



Autism-Europe improves
the quality of life of autistic people

**Call for Stories
for the "Not Invisible" Campaign**



This information is
easy to read!



Co-funded by
the European Union



Easy-to-Read Version of the Call for Stories for the "Not Invisible" Campaign

We are looking for your stories!

Who?

Autism-Europe wants to hear from people in the autism community.

Why?

We want to share your stories to help others understand what life is like for autistic people.

When?

Please send us your stories by the end of January if possible.

But don't worry, we will accept stories all year!



January 2025



About the Campaign

The "Not Invisible" campaign shows how autistic people's needs are often ignored. We want society to:

- See and value autistic people.
- Understand the barriers autistic people face.
- Respect our human rights as promised by the United Nations Convention on the Rights of People with Disabilities.
- Include autistic people when making decisions about us

How to Share Your Story

You can send your story in different ways:

1. **Record a short video.** (Tips below)



2. **Send a photo or drawing** that shows your experience. Add a caption if you want.



3. **Record your voice** telling your story.



4. **Write a short blog or text** about your experience.



5. **Create artwork** and send a picture of it.





Where to Send Your Story

Email your story to: communication@autismeurope.org

Important:

- Fill out and sign the consent form.
- Include your name in the email (the same one on the consent form).



Questions to Help You Start

1. Who are you? What is your connection to autism?
2. Do you fight for the rights of disabled people? Why?
3. Why should people know about the needs of autistic people?
4. What change do you hope this campaign will bring?
5. What does the hashtag #AutismNotInvisible mean to you?



How to Record a Good Video or Audio Message

Before You Start:

- Pick a quiet, comfortable place with good lighting.
- Prepare what you want to say (you don't need a script).
- Practice speaking clearly and at your own pace.

While Recording:

- Look at the camera at eye level.
- Speak from the heart, don't worry about being perfect!

When You Finish:

- Watch your video to check the sound and lighting.
- Send it even if it's not perfect, your story is what matters!

Thank you for sharing your story! We can't wait to hear from you.