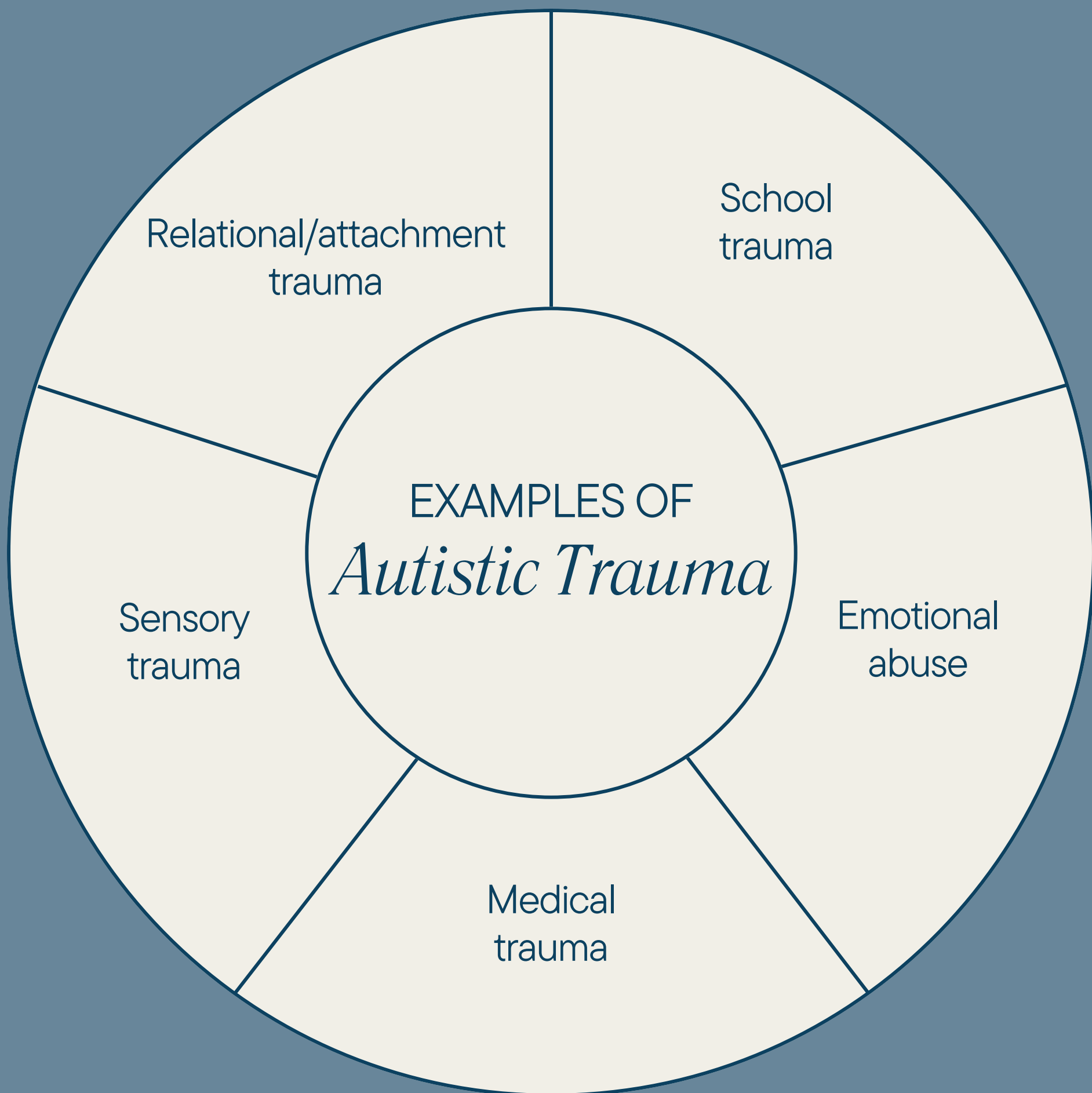




SCHOOL TRAUMA



An autistic child spends all day masking at school - suppressing who they are to fit in.



School requires compliance with authority, ignoring the individual needs of the child.



School teaches children not to listen to their bodies. Eg. wait to use a bathroom at lunchtime.



Children are punished for questioning authority, which can create a fear response to authority.

EMOTIONAL ABUSE



Coercive Control - Coercive control is when someone limits your freedom, choices, or autonomy through manipulation, threats, or constant criticism. It's about power and control.



Neglect - This happens when your emotional needs are ignored, dismissed, or punished. Autistic people often experience this when their sensory, social, or emotional needs aren't taken seriously.



Gaslighting - Gaslighting is when someone makes you doubt your own experiences, feelings, or memories. It's a form of psychological manipulation that makes you question your reality.



Blame - Instead of recognising systemic barriers or neurodivergent needs, people may blame you for struggling.

MEDICAL TRAUMA



Autistic people are often dismissed and disbelieved when they express health concerns.



Autistic people's sensory needs are often ignored in health settings. They are forced to be in bright lights, loud waiting rooms, etc.



Autistic people can be coerced into treatment, taking advantage of communication differences and not given informed consent.



Autistic people often experience medical gaslighting. Their lived experience can be invalidated by health professionals.

SENSORY TRAUMA



Autistic people can be forced to endure sensory stimuli through certain therapies that try to 'fix' sensory differences.



Autistic people can be trapped in sensory overload when forced to be exposed to sensory triggers without accommodations in place.



Autistic people can be punished for self-regulation or stimming.



Repeated and prolonged exposure to sensory sensitivities may cause a trauma response when faced with the sensory sensitivity in the future.

RELATIONAL/ATTACHMENT TRAUMA



Conditional Acceptance - You're only treated with kindness when you're masking, complying, or meeting others' expectations.



Abandonment - You've been ghosted, excluded, or cut off for things you didn't even realise were considered "neuronormative norms."



Scapegoated - In relationships, you're often made to feel like you're the problem for having different needs.



Emotional Invalidation - You communicate your feelings in a direct, autistic way, but people dismiss you.