



**Ambitious
about Autism**

Black Lives Matter

A visual story 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 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.



One white policeman kneeled on George Floyd's neck against the floor for nearly nine minutes.

George Floyd said "I can't breathe".

George Floyd suffocated and died.

I CAN'T BREATHE

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.

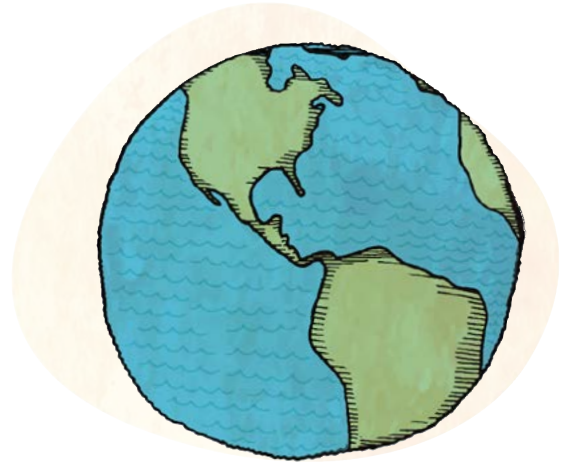
When police officers use too much force or violence this is called **police brutality**.



What is Black Lives Matter?

Black Lives Matter is a global organisation.

Black Lives Matter campaign to stop police brutality.



Black Lives Matter campaign to reduce prejudices towards black people.

Black Lives Matter campaign against black people being treated differently because of the colour of their skin.





Black people and people of all races hold **demonstrations** and have posters to support **Black Lives Matter**.

The **#BlackLivesMatter** is used on social media to show **support**.

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

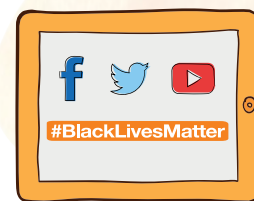


How to be an activist



To be an activist you **speak up** for your rights and the rights of others.

Activists' campaign for **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 judgement
- **Use** the hashtag **#blacklivesmatter** on social media



- **Continue** to support the **Black Lives Matter** movement
- **Read** books written by black people to understand different points of view



How to look after yourself

You might feel **overwhelmed** by this.
That's normal.



Always **prioritise** and protect your mental health.

Take time to spend time doing things you enjoy.

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. You care about helping other people.
You are resilient.



If you have been hurt,
upset or offended by
racism always seek
support or find an
adult to talk to.

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.

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