

# AUTISM ACCEPTANCE DAY 2018



April 2nd is Autism Acceptance Day. To celebrate, at ARGH's request, Highland Council will be lighting Ness Bridge in a spectrum of colour to symbolise the beauty of neurodiversity.

Autism Acceptance Day coincides with World Autism Awareness Day (WAAD) but differs in that it was started by Autistic people as a way to help others remember that awareness is not enough: acceptance is needed if we are to move towards equality.

Active acceptance is about valuing us for who we are.

Acceptance isn't about rejecting support or services, it is about ensuring that support and services work with us as autistic children and adults, that we are respected as autonomous and happy autistic people. Respecting that we should not be forced to fit into a non autistic way of being. This day and every day we also reflect and celebrate all neurodivergence and embrace neurodiversity as a positive of being human.

Working together as a society we can support each other in our struggles and celebrate our strengths, no matter what our neurology. Neurodiversity isn't just about Autistic people, it's about all of humanity: neurotypical and all neurodivergence, including autistic people.

There is still such a long way to go before we have an equal world but even raising a small smile on April 2nd is a step in the right direction, please reject Light It Up Blue and associated negativity and instead celebrate difference and neurodivergence.

ARGH is an Autistic people's collective, campaigning and lobbying for improvements that will benefit Autistic people of all ages in Highland, Scotland, and beyond.

See previous year's ARGH Autism Acceptance Day photos, find out how we're planning to celebrate this year and learn more about ARGH:

[www.arghighland.co.uk/nessbridge.html](http://www.arghighland.co.uk/nessbridge.html)

More on Autism Acceptance here: [www.autismacceptancemonth.com/about](http://www.autismacceptancemonth.com/about)