



**Ambitious
about Autism**

Autism, LGBTQ+ and your wellbeing

A visual story to explain autism,
LGBTQ+ and your wellbeing.





Lots of people identify as LGBTQ+



LGBTQ+ stands for:

- lesbian
- gay
- bisexual
- transgender
- questioning or queer
- plus stands for other identities such as intersex, asexual, agender and pansexual.

Ava is autistic, she also identifies as LGBTQ+.

She is unsure about telling her friends and family.

She is worried what people might think about her.





Ava trusts her friend Ahmed.

Ava tells him how she is feeling.

Ava says that she is LGBTQ+ but she is worried that people won't accept her for who she is, especially as she is autistic.

She said this is making her feel sad and worried, and is affecting her wellbeing.



Ahmed listens carefully and respectfully.

Ahmed explains that being LGBTQ+ shouldn't make you feel sad.

But he recognises that she might feel worried about what others think.



Gender identity and sexuality are fluid and can change over time.

Ahmed tells Ava that there are lots of autistic people that identify as LGBTQ+. She is not alone.

Most people will support her and just want her to be happy. But sometimes people don't react positively. There is support available if this happens.



Ahmed gives Ava some tips for when she feels down.



Like learning about LGBTQ+ history and influential individuals that have created change for the movement.



Finding and embracing her special interests.

Finding online community groups to meet other autistic LGBTQ+ young people.



Ahmed tells Ava that coming out as LGBTQ+ can have a positive impact on her wellbeing.

It might make her feel more confident.

It might give her a sense of belonging to an autistic LGBTQ+ community.

She might feel relieved to acknowledge her true self.



But she doesn't have to tell anyone if she doesn't want to.

Ahmed tells Ava that she should be proud of being autistic and LGBTQ+.

They are both part of her identity.

Ava feels re-assured and a lot happier for speaking to her friend about how she felt.

Everybody deserves respect, regardless of who they are.



If you need further support for your health and wellbeing, visit Samaritans or Mind.

www.samaritans.org www.mind.org.uk

We are Ambitious about Autism

Ambitious about Autism is the national charity standing with autistic children and young people.

We believe every autistic child and young person has the right to be themselves and realise their ambitions.

We started as one school and have become a movement for change. We champion rights, campaign for change and create opportunities.

Contact us

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