



Autism-Europe improves
the quality of life of autistic people

E-newsletter- April 2018



This information is
easy to read!

 **Editorial**



Welcome to
Autism-Europe's e-newsletter.



This newsletter is
in **easy-to-read** language.

4

In this newsletter you will find
4 articles.



The first article on page number 4
is about the celebration of
World Autism Awareness Day.



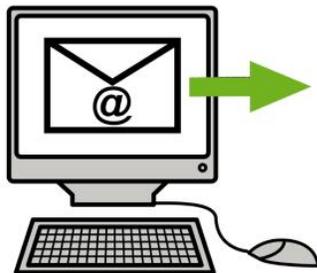
The **second article on page number 11** is about autistic people and mental health problems.



The **third article on page number 18** is about the yes said by Ireland about the Convention on the Rights of Persons with Disabilities.



The **final article on page number 23** is about discrimination against women.



You can **send us ideas** for the next e-newsletter.

If you have ideas, **write us an email**. Write to communication@autismeurope.org



Autism-Europe celebrates World Autism Awareness Day



Every year we celebrate
World Autism Awareness Day.



It is on the **2 of April.**



It is a day to **explain** to people
what autism is.



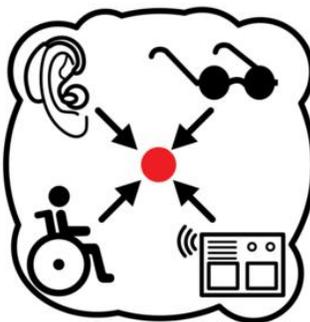
Every year Autism-Europe runs a **campaign** for this special day.



A campaign is several activities that **help give people a message**.



In 2017 and 2018 our campaign had an **important message**.

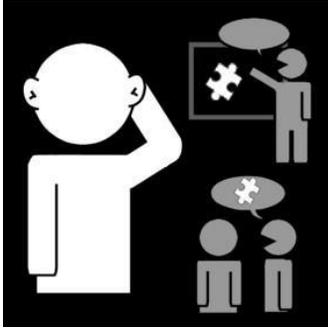


The campaign explained **how to make society more accessible** for autistic people.

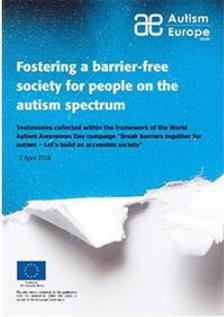


The title of the campaign is:

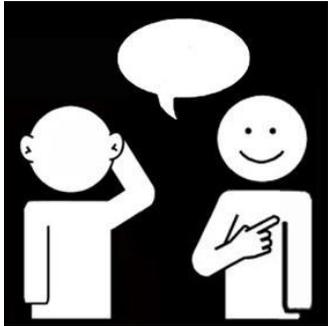
**“Break Barriers Together for Autism:
Let’s Build an Accessible Society”**.



Autism-Europe did lots of things
to **share this message**.



Autism-Europe made
a new publication with testimonies
from autistic people and their families.



A testimony is when someone
talks about **something**
that happened to them.



A “publication” is a **kind of book**
to give **information**.



In this publication we shared
testimonies about **things that**
are difficult for autistic people.



In this publication
people from 16 countries
shared their own stories.



They also gave advice on
how to make things better
for autistic people.



Autism-Europe also showed
a **photo exhibition**
in the European Parliament.



A photo exhibition is when
we show pictures for people
to look at and enjoy.



The photos showed **autistic people**.



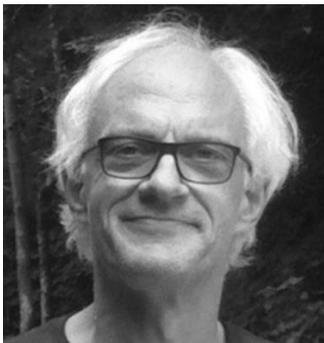
The photos showed
how autistic people can do great things when society is accessible.



There were photos from
three different photographers.



Graham Miller is a
professional photographer
from **Scotland.**



André Weisgerber is a photographer
from **Luxembourg.**



André is from the
Foundation Autisme Luxembourg.



