

Understanding ASD

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Do you know what ASD is? You probably do. Most people have a family member or know someone with ASD. Even though you might know what ASD is, you might not understand it. Gaining new information about it will help you understand it better.

What is ASD?

ASD is short for Autism Spectrum Disorder or commonly referred to as Autism. ASD is a neurological condition, which means people who have it, don't look like they have it. They look just like everyone else. ASD is not the same for everyone with it, it is different for everyone. Sometimes they are misunderstood and this can be detrimental.

What is a Sensory Overload?

According to Ruth Renfrew's book, *Understanding Autism*, a sensory overload is when lights, noises, and/or crowded areas are too much for people with ASD. When this happens people on the spectrum usually run away, yell, or cover their ears. Most of the time they don't think before they run away or yell.

Who can have ASD?

The truth is, anyone can have ASD. There is nothing you can do to prevent getting ASD. If you have ASD you were born with it. You didn't just get it out of nowhere. ASD is more common in boys though. For every girl with ASD, there are four boys with ASD.

How does ASD affect someone's life?

ASD affects how someone learns, behaves, communicates, and interacts with others. Some people with ASD are higher functioning than others. The people who are higher functioning, don't need as much help as people with ASD who are lower functioning. Some people who have ASD can't hold a conversation, others can't talk at all.

How do people with ASD cope with stress, anxiety, bullying and more?

According to Ruth Renfrew's book, *Understanding Autism*, people with ASD find one (sometimes more) ways to cope. It can be any of the following: arm or hand flipping, spinning, jumping, banging their head, running back and forth, rocking back and forth, etc. This makes them feel better for a lot of different reasons.

Routines and Change

According to Kiddle Encyclopedia, many people with ASD don't like change. They like to do the exact same things everyday, and don't like when their routines change. Some react fine when their routine is changed. This is mainly because they get a warning beforehand.

Interests and More

According to Kiddle Encyclopedia, most people on the spectrum become interested in different things. When they get interested in stuff it sometimes can become an obsession. When people with ASD become interested in things, they often spend a lot of time learning about it. Some things people with ASD become interested in are unusual. It could be something like what they wanted to be when they grew up, like a dentist. They would spend all the time they could learning facts about dentists, toothbrushes, teeth, etc. Or it could be something like an animal they relate to, like a penguin. They would spend all the time they could learning facts about penguins.

Conclusion

In conclusion, there is so much to learn about ASD (Autism). It may be hard to understand at first, but the more you learn about it, the more you understand it. It is very important to learn about ASD because a lot of people live with it.

Websites/ Books used

<https://kids.kiddle.co/Autism>
<https://www.getepic.com/app/read/66431>