



## 01. Neurodiversity refers to all brain types (neurotypes).

It is a framework that recognises:

- There is no one 'right' way to think, learn or experience the world.
- Brain differences are natural and normal.
- All brain types have strengths and challenges.
- All brain types are needed for the human race to survive and thrive.



## 02.



### Neurotypical brains are the most common brain type.

Neurotypical refers to a way of thinking and behaving that fits with societal expectations.

Around 80-85% of people are neurotypical.

## 03.



### Neurodivergent brains differ from the 'typical' brain.

Around 15-20% of people have a neurodivergent brain.

### Neurodivergence includes:

- Autism and/or ADHD
- Giftedness
- High Sensitivity
- Learning differences
- Twice exceptionality

## 04.

