Light up with Kindness
Help create a kinder, more inclusive world for people with autism

This year, we are inviting friends and neighbors around the world to light up with kindness on World Autism Awareness Day (April 2) and throughout April, World Autism Month. Join us in creating a world where all people with autism, across the spectrum and throughout the life span, can reach their full potential – and keep your commitment going all year long. Visit autismspeaks.org/WAM.

How does your support benefit the autism community?

Together, through the help of supporters like you, we continue to:

- Increase global understanding and acceptance of people with autism
- Be a catalyst for life-enhancing research breakthroughs
- Increase early childhood screening and timely interventions
- Improve the transition to adulthood
- Ensure access to reliable information and services throughout the life span
Did you know?

Autism affects more than 70M people worldwide.

Autism can be reliably diagnosed by around age 2, but average age remains 4.

For most, autism is a lifelong condition.

Autism Speaks championed $3.5B increase in federal funding for autism.

Autism Speaks championed ABLE tax-free savings accounts reaching over $643M in tax-advantaged funds helping people with autism.

Autism Speaks Aided an estimated 22.6M people through funded services and supports.

Autism Speaks reached 32M people by social media, during April, World Autism Month.

Autism Speaks is enhancing lives today and accelerating a spectrum of solutions for tomorrow.

To find resources, find ways to fundraise or make a donation, go to autismspeaks.org or connect with us on social @autismspeaks.
Commit to Light up with Kindness to create a kinder, more inclusive world.

GO TO: autismspeaks.org/WAM

COMMIT TO A KINDER WORLD and take the action that means the most to you:

CONNECT WITH KINDNESS – Share resources and personal stories on social media to increase understanding and acceptance.

LEAD WITH KINDNESS – Advocate to advance policies that impact people with autism or start a kindness campaign at work.

LEARN WITH KINDNESS – Engage in fun, daily kind acts and fundraising activities in the classroom.

CARE WITH KINDNESS – Share helpful information to those in need, including Autism Response Team real-time support, free online resources and services.

GIVE WITH KINDNESS – Make a donation, purchase in our e-store or support our corporate partners.
Invite a local Autism Speaks representative to speak to your company. Learn more about autism and the benefits of employing people with autism.

The Kindness Campaign at WORK
An acceptance, understanding and inclusion initiative of Autism Speaks

#LeadWithKindness at work
Kick off the Kindness Campaign at work with a virtual or in-person “Kindness Break.”

FEATURES:

#LeadWithKindness video and presentations by company VIPs and employees connected to autism.

Daily kindness activities with an interactive calendar encouraging kindness boosts, fundraising activities and fun competition and swag.

Become a Kindness Champion and earn a Kindness Break.

Totally turnkey resources provided to engage employees. A great way to celebrate a month of kindness!

Sign up to learn more at autismspeaks.org/LeadKindness

Invite a local Autism Speaks representative to speak to your company. Learn more about autism and the benefits of employing people with autism.
The Kindness Campaign at SCHOOL

An acceptance, understanding and inclusion initiative of Autism Speaks

#LearnWithKindness at school

Kick off the Kindness Campaign at school with a virtual or in-person “Kindness Break assemblies.”

FEATURES:

#LearnWithKindness video and presentations by school VIPs and students connected to autism.

Daily fun, fulfilling kindness activities with an interactive calendar that encourages kindness boosts. Win great prizes at all levels.

Free resources include optional lesson plans on kindness and accepting students with differences.

Totally turnkey resources provided for students, teachers and staff alike. A great way to celebrate a month of kindness.

Sign up to learn more at autismspeaks.org/LearnKindness

Earn great prizes by completing daily tasks and tracking your fundraising progress.
MORE FUNDRAISING IDEAS

Create a Facebook Fundraiser at Facebook.com/autismspeaks/fundraisers. Click on “raise money” and add a cover photo and fundraising details.

Engage in a Kindness Break by spreading kindness – take a break, host a break or join a break. act.autismspeaks.org/kindnessbreak

Register for an Autism Speaks Walk near you. Go to autismspeakswalk.org to find a location, create a team, join a team or participate on your own.

Participate in the world’s most popular races (from 5Ks to marathons!), cycling adventures and Autism Speaks runs of various distances in local communities nationwide. Go to autismspeaks.org/teamup.

Go to autismspeaks.org/kindness for additional ideas and resources.
About autism

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. We know that there is not one autism but many subtypes, most influenced by a combination of genetic and environmental factors. Because autism is a spectrum disorder, each person with autism has a distinct set of strengths and challenges. The ways in which people with autism learn, think and problem-solve can range from highly skilled to severely challenged. Some people with ASD may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently.

About Autism Speaks

Autism Speaks is dedicated to promoting solutions, across the spectrum and throughout the life span, for the needs of individuals with autism and their families. We do this through advocacy and support; increasing understanding and acceptance of people with autism; and advancing research into causes and better interventions for autism spectrum disorder and related conditions.

Questions?
Email: help@autismspeaks.org

Mail donations to:
Autism Speaks
Attn: WAM Donations
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