

We want people to understand us.

Give us time.

We might 'look normal' but we are masking.

Don't mimic me.

Treat me as a person.

Don't ignore us.



Don't ask me to stop.

Do not judge us.

My disability is my superpower.



I only open up to people I trust.



Use positive language, not negative language.

"There are 17,500 different and unique butterflies that are always seen as beautiful."

Raising awareness of HIDDEN DISABILITIES

What young people want you know