Michal Awin is a photographer from **Poland**.



Michal works with the **Jim Foundation**.



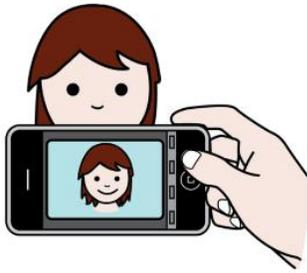
People all over Europe supported the campaign.



Some people showed support by taking pictures with the **campaign banner**.



Some people showed support by writing **what barriers they face** on a piece of paper and **ripping it up**.



People **filmed or took pictures**
of themselves doing this.



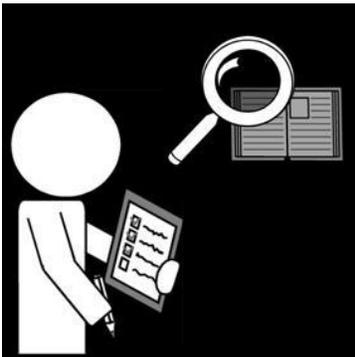
A barrier is a thing that **stops a person**
from doing what they want to do.



Autism-Europe says
a big thank you to all the people
who supported the campaign!



Most young autistic people have experienced mental health problems



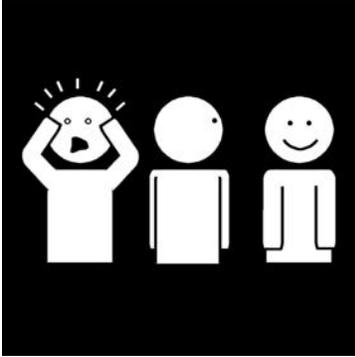
Researchers have made a **new report**.



The report is about **mental health**.



The report is called “**Know your normal**: young people with autism’s experience of mental health”



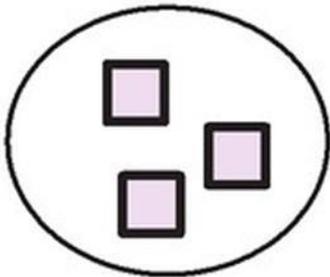
Mental health is the **emotions** a person feels.



A person with mental health problems might **feel sad a lot**.



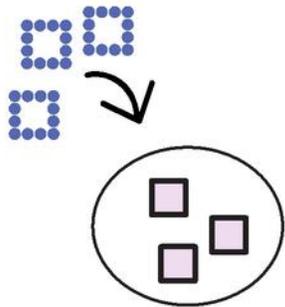
A person with mental health problems might **feel scared and nervous**.



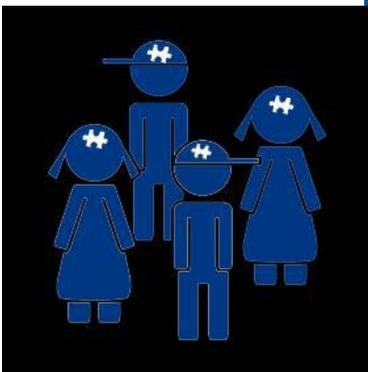
Lots of things in our lives can affect our mental health.



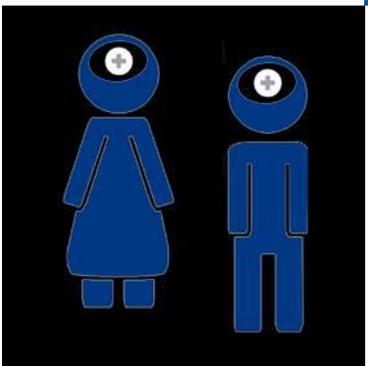
Being autistic is **not** a mental health problem.



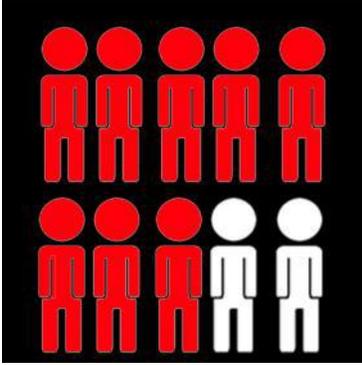
But autistic people **more often** have mental health problems than other people.



