

We want people to understand us.

Give us time.

We might 'look normal' but we are masking.

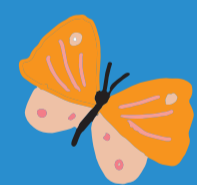
Don't mimic me.

Treat me as a person.

Don't ignore us.



Don't ask me to stop.

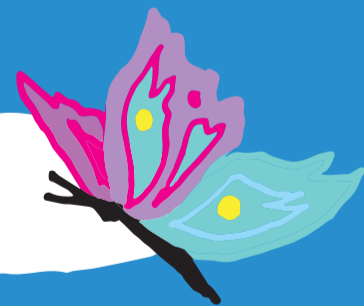


Do not judge us.

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 to know

