

# Myths versus Facts

## **MYTH**

Vaccines cause autism.

## **FACT**

Large, well-designed studies show no link between vaccines and autism. Autism has strong genetic factors.

## **MYTH**

Autism is caused by bad parenting.

## **FACT**

Parenting style does not cause autism. Autism is a neurodevelopmental difference. Families need support, not blame.

## **MYTH**

Autism looks the same in everyone.

## **FACT**

Autism is a spectrum. It looks different from person to person and can change with age, stress, and support.

# Myths versus Facts

## MYTH

People with autism do not feel empathy.

## FACT

Many autistic people feel empathy deeply. The challenge can be reading or showing social cues in typical ways.

## MYTH

Non-verbal means low intelligence.

## FACT

Speech is not the same as thinking or understanding. Communication can happen with AAC, typing, pictures, or signs.

## MYTH

Autistic people do not want friends.

## FACT

Plenty of autistic people want connection. Clear plans and predictable social time can help.

# Myths versus Facts

## MYTH

You can grow out of autism.

## FACT

Autism is lifelong. With the right supports, people learn skills and do well, but autism remains part of them.

## MYTH

Stimming should always be stopped.

## FACT

Stimming can help with focus and calming. Support it unless it is unsafe or truly disruptive.

## MYTH

Autism only affects boys.

## FACT

Autism occurs in all genders. Girls and women are often missed or diagnosed later because signs can look different.

# Myths versus Facts

## **MYTH**

Autism can be cured.

## **FACT**

There is no cure for autism. The goal is support, acceptance, and tools that help each person thrive.