The report looks at **young people with autism.**



The report shows that **lots of young autistic people** suffer from mental health problems



8 out of 10 autistic people will have had mental health problems.



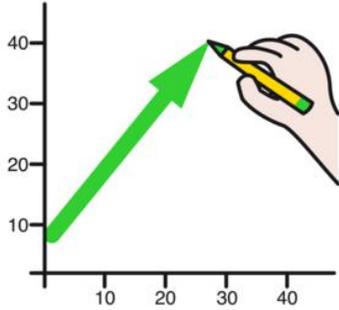
This is a **very high** number.



The report shows that many young autistic people **feel unhappy**.



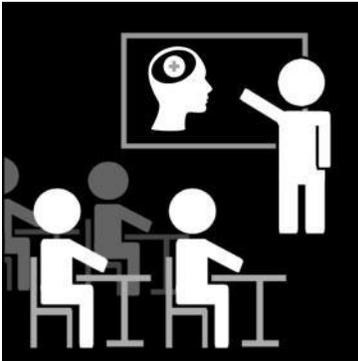
Many feel **depressed** and are **not confident**.



The report explains some ways **to make the situation better.**



Young autistic people need support **to communicate how they feel.**



We should **teach** young autistic people **about mental health.**



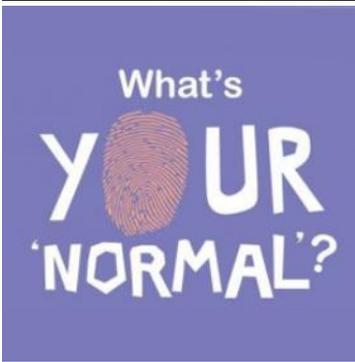
We should show them that there is no reason **to feel embarrassed.**



We should explain that **it is OK to ask for help.**



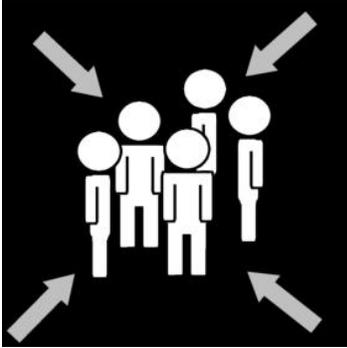
Autistic people need **support that meets their needs.**



Researchers wrote the report as part of a **campaign** called “**Know your normal**”.



The campaign shows what young autistic people need to **feel happy.**



Different people
came together to make this report.



The people who made the report
are **from the UK**.



Some were autistic people
from an **organisation** called
Ambitious about Autism.



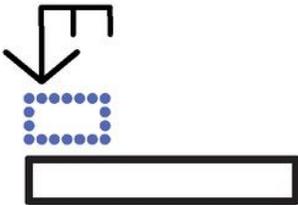
Some were from
a **research centre** called **CRAE**.



Ireland says yes to the Convention on the Rights of Persons with Disabilities



The Convention on the Rights of Persons with Disabilities is **very important**.



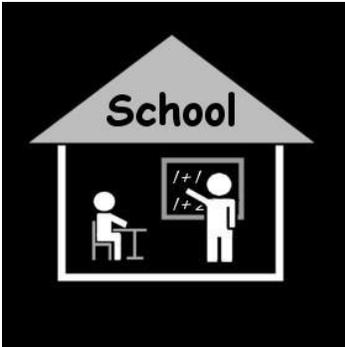
We call it the **UNCRPD** for short!



It is a **document** that shows the **rights of people with disabilities**.



“Rights” means something that cannot be taken away from a person.



For example, people have the **right to education**.

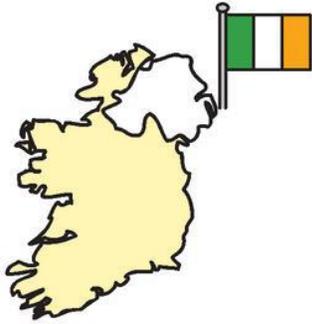
Nobody should prevent them from going to **school**.



