

# Autism and Me



by Rebecka Barton







Autism is a part of me  
The people would agree

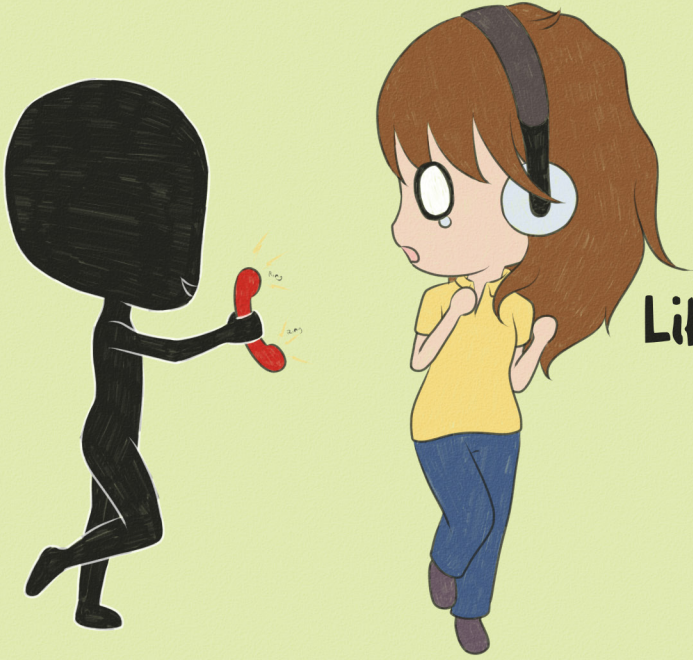
It makes it  
hard to tell a lie



To trust  
To yell  
To cry



It gives me many things to fear



