



N.O.W's
the time for change

NOWS NEURO-AFFIRMING VOCABULARY

Our NOWS aim to raise people up to celebrate being individuals. We wanted to have a check in with the language we are using in coaching particularly with children who are Neurodivergent to ensure we are using Neuro-Affirming vocabulary. Choosing respectful language that validates identity and celebrates neurodiversity. There is a lot of language that can add to the Neurodivergent young person having a low self-esteem and a negative outlook. Now's the time for change!.

Neurodivergence- A Neurological difference in the Nervous System. Individuals think, move, interact, sense and process atypically or differently to a standardised norm. It is a way of processing, NOT a disorder.

It is a form of Neurodiversity.

Neurodiversity-is a term that refers to the rich diversity of human minds and is an undeniable aspect of the biodiversity that is found in human beings.

For example:

We are aiming for identity first language:

I.e: 'Sam has Autism' should be 'Sam is Autistic'

'has ADHD' should be 'is ADHD'

This is always a personal preference and whilst we have made the decision at N.O.W's to be Neuro-affirming, we may come across individuals who would like a different approach and all of that is okay, it is as always, up to the individual.

Neuro-Affirming

Passions/interests
Neurodivergent
Neurotypical
Adaptations
Acceptance
Way of thinking
Great judge of character
Is Autistic
Sensory processing
Individual
Human functioning is never static
Co-occurring
Different neurotype
Identified/confirmed as Neurodivergent
Support Services/respectful therapies/
Educational strategies/unconditional love/
acceptance
Individual Needs
Inclusive Education
Situationally Mute
Non Speaking

Other

restricted interests
not normal
normal
rigid repetitive behaviours
Treat
Disorder
Unsociable/lack of eye contact
Has Autism
Sensory processing disorder
less than
High functioning/low functioning
Comorbid
Disorder/disease
Diagnosed
Treatments, Interventions

Special Needs
Special Education
Selectively Mute
Non Verbal

Neurodiversity Terms:

Neurodiverse, Neurodivergent, Neurotypical, Neuronormative, ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia, Aspergers, Executive Function, Savants, Echolalia, ASPD, DID & OSDD, NPD, BPD, CPTSD, HSP, Sensory Processing, PTSD, Dysgraphia, Bipolar, Epilepsy, GAD, OCD, ABI/TBI, Tics, Schizophrenia, HPD, Misophonia, Down Syndrome, FASD, Synesthesia, Alexithymia.