**Autism Friendly Competition Guidance**

1. Please create a design of what autism friendly means to you.
2. Your design should fit on the next page.
3. Things to **avoid** using:
**Puzzle Pieces** the puzzle piece also represents viewing autistic people as ‘puzzling’ or a ‘mystery’. For autistic people this is problematic, as they do not wish to be viewed as a puzzle that can’t be worked out.

**Blue** was previously used as it was believed that autism was linked to boys only, however this is incorrect and there are many autistic females too.
4. Things that are **good** to use:
**Gold** the element symbol for gold is AU which is also the first two letters of autism and is seen to be a positive colour.

**Colours of the rainbow** as this represents neurodiversity, rainbows and neurodiversity are both made up of spectrums.

**Infinity symbol** to represent inclusion - everyone on the autistic spectrum is included, no matter what their unique form of Autism looks like.
5. Here are some examples of good logos:

1. Keep it simple, fine details such as people and faces may be lost in final design print.
2. If you would like to enter a suggestion for the name of our autism campaign alongside your design please add it here: