Welcome to Autism-Europe’s e-newsletter.

This newsletter is in easy-to-read language.

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@autism europe.org
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!

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.

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/](http://easy-to-read.eu/)

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