Like answering  
the phone

and my  
future career



But I have a group  
of close friends



On whom I know I can depend

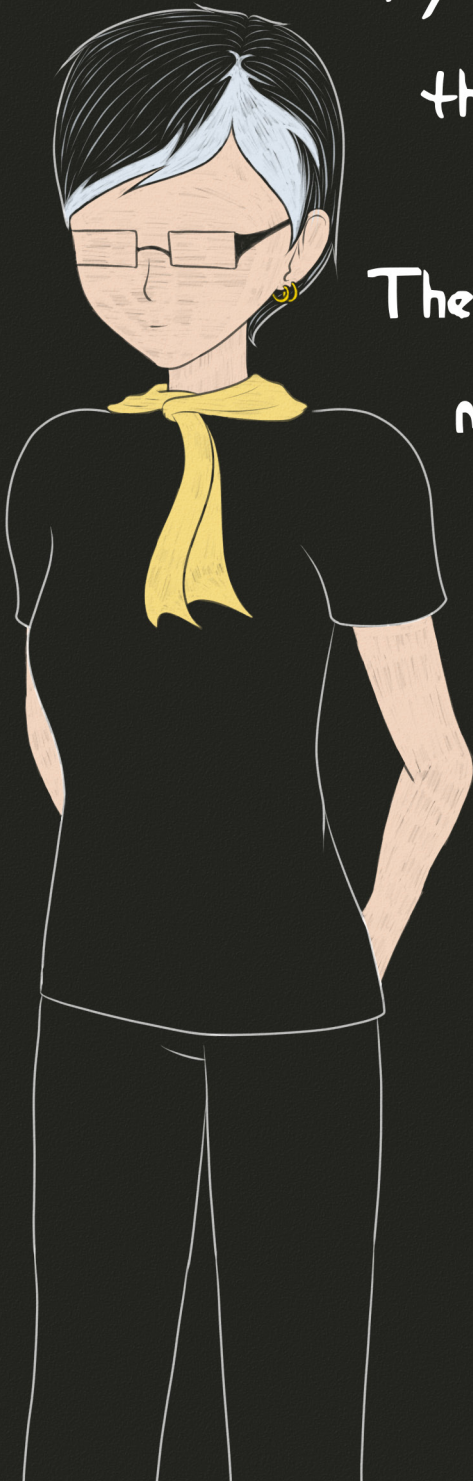


Over the 'net, across the sea



They're always there for me

