

QUIZ

World
Autism
Awareness
Week
2021
29 March
- 4 April

Guess who round

Teams need to identify each person and they get a bonus point if they can identify all of them correctly.

Give them around five minutes to do this.

Part one: Well-known autistic people

- | | |
|---|-------------------|
| 1. Swedish environmental activist who began the Schools Strike for Climate movement | Greta Thunberg |
| 2. Welsh Oscar-winning actor who starred as Hannibal Lector | Anthony Hopkins |
| 3. English television personality who stars as the Governess on <i>The Chase</i> | Anne Hegerty |
| 4. English naturalist who presents <i>Springwatch</i> and <i>Autumnwatch</i> | Chris Packham |
| 5. English architectural artist who was awarded an MBE in 2006 | Stephen Wiltshire |

Part two: Historical figures thought to be autistic

- | | |
|---|-------------------------|
| 6. Austrian child musical prodigy who composed more than 600 works | Wolfgang Amadeus Mozart |
| 7. German theoretical physicist who developed the theory of relativity | Albert Einstein |
| 8. British mathematician whose code cracking helped win World War 2 | Alan Turing |
| 9. 3rd President of the United States and principal author of the Declaration of Independence | Thomas Jefferson |

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Question round

1. Approximately how many people in the UK are autistic?

- a) More than one in 100 people**
 - b) More than one in 150 people
 - c) More than one in 200 people
 - d) More than one in 1,000 people
-

2. More men and boys are currently diagnosed as autistic than women and girls. What's the most up-to-date ratio?

- a) 2:1
 - b) 16:1
 - c) 5:1
 - d) 3:1**
-

3. Naoki Higashida wrote a book about his autism when he was only 13. He tries to explain the behaviour of autistic children and show the way he thinks and feels. What is the name of the book?

The Reason I...

- a) Hop
- b) Skip
- c) Jump**
- d) have sensory differences

There's an opportunity here to explain about sensory differences. Please see page 5 for information.

4. How long, on average, does it take from first raising concerns to getting a diagnosis of autism for a child?

- a) Three months
- b) A year
- c) Just over three and a half years**
- d) You can never get a firm diagnosis

It is 3.6 years according to academic research from Goldsmiths and City University. That's three and a half years of a child's development when they will not be getting the right support.

5. Mix and match

| An autistic person might... | An autistic person might not... |
|-----------------------------|---------------------------------|
| | |
| | |
| | |
| | |

- like unexpected change
- feel anxious at a party
- enjoy the smell of perfume
- need extra time to process information, like questions or instructions
- become overwhelmed.

Answer

| An autistic person might... | An autistic person might not... |
|--|---------------------------------|
| feel anxious at a party | like unexpected change |
| need extra time to process information, like questions or instructions | enjoy the smell of perfume |
| become overwhelmed | |

6. What percentage of autistic adults are estimated to be in full-time paid employment?

- a) 55%
- b) 35%
- c) 25%
- d) 16%**

Only 16% of autistic adults are in full-time paid employment. And the situation hasn't improved in almost a decade.

7. Steve Silberman wrote an influential book called Neurotribes in 2015. What is the book about?

- a) The theory that autism was more common in so-called 'tribal societies'
 - b) The history of autism and autism understanding**
 - c) The fact that autistic people are always good at computers
 - d) The story of an autistic woman who had a special interest in hip hop act, A Tribe Called Quest
-

8. Which of these has not been linked with autism?

- a) Gluten
- b) Being good at the Rubik's Cube
- c) A wife's infidelity
- d) A lack of hugs in childhood

Trick question: They've all been linked and they're all inaccurate. We have to deal with stories like this daily and many autistic people find them offensive.

9. According to our survey, how many employers said that they did not know where to go for support or advice about employing an autistic person?

- a) 20%
- b) 45%
- c) 60%**
- d) 65%

You can find support and advice about employing an autistic person at: www.autism.org.uk/employers

Sensory differences

Autistic people may experience over- or under-sensitivity to sounds, touch, tastes, smells, light, colours, temperatures or pain. For example, they may find certain background sounds like music in a restaurant, which other people ignore or block out, unbearably loud or distracting. This can cause anxiety or even physical pain.

Many autistic people avoid everyday situations because of their sensitivity issues. Schools, workplaces and shops can be particularly overwhelming and cause sensory overload. There are many simple adjustments that can be made to make environments more autism-friendly.

If an autistic person is over-sensitive to light, you can help by:

- dimming glaring lights
- providing sunglasses
- using blackout curtains.

If the person is over-sensitive to sound, you could help by:

- shutting doors and windows to reduce external sounds
- creating a screened workstation in the classroom or office, positioning the person away from doors and windows
- providing ear plugs or music to listen to.

If a person is over-sensitive to touch, you could help by:

- warning the person if you are about to touch them - always approach them from the front
- remembering that a hug may be painful rather than comforting
- turning clothes inside out so there is no seam, removing any tags or labels.



National
Autistic
Society

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