

## **My life with Asperger's Syndrome (by a Year 7 student)**

Standing here in front of all of you and talking about what I have has been a hard and sometimes difficult decision to make, however I would like to talk about what I have and why I act and sometimes may seem different. By looking at me I look that same as the rest of you and there are no differences between you and me except I was diagnosed in August 2012 with Aspergers Syndrome.

I had been going to see a doctor for quite sometime as my parents noticed that I acted differently to the other children around me and had issues with my social and emotional responses and I also had obsession with different things and would say things that were not necessarily appropriate at the time. When the doctor sat me down and told me what I had, I was relieved because I realised that I was not a freak, weird or a geek like people use to say and I had an answer as to why I was different to other children.

When I was at my old school I had a lot of bullying because the children didn't understand some of the things I did. Aspergers is part of the Autistic Spectrum and our brains our wired differently to yours. I do very well in my lessons but sometimes I get easily distracted and this can get me into trouble. At the same time I am clueless about other people's feelings and sometimes I judge a situation wrongly as I don't have empathy, so if you are upset I don't realise that I may have upset you with something I said. I see all things in black and white there is no grey area. For example my mum said to me as we were walking down the street "it's only a stones throw away" I replied "so if I threw a stone we would be there". I can come over as rude sometimes as we struggle with manners if you are talking we have no filter in our brain that says WAIT they haven't stopped talking we just interrupt as we have something to say. I live in a world that is all about me which may sound selfish but this is how we deal with life. I get very anxious when I am put in a different situation that I am not use to or comfortable with. I find it very hard to sit still and at the moment my latest obsession is I must sit on the right hand side, this will change and I will go onto another obsession. I also look like I am not listening when you are talking as I don't make eye contact so it looks like I am not interested. I also can come over as rude as what I see is what I say. A lot of people call me a freak, weird and different without really understanding that I have Aspergers and all these

comments hurt me more than you may realise and I find it hard to control my anger when people make unkind remarks about me as I find it difficult to express how I feel. I am not very good explaining how I feel as having Aspergers makes it very hard to show emotions of happiness, sadness ect. We also cannot judge when a person has had enough of us and doesn't want to carry on talking to us as we cannot read peoples faces or emotions, so I find it very hard to understand when I may have upset or angered you and I can also be very over the top as we don't have a warning in brain to tell us to stop or calm down. We also are no good with spacial awareness, we have none so I can walk straight into you but this is not on purpose. However we do not like people to close to us either so we don't like you touching or poking or tapping us.

I hope in making this speech that it may make you realise that this is why I am different to you and I hope that you can all accept me for what I am.

A thought on how the ASD individuals in the school are feeling...

You say I don't know how to communicate  
You say I have no personality  
But I know that this is just not right

You say I'm lazy  
You say I just don't get it  
These statements cut me like a knife

I am who I am  
And I actually like me  
There's so much more going on here  
Than what your ignorance perceives

Sometimes I appear not to listen  
Yet I hear every word said  
I'm just trying block out the other sounds

Sometimes I may be annoying  
Because at times I miss social cues  
While I'm trying to find some common ground

My heart for you is genuine  
What you see is what you get  
I am reminded daily that I am not like you  
Of this fact I cannot forget

So please don't write me off  
Because there is still so much I can achieve  
I will get there eventually  
If in me you choose to believe

September 2012