



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.



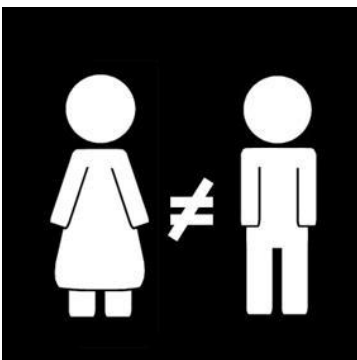
The first article on page number 4
is about the celebration of
World Autism Awareness Day.



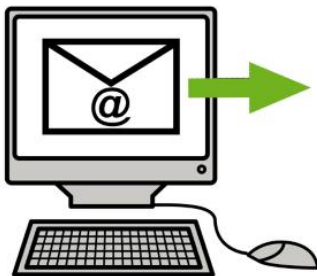
The **second article on page number 11** is about autistic people and mental health problems.



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



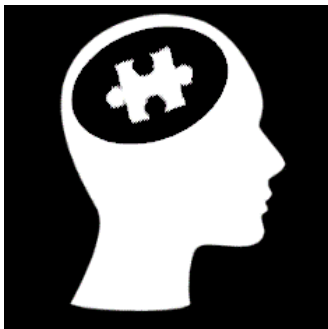
Autism-Europe celebrates World Autism Awareness Day



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**.

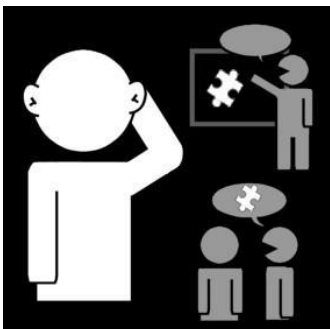


The campaign explained
how to make society more accessible
for autistic people.



The title of the campaign is:

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



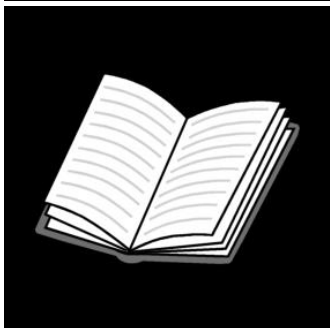
Autism-Europe did lots of things
to **share this message**.



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.



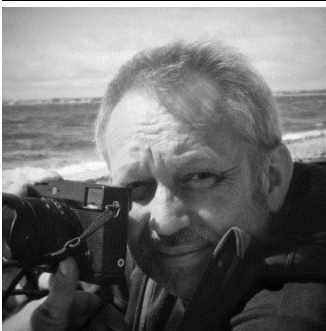
The photos showed **autistic people**.



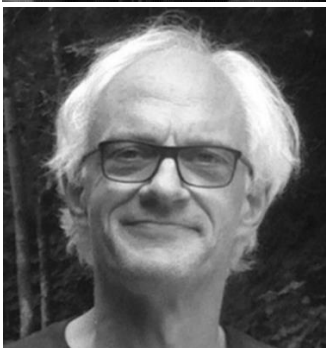
The photos showed
how autistic people can do great things when society is accessible.



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.



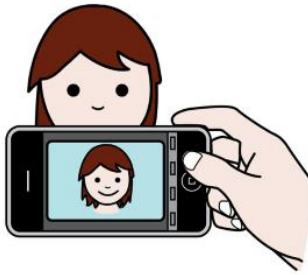
People all over Europe supported
the campaign.



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.



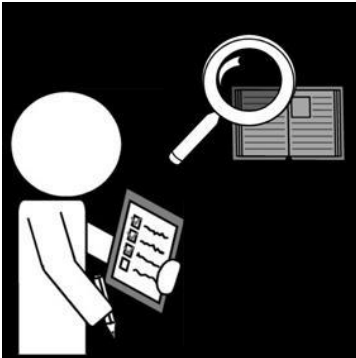
A barrier is a thing that **stops a person**
from doing what they want to do.



