

Autism Behaviours



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Introduction to Autism Behaviours

Autistic people typically behave differently to their neurotypical counterparts. This does not mean that they behave wrongly though, although that can be the case in some instances of course.

There are various reasons as to why they behave the way they do. Let's have a look at some of the reasons now.

Personal Reasons

Autistic people process things differently, such as information, feelings and emotions. There are things happening internally that may make them react in certain ways.

Examples of how the personal factors can impact their behaviour include:

- Feeling tired or suffering with fatigue – Whilst everyone gets tired, when some autistic people get tired or fatigued it can massively affect them. They can burnout quicker and this is often due to having to work harder to fit in or act “normal”.
- Being hungry or thirsty – Some autistic people may have an extreme reaction to feeling either of these ways, such as having a meltdown, being unable to do anything, or being aggressive.
- Their mental health – If their mental health has been suffering they may react in a number of ways, such as isolating themselves, doing nothing, doing too many things, or acting out of character in general.
- Family issues such as bereavement – Naturally this will affect most people in one way or another, but autistic people may react in different ways to the “norm”.
- Feeling ill or changing their medication – As with the other examples this will affect anyone, but again autistic people may react differently to expected.

Environmental reasons

An autistic individual's surroundings can majorly impact how they act, think and do things. Because their environment is not within their control it creates unpredictability and therefore their behaviours may vary.

Examples of how the environment can impact their behaviour include:

- The weather – This can impact their temperature and therefore some autistic people may strongly feel a certain way to being too hot or too cold. They may really dislike or even like feeling that way.
- External things happening around them such as lighting, sounds, smells, noises.
- Other people communicating around them leading to them getting distracted.
- Changes – Any change to their routine, how they do things, the people they see, or where they are.



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By ANC