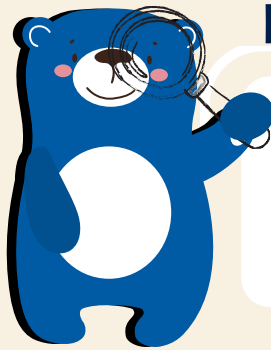


APRIL



Mental Health Team Resource Flyer

This month's edition highlights:

Disability Awareness & Autism Acceptance

What is Disability Awareness?

The Americans with Disabilities Act defines a person with a disability as someone with a physical or mental impairment that substantially limits one or more major life activities.

Disability awareness is the practice of knowing, acknowledging, and accepting individuals' experiences as they relate to disability. Knowing, being aware, and moving beyond your own level of comfort is key to a greater understanding as well.

Awareness is also being respectful when interacting with a person who has a disability by choosing to use behaviors such as actively listening, practicing accountability, supporting identities and communities, and taking actions.

Most importantly, people with disabilities are people first. They deserve dignity and respect, as do all people everywhere.

What is Autism Acceptance?

April of 1970 the Autism Society held the first National Autism Awareness month. Since then, autism has become the fastest growing diagnosis in the world, with the diagnosis rate of children with autism increasing from 1 in every 2000 children in the 1970's and 1980's to 1 in every 68 children today.

Autism is a lifelong neurological condition that manifests during early childhood, irrespective of gender, race or socio-economic status. The term Autism Spectrum refers to a range of characteristics. Appropriate support, accommodation and acceptance of this neurological variation allow those on the Spectrum to enjoy equal opportunity, and full and effective participation in society.

The rate of autism in all regions of the world is high and the lack of understanding has a tremendous impact on the individuals, their families and communities. The stigmatization and discrimination associated with neurological differences remain substantial obstacles to diagnosis and therapies.

Book Nook

There are a wide variety of books you can share with your student to expand their understanding of disability awareness. These are just a few books that can inspire kids, build a broad knowledge base, and spark discussion.



You can access these and other videos through your student's BrainPop account via Clever

BrainPOP
At-Home Resources

At School and At Home

Mon, April 8th, 7 PM – 8 PM via Zoom

Please join the HSA to hear speakers on How To Talk To Your Kids About Disabilities. ALL ARE INVITED!

- Discover strategies for talking to your student about disabilities.
- Gain an appreciation of the skills, thrills and all around benefits of the inclusivity of adaptive sports.
- Around 16% of the world's population is living with some form of disability, many of which are the actors, sports stars, and musicians that you know and love. Here are just a few who's accomplishments can inspire you!

