



**Ambitious
about Autism**

Black Lives Matter

An easy read guide to explaining
Black Lives Matter



#BlackLivesMatter

What is racism?



Lots of people look different to you.

They have different colour skin.



Some people are treated badly because of their skin colour.



For more detail, see our [Racism Explained easy read guide](#) or [visual story](#).

What happened to George Floyd?



George Floyd lived in America.



He was black.

George Floyd went to the shops.



The shopkeeper thought George Floyd's money was fake. It was not fake.



The shopkeeper called the police. The policemen arrived.



One white policeman kneeled on George Floyd's neck for nearly 9 minutes.

George Floyd said "I can't breathe".

George Floyd suffocated and died.



People recorded this on their phones and uploaded it to social media.



Lots of people were sad and angry about what happened to George Floyd.



Racism happens everywhere, including in America and the UK.



Racism causes black people to be treated differently because of the colour of their skin.

People have decided to protest, raise awareness, and demand change.

What is police brutality?

Police officers are there to help and protect the community.

There are lots of good police officers.

But, some police officers judge people on the colour of their skin.

When police officers use too much force or violence this is called police brutality.



What is Black Lives Matter?



Black Lives Matter is a global organisation.

Black Lives Matter campaign to stop police brutality.



Black Lives Matter work to reduce prejudices towards black people.



Black lives Matter want to make sure black people are not treated unfairly because of the colour of their skin.



People have demonstrations and hold posters to support Black Lives Matter.



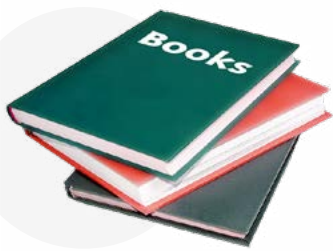
It is important that change happens and that we end racism.

How to be an activist



Activists stand up for your rights and the rights of others.

Activists want change.



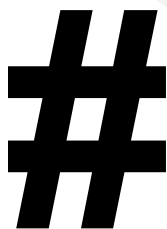
There are lots of ways you can be an activist for the Black Lives Matter movement.



Learn about others' experiences of racism.



Talk to people about how they feel without judging them.



Use the hashtag **#blacklivesmatter** on social media.



Continue to support the Black Lives Matter movement.

How to look after yourself



You might feel overwhelmed by this. That is normal.

Always prioritise and protect your mental health.



Lots of news can leave you feeling anxious and worried. Limit your time online to avoid this.



Talk about how you feel with your friends and family.



Be proud of yourself. You are learning about this and care about other people.



Always remember, you can talk to an adult if you have been affected by racism.

We are Ambitious about Autism

Ambitious about Autism is the national charity for children and young people with autism.

We provide services, raise awareness and understanding, and campaign for social and policy change. Through TreeHouse School, The Rise School and Ambitious College, we offer specialist education and support.

Our ambition is to make the ordinary possible for more children and young people with autism.

Contact us

The Pears National Centre for Autism Education
Woodside Avenue, London N10 3JA

☎ 020 8815 5444

✉ info@ambitiousaboutautism.org.uk

🌐 ambitiousaboutautism.org.uk

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