

SHARE

ENGAGE

EVOLVE

INSPIRE

COLLABORATE

CONNECT

Social Media Action Plan

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**While everyone's brain develops similarly,
no two brains function just alike.
Being neurodivergent means having a brain
that works differently from the average or
"neurotypical" person.**



Who? Target Audience

“Neurodiversity may be every bit as crucial for the human race as biodiversity is for life in general.”

-Harvey Blume



1) Autistic & Neurodivergent Individuals

2) Employers, Neurotypicals, Disabilities Policy

What?

Actions to take

Problems:

there is a highly misconceived and misunderstood stereotype of those on the autism spectrum that is often correlated with the conventional medical system of disorder and dysfunction

Solutions:

Connect and network with as many Autists (and sensitives) as possible to create a global community of understanding. To educate Allistics/Neurotypicals on the differences between our neurotypes. Share personal experiences to demonstrate challenges we face in an ablest society.

Where?

Sharing Sources

Facebook

share relevant readings on autism, neurodivergence & health related topics to further deepen knowledge of various autistic experiences

Instagram

post videos of my own experience; create visuals to share my blogs and art expression

LinkedIn

share articles on neurotypes and experiences to educate employers, policy-makers, neurotypicals of differences in a non-ablest way

When?

Planning 2023-2024

Weekly

1-2 post per week (video, GIFs, photographs);
respond to other posts

Monthly

write 1-2 Medium blog to add to
FB & LinkedIn Autism Groups with creative
image/visual

Quarterly

brainstorm/create an expressive art piece to
narrate my story and feelings

Annually

review planning and strategy; plan Autism
awareness month event

How?



Strategy & Tactics

Content

Disabilities issues, anthropology, policy, society, environment, public health, indigenous perspectives, psychology, creativity, art, education, scientific articles and studies, anatomy and the human body/brain, spirituality

Sharing

Medium Blogs, photography, video, expressive and creative art visuals and imagery (art collages), ideas and conversations on FB Groups; maybe one day Pinterest will be useful

Why?

Proof of Remarkability

- I am autistic.
- I have traveled the world to almost 50 countries and understand global systems.
- I am traumatized by society's demands and have health issues due to the ablism, the shaming of autistic behavior, and misunderstanding of behaviors and special needs.
- My special interests involve yoga, human progress, anthropology, pattern observation, nature immersion, trauma, and now art and creativity.

Sample

Event

**Collaborative
Partners**



Interactive



Educational



CENTRUM FOUNDATION
PRESENTS

TIME TO AWAKEN
YOUR SENSES

AUTISM PRIDE

CELEBRATE APRIL 2024

**SPONSORED BY WA ARTS ALLIANCE
& NORTHWIND ART FOUNDATION**

**VISUAL STORYTELLING:
SENSITIVITY, TRAUMA, & HYPER-VIGILANCE**

**CREATIVE CORRIDOR @ FORT WORDEN STATE PARK
NORTHWIND ART SCHOOL
BLDGS 306/324**

HOURS 11-5

MORE INFO AT
CENTRUM.ORG

Engagement Planning

- **Creators:** network with other AuDHDer's, autistics, neurodivergents, trauma specialists by commenting on their posts/content
- **Conversationalists:** stir up discussions with these type of participants to engage and understand their experiences
- **Critics:** seek these types through disabilities conversations although most autistics are already critics of the current system of everything
- **Collectors:** to explore memes, research papers, visuals of autistic expression
- **Joiners:** to get more autists involved with expressing their neurotype and experience
- **Spectators:** provide videos on research and experience to relate to or to understand autism (for those undiagnosed and needing confirmation)

Categorizing the Channels

- **Autism:** #latediagnosedautistic #audhd #autismawareness #autismacceptance #autismadvocate #autismart #autismawarenessandacceptance #autismawarenesseveryday #autismspectrum
- **Highly Sensitive:** #highlysensitive #highlysensitiveperson #highlysensitivepeople #highlysensitivesoul #highlysensitivepersontribe #highlysensitiveentrepreneur #sensations #sensitive #sensitivecaptures #sensitivepeople
- **Neurodivergence:** #neurodivergent #neurodivergence #neurodivergentmemes #neurodivergentartist #neurodivergentwoman #neurodiversity #neurodiverse #neurodiversityacceptance #neurodiversesquad #neurodiversefamily
- **Disabilities POV:** #disabilities #disabilitiesawareness #learningdisability #notalldisabilitiesarevisible #invisibledisabilities #disabilitypride #disabilityrights #developmentaldisability #ableism #disabilityjustice



How do you express yourself?



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[@coco_da_rasta](https://www.instagram.com/coco_da_rasta)