THE NeuroEducation PROJECT

FRIENDSHIPS & NEURODIVERGENCE

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01. Neurodivergence can shape friendship.

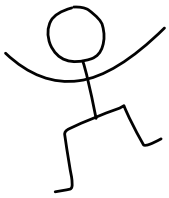
Neurodivergent children may experience friendships differently because their brains process and interact with the world differently.

This does not mean they do not want friends. It does mean that friendship may involve extra effort, uncertainty, or exhaustion.



Please note. Although written for children, these ideas often apply to adults too.

02.



Social cues may be harder to read.

Some children may miss or misunderstand things like facial expressions, voice tones, body language, or hidden social rules.

Others may notice too much and feel overwhelmed by what it all means.

03. Regulation can affect social skills.



For example, sensory overload, big feelings, impulsivity and tiredness can affect how a child socialises.

Social styles may differ. 04.

Some children prefer one close friend, online connection, a big social group, or their own company. All styles are valid.



While this factsheet describes common patterns, neurodivergence is diverse and each individual's experience may differ. The information provided is intended to support understanding, not to pathologise natural variations in human experience.

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