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



Most young autistic people have experienced mental health problems



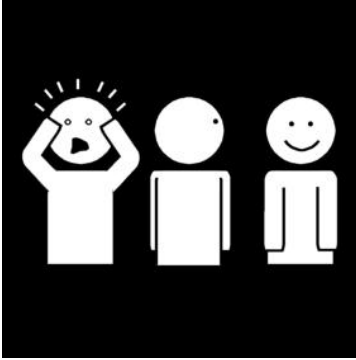
Researchers have made a **new report**.



The report is about **mental health**.



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



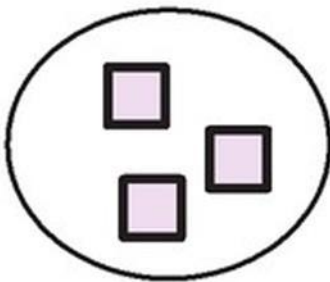
Mental health is the **emotions**
a person feels.



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



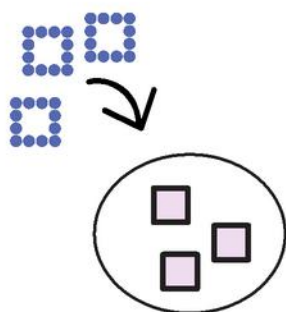
A person with mental health problems
might **feel scared and nervous**.



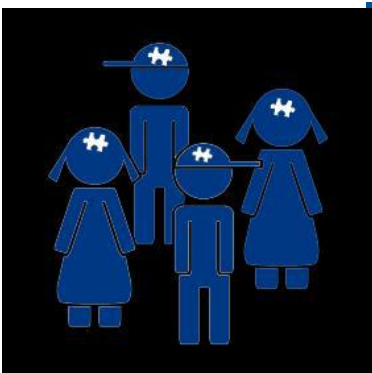
Lots of things in our lives
can affect our mental health.



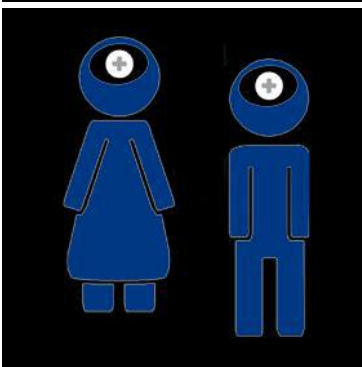
Being autistic is **not**
a **mental health problem**.



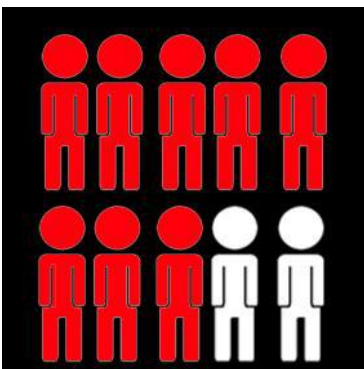
But autistic people **more often** have
mental health problems
than other people.



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.



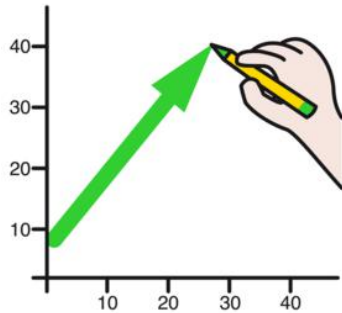
This is a **very high** number.



The report shows that
many young autistic people
feel unhappy.



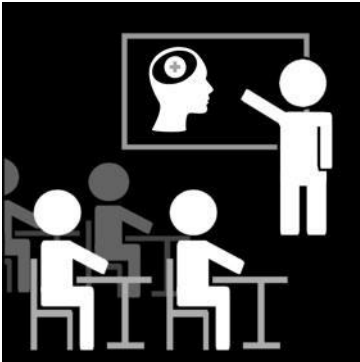
Many feel **depressed** and are
not confident.



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.



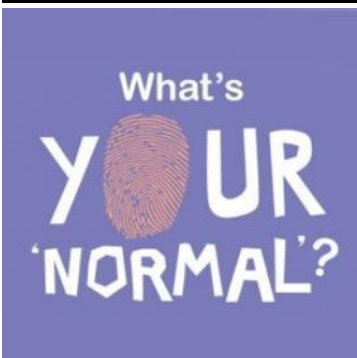
We should show them that
there is no reason
to feel embarrassed.