My parents are  
there for me  
too  
They always help  
me through

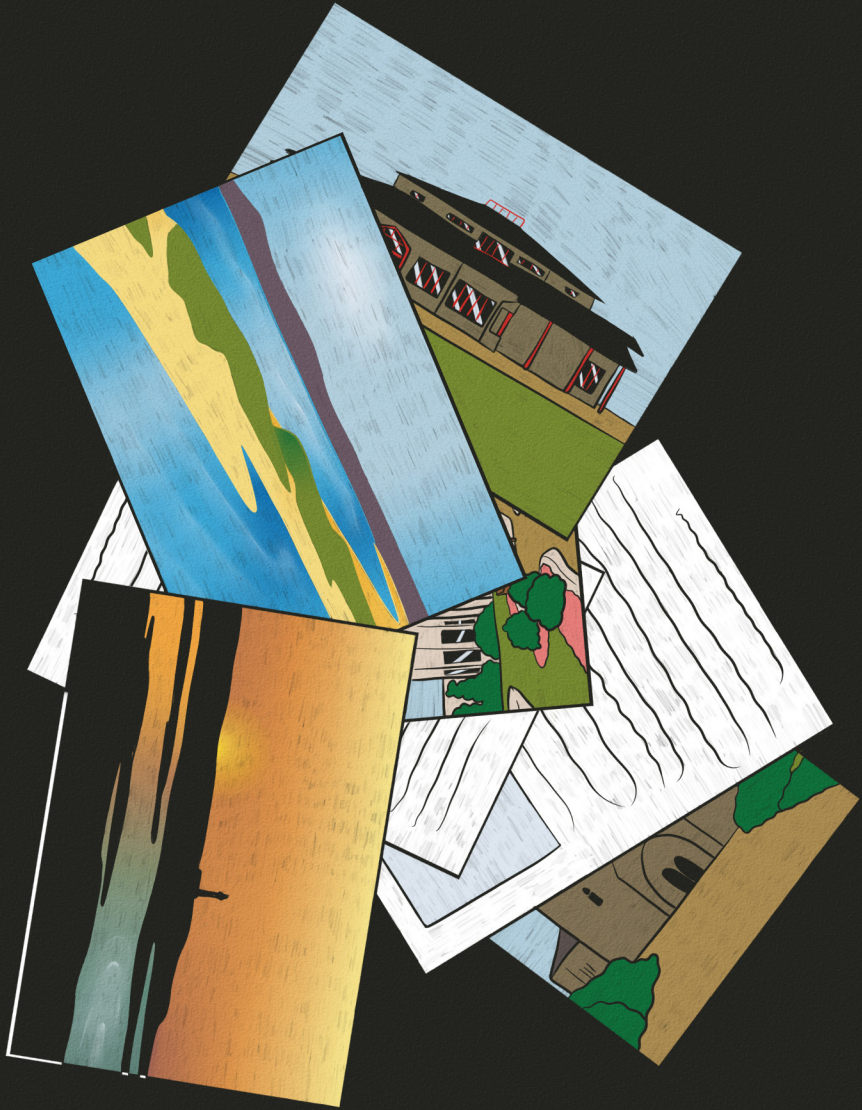






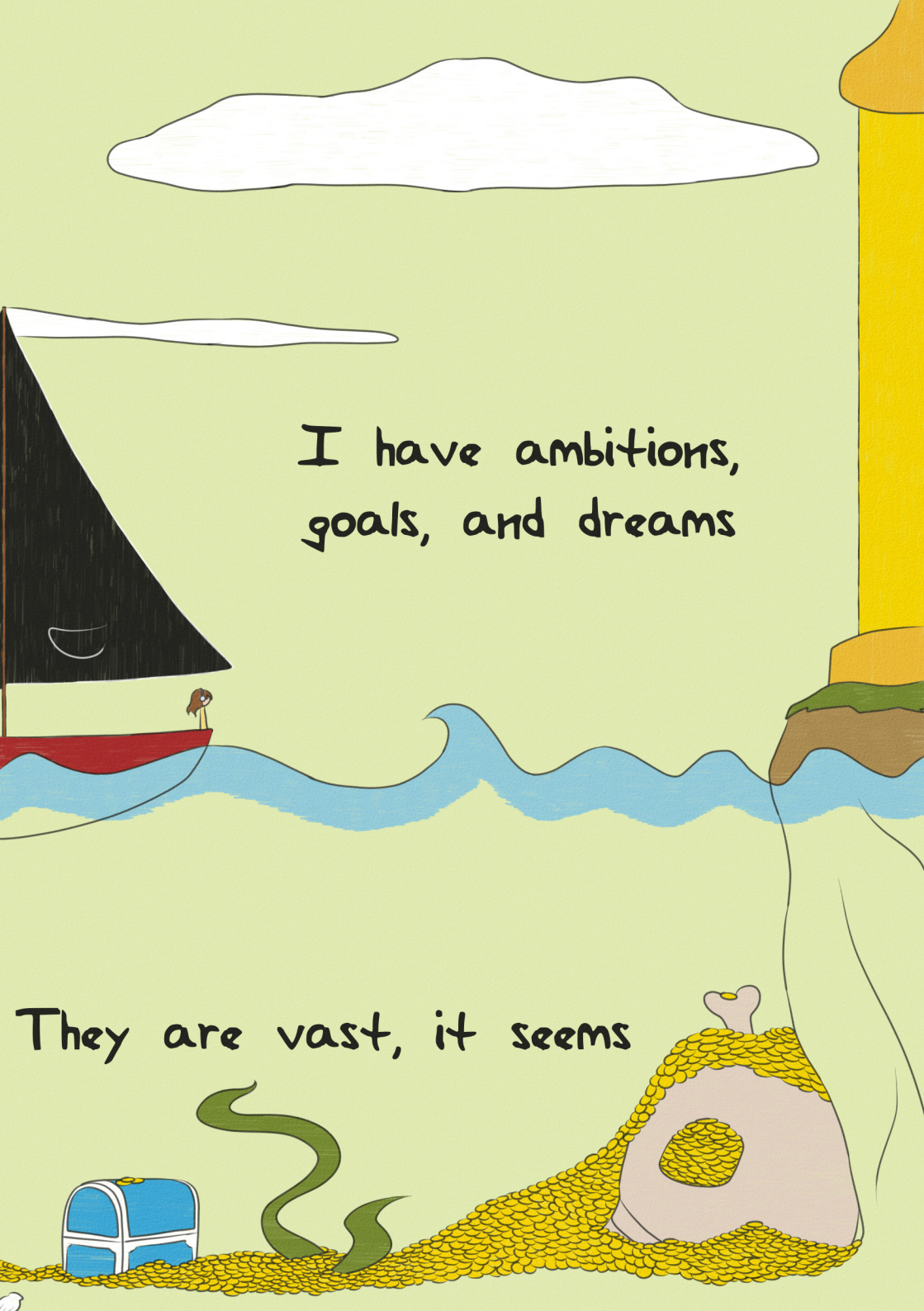
If there's  
something I  
can't do  
They help me  
out so I don't  
feel blue