The UNCRPD says that people with disabilities have **the same rights** as people without disabilities.



On the **7 March 2018**, Ireland ratified the UNCRPD.



Ireland is a country
in the West of Europe.



To “ratify” means that
a country agrees to follow the rules
in the Convention.



It means that
a country says yes
to the things in the Convention.



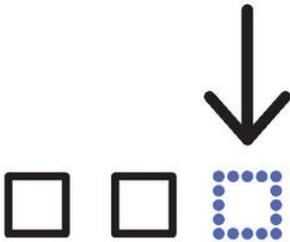
It is a **very important moment!**



All the other countries in the European Union had already said yes to the UNCRPD.



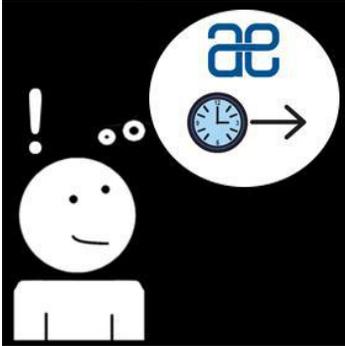
The European Union itself also said yes to the Convention.



Ireland is the **last country** to say yes to the UNCRPD.



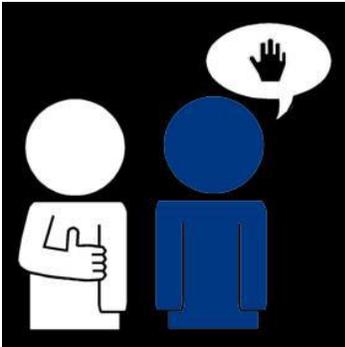
This means that **now all countries in the European Union** agree to what the UNCRPD says.



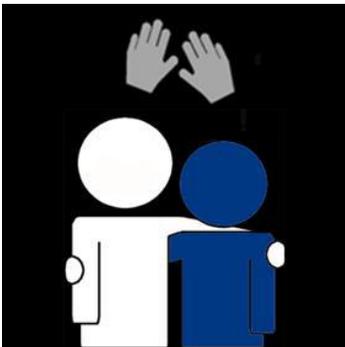
Now Autism-Europe **works** with other organisations.



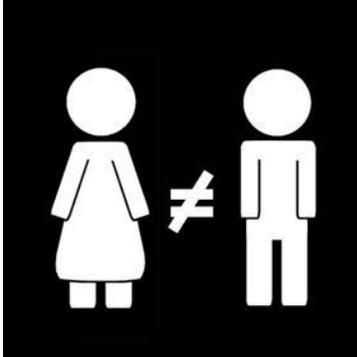
Together we **check if countries are following the rules** of the UNCRPD.



Together we try to make sure **all countries really respect people with disabilities.**



Together we support **people with disabilities to do the same things as other people.**



Autism-Europe works for less discrimination against women



The 8th of March is **International Women's Day**.



It is a day to celebrate **women's rights**.



“Rights” mean **something that cannot be taken away from a person**.



Women should have **the same rights as men.**



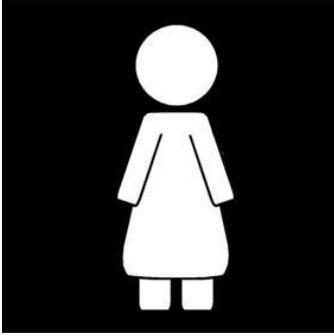
Sadly women are still **not treated equally** with men.



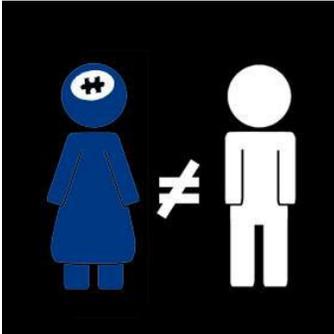
Autistic women face **many difficulties.**



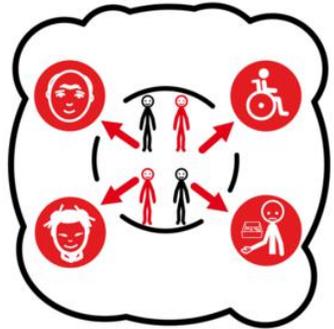
They can face difficulties **because of their autism.**



And they can face difficulties
because they are women.