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



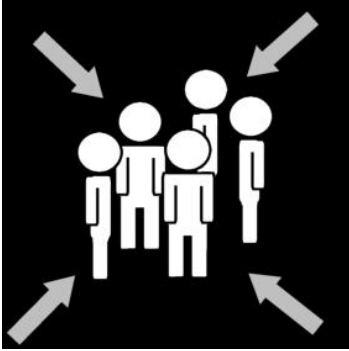
Autistic people need **support**
that **meets their needs**.



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.



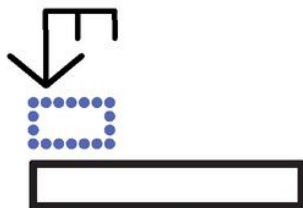
Some were from
a **research centre** called **CRAE**.



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**.



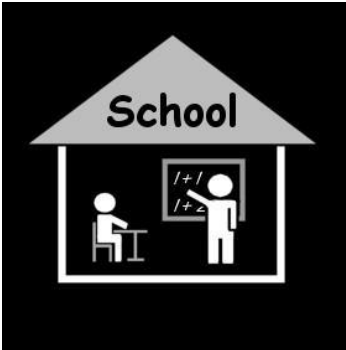
We call it the **UNCRPD** for short!



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**.

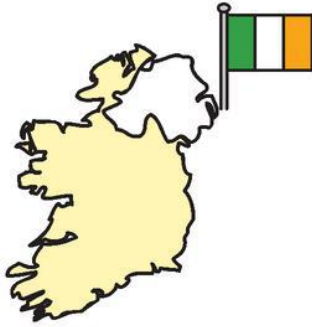
Nobody should **prevent** them from
going to **school**.



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.



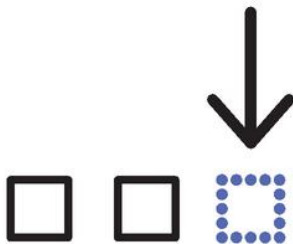
It is a **very important moment!**



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



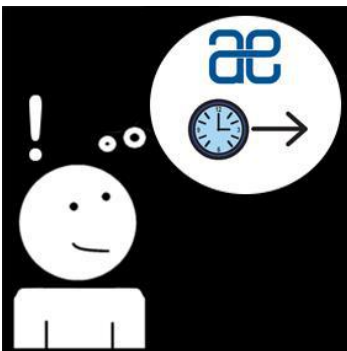
The **European Union itself**
also said yes to the Convention.



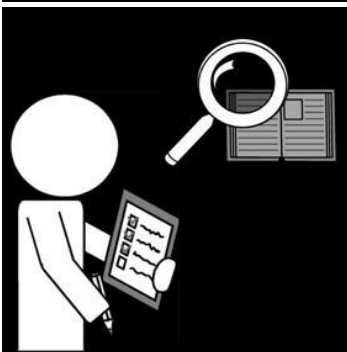
Ireland is the **last country** to say yes
to the UNCRPD.



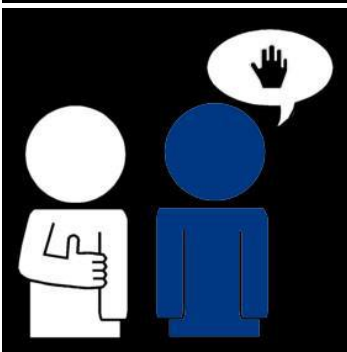
This means that **now all countries in
the European Union** agree
to what the UNCRPD says.



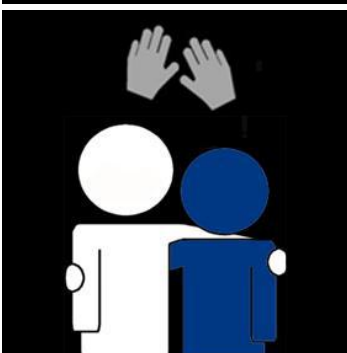
Now Autism-Europe **works**
with other organisations.



