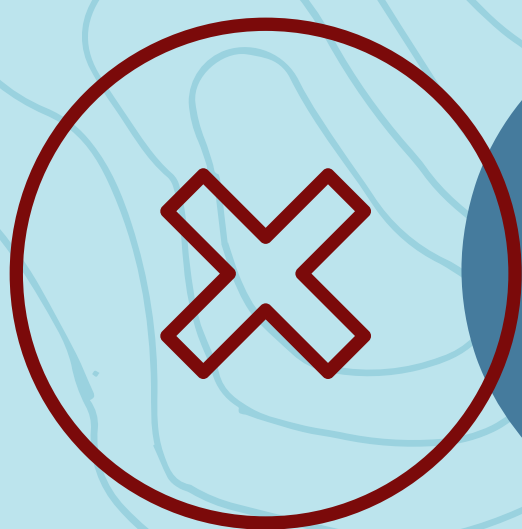
Neurodiversity terminology

Neurodiversity: an umbrella term that acknowledges the natural **diversity** in human neurology. The human race is neurodiverse – we differ in the ways our brains work



Neurodivergent/ND: refers to individuals whose cognition & neurology differ from what is considered "typical". Examples include Autism, ADHD & dyslexia

Neurotypical/NT: anyone who is not ND! People with typical neurological development & function and perceive & process the world in-line with societal & cultural expectations



Ableism: discrimination towards people with physical, intellectual & psychiatric differences, often assuming that they are "wrong" & need to be "fixed"

Masking: acting or behaving in a way that hides an individual's genuine thoughts, feelings & processes, in an effort to conform to societal or cultural norms

