

# COMMUNICATION



## ★ What Communication Really Means

Communication is how **you share your ideas, feelings, and needs** — and how you understand other people too.

Everyone communicates in their own way. Some people talk a lot, some use gestures, some take their time to answer, and some prefer pictures or writing.

Sometimes it can feel tricky to understand what someone means. Maybe:

- they talk fast
- they use confusing words
- their face or voice doesn't match what they're saying

That's okay — communication is something you learn and get better at, just like anything else.

## ★ If You're Neurodivergent, Communication Might Feel Different

If your brain works in a neurodivergent way (like autism, ADHD, dyslexia, dyspraxia or Tourette's), talking and understanding others might sometimes feel harder.

You might notice:

- People talk too fast or use words that don't make sense
- Facial expressions or body language feel confusing
- You forget instructions if there are too many at once
- Busy or noisy places make it harder to listen or speak

None of this means something is "wrong" with you.

Your brain just works differently — and that's a strength, not a problem.

## ★ Why Communication Can Be Hard Sometimes

Some things can make communication more difficult, like:

- **Processing things differently** – your brain might take more time to understand spoken words
- **Reading body language** – facial expressions or tone of voice might be confusing
- **Remembering lots of steps** – instructions with many parts can be tricky
- **Too much noise or movement** – busy places can make talking or listening much harder

These challenges are real — and lots of young people experience them too.

## ★ How Communication Differences Can Make You Feel



You might sometimes feel:

- frustrated when people don't understand you
- worried about saying the wrong thing
- confused in conversations
- left out when people don't get how you communicate

These feelings are completely understandable. You deserve to be heard and understood.

## ★ What Happens When You Get the Right Support

When people understand your communication style and support you properly:

### **You feel more confident**

Talking becomes easier, and you feel braver to speak up.

### **School gets easier**

Clearer instructions and supportive teachers help you learn better.

### **Friendships feel simpler**

It's easier to join in, chat, and understand others.

### **You feel calmer**

You don't have to work so hard to be understood.

### **You become more independent**

You can explain what you want, make choices, and speak for yourself.

Support isn't about fixing you — it's about helping you shine.

## ★ Things That Can Help You Communicate

### **Clear communication**

Ask people to use simple words and not talk too fast.

It's okay to say:

**"Can you say that in a simpler way?"**

### **Visual supports**

Pictures, notes, diagrams, checklists — all of these can help you understand and remember things.

## Routines

When you know what's coming next, communicating and joining in feels easier.

## Play and practice

Playing games or practising conversations with someone, you trust can help build your skills.

## Taking your time

It's totally fine to pause before answering.

You're allowed to say:

**"I need a moment to think."**

## ★ Helping others understand you

Sometimes teachers or friends need to learn about different communication styles — and that helps everybody.

## Remember This

Communication isn't about being perfect.

It's about expressing yourself in the way that works best for **you**.

There is no "right" way to communicate.

Your way is valid.

