Your brain is part of you

Learning about ourselves can help us ask for the support we need.



The tiny idea

Autism is a way the brain develops. It can shape what we notice, how we communicate, and how we learn. Every autistic person is different.

Look inside: what is happening?

Many brain parts share messages

1. **Notice**
   sights, sounds, touch, ideas
2. **Share**
   brain networks pass messages
3. **Sort**
   attention helps prioritize
4. **Respond**
   learn, speak, move, or rest

Try this

Name one thing you enjoy learning about, or one thing your brain notices quickly.

Remember: Autism is a beautiful part of who I am. Understanding my body helps me find tools that support the way I uniquely experience the world.

A scripture to keep

“I will praise thee; for I am fearfully and wonderfully made.”

Psalm 139:14

A true thing about me

I love myself exactly as God made me. Autism is part of my story, and my story is bigger than one word.

The science, in plain words

Your brain is part of you

What this lesson means

Autism is a neurodevelopmental difference, and autistic girls have a wide range of communication, sensory, learning, and support needs. Research explores how brain networks grow and connect; findings describe patterns across groups, while every girl's strengths and needs are individual.

A few supportive next steps

- Ask what she notices, enjoys, and finds hard before choosing a support.
- Use her preferred communication, including pictures, signs, or AAC if helpful.
- Treat this lesson as an invitation to understand her, not a checklist of traits.

Keep this in view

In my faith, I believe God designed our bodies with a capacity to heal through Him, in His name and in His timing, and gives each of us wisdom, tools, and direction for our unique journeys. A clinician can help us explore health questions.

Sources to explore

NIMH, Autism Spectrum Disorder

Review, brain imaging findings vary across autism studies

Sources checked September 2026. Research can change; these links are for further reading.