

HOW TO USE:

Find the script that matches your situation. Read it aloud or show it to the person you are speaking with. You do not need to explain further.

SCRIPTS

REQUESTING MORE TIME TO RESPOND

I am autistic. I need a moment to process what you said. I will respond shortly — I am not ignoring you.

Tip: Use this whenever you feel rushed or overwhelmed by a question.

ASKING FOR WRITTEN INSTRUCTIONS

I understand written information better than spoken instructions. Could you please write that down or send it to me in writing?

Tip: Most officials are required to provide reasonable accommodations.

EXPLAINING UNUSUAL BEHAVIOUR TO AN OFFICIAL

I am autistic. Some of my behaviours — such as avoiding eye contact or speaking quietly — are part of my disability, not a sign of dishonesty or non-compliance.

REQUESTING A SUPPORT PERSON

I am autistic and I would like to have a support person present. This helps me communicate accurately. Can we arrange that before we continue?

Tip: You have the right to request a support person in most civic and legal settings.

WHEN YOU DO NOT UNDERSTAND SOMETHING

I did not fully understand that. Could you please explain it again using simpler language, or give me a written version?

Tip: Asking for clarification is not a sign of non-cooperation.

SIGNALLING SENSORY OVERLOAD

I am experiencing sensory overload right now. I need a short break in a quieter space before we continue. I am not leaving — I will return.

Tip: If possible, identify a quiet space before the encounter begins.