I really love to draw and write



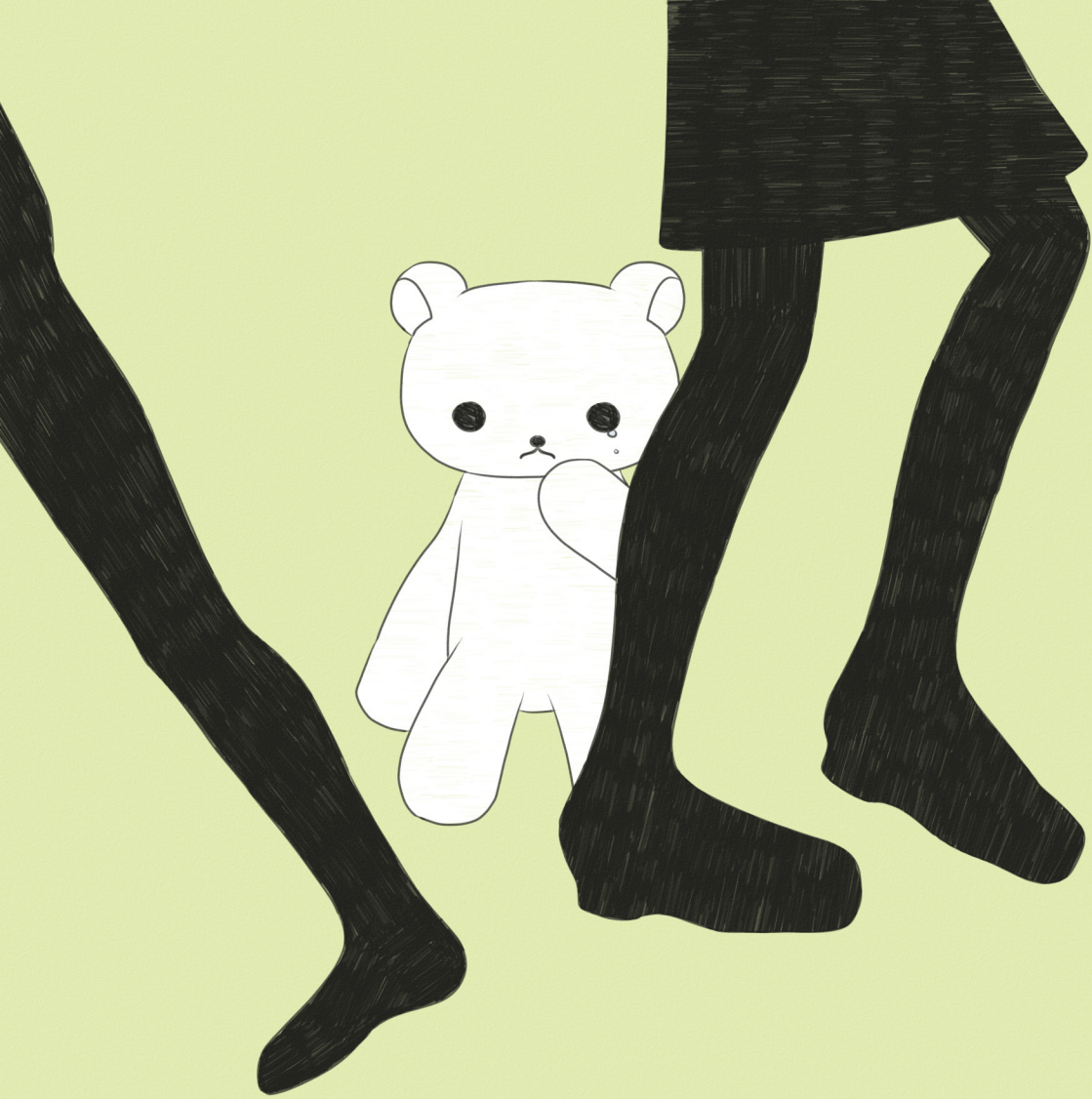
Be it in the day or night





I have ambitions,  
goals, and dreams

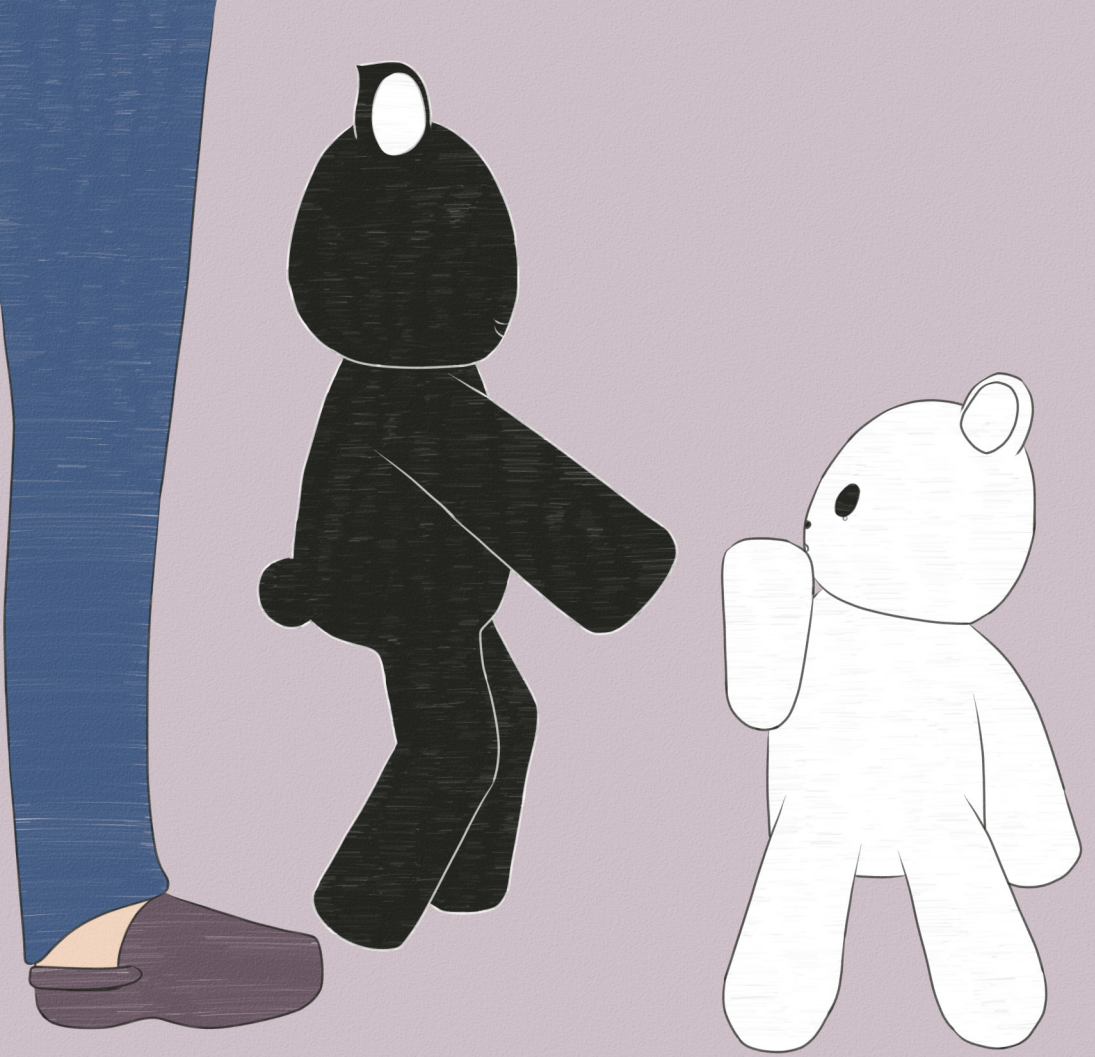
They are vast, it seems



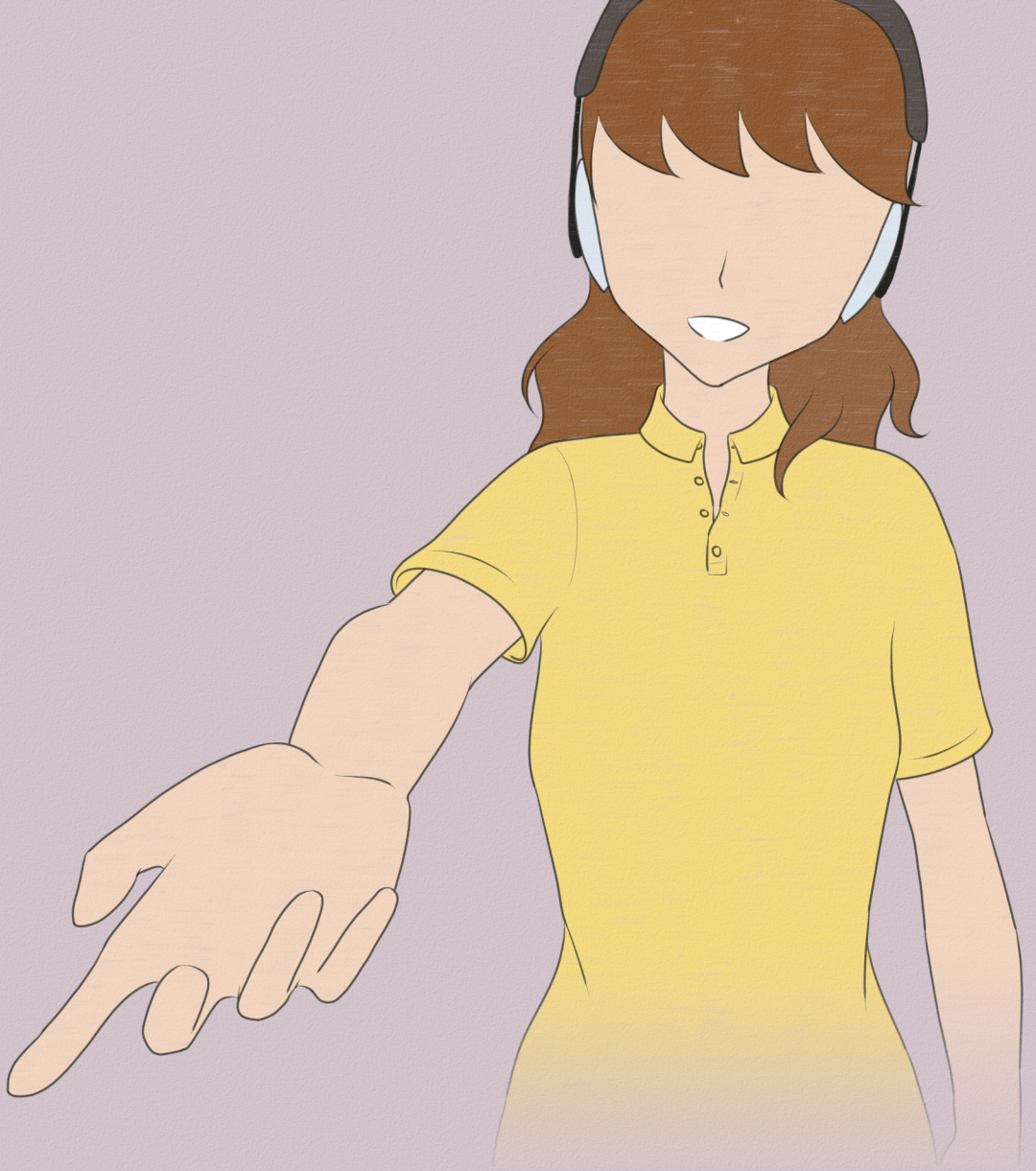
Help is there

Though it seems rare





People are kinder than they appear  
So please do not despair



If all else fails, I'm always here





Growing up with autism can be difficult, and that's why I wrote this book. This 12-page picture book was written to help people of all ages understand what a person with autism may face in their day to day life, but also that there are things that can be done to help them if such is needed.

Your child will love *Autism and Me*, and, hopefully, learn something too



*Autism and Me* is a book created as part of a competition made to raise awareness of a new autism strategy for Moray that will be running from 2014-2024. The book details the personal experiences of the author, and all writing, artwork and characters were created from scratch purely for this book.