INSPIRE

COLLABORATE

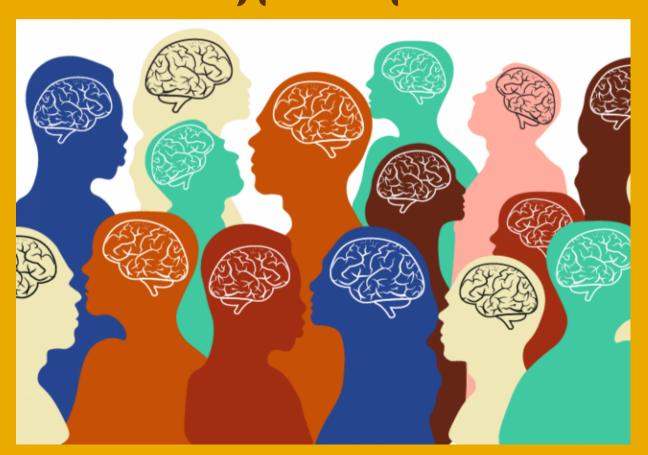
CONNECT

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, policymakers, 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



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

CELEBRATE PRIDE APRIL 2024

SPONSORED BY WA ARTS ALLIANCE & NORTHWIND ART FOUNDATION

UISUAL STORYTELLING: SENSITIUITY, TRAUMA, & HYPER-UIGILANCE

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

HOURS II-5

X

MORE INFO AT CENTRUM.ORG

K

Engagement

- 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 Sensitives:** #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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