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**.



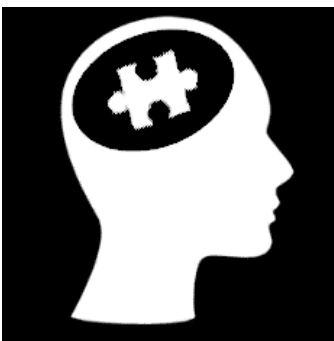
Women should have **the same rights as men.**



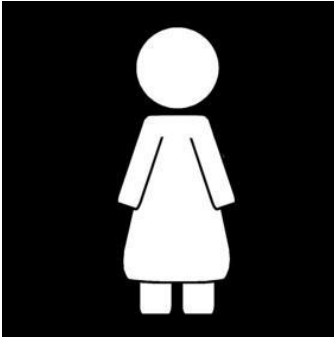
Sadly women are still **not treated equally** with men.



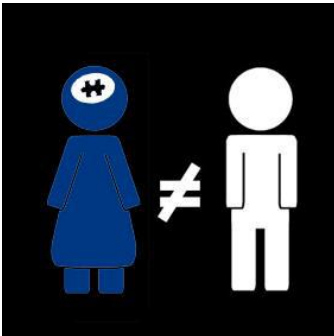
Autistic women face **many difficulties.**



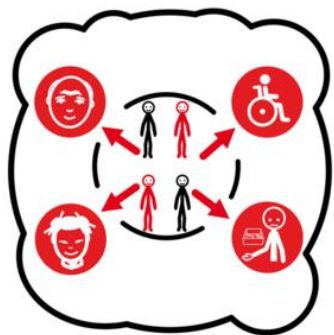
They can face difficulties **because of their autism.**



And they can face difficulties
because they are women.



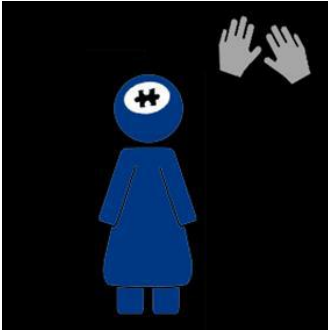
They can face discrimination
because of **both of these things.**



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



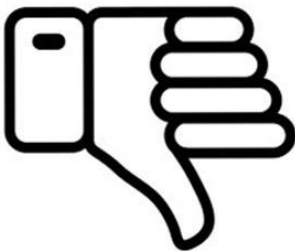
Autism-Europe knows that
life can be very difficult
for autistic women.



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**.



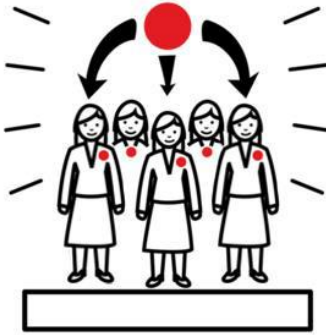
This is **not fair!**



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



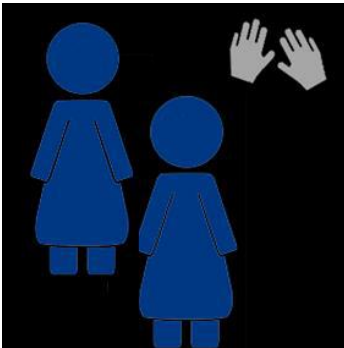
Autism-Europe is part of a group in the **European Disability Forum**.



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.



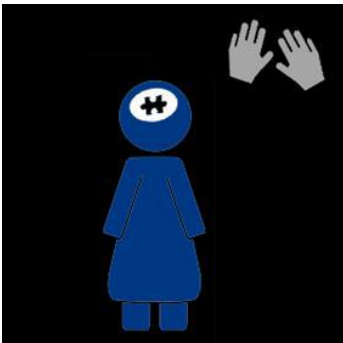
A representative from Autism-Europe
goes to the meetings.



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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