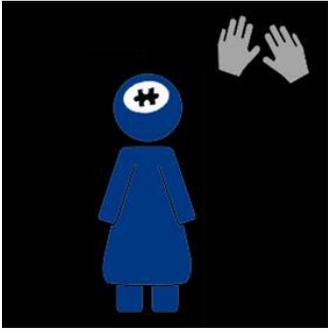
They can face discrimination
because of **both of these things.**



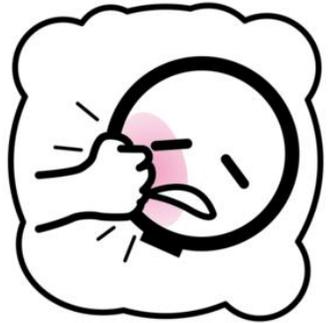
“Discrimination” means
**when someone does not treat you
in a fair way because of who you are.**



Autism-Europe knows that
life can be very difficult
for autistic women.



This is why we **work to support** autistic women.



Sometimes people **are violent** with autistic women.



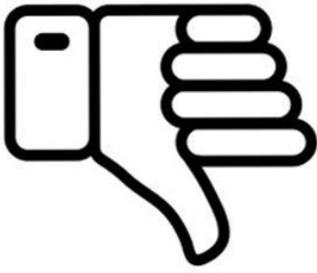
This is **not fair!**



Autism-Europe works to **stop this.**



Some people stop autistic women from **choosing** if they want to **have children**.



This is **not fair!**



Autism-Europe works to **stop this**.



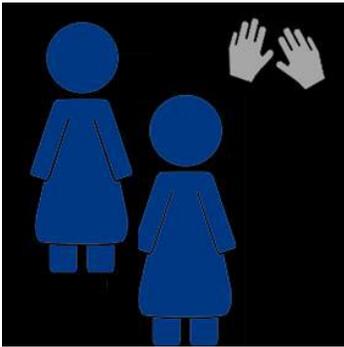
Autism-Europe is part of a group in the **European Disability Forum**.



The name of this group is the “**Women’s Committee**”.



The group makes sure that **people do not forget about the needs** of women with disabilities.



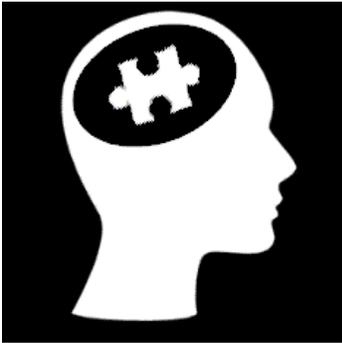
The group makes sure **all new ideas also support** women with disabilities.



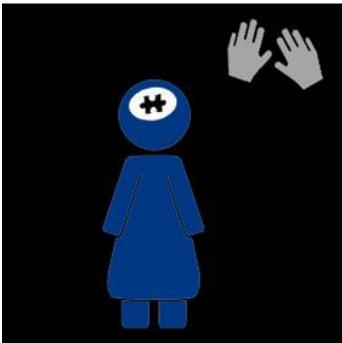
A representative from Autism-Europe goes to the meetings.



Her name is **Monique Post**.



Monique is **autistic**.



Monique tells the group about **how we can better support autistic women**.



About this e-newsletter



We hope you have **enjoyed** reading this!



Inclusion Europe

On this publication we follow the **advice** of the organisation **Inclusion Europe**.



We follow their **guidelines** to make the easy to read version of our e-newsletter.



This way we make sure the information is **as clear as possible**.



We use **pictograms** to help make things easier to understand.

PICTO-SELECTOR



The pictograms used in this e-newsletter come from the programme © **Picto-Selector**.



Some of them have been **adapted and/or created** by Autism-Europe.



Visit this website below to read the **easy-to-read guidelines**:

<http://easy-to-read.eu/>



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