positive partnerships

Working together to support school-aged students on the autism spectrum

अटिजम: भ्रम तथा तथ्यहरू

Nepali - Myths & Facts

‘भ्रमहरू’ अन्तर्गत दिइएका भनाईहरू परिवारका सदस्यहरूबाट आएका प्रत्यक्ष भनाईहरू हुन्।

‘तथ्यहरू’ विज्ञान र चिकित्सा अनुसन्धानमा आधारित छन्।

भ्रम	तथ्य
अटिजम एक श्राप वा सजाय हो।	अटिजम श्रापको कारणले भएको होइन। अटिजम भनेको युवाको मस्तिष्कमा हुने भिन्नता हो। अटिजम भएका मानिसहरूले सहायता तथा मद्दत पाएमा प्रगति र विकास गर्न सक्दछन्।
अटिजम खोपहरूको कारणले गर्दा हुन्छ।	अनुसन्धानले अटिजम र खोपबीच कुनै सम्बन्ध फेला पारेको छैन। यी दुईबीच सम्बन्ध छ भनेर दाबी गर्ने लेखहरू भने गलत साबित भएका छन्।
अटिजम आमा वा बुबाको दोषको कारण हुन्छ।	वंशाणु (genes) र वातावरण समेत धेरै कारणहरूले गर्दा अटिजम हुन्छ, आमाबाबुले केही गलत गरेका कारणले गर्दा हैन।
अटिजम एक महामारी हो।	अटिजम कुनै महामारी होइन, तर अटिजम देखिएका व्यक्तिको संख्या बढ्दो छ । अभिभावक र डाक्टरहरू अटिजमको बारेमा बढी सचेत छन् र यसको जाँचमाथि उनीहरूको अधिक पहुँच हुन्छ।
फोन र कम्प्युटर जस्ता प्रविधिहरूको धेरै प्रयोग गर्नाले अटिजम हुन्छ।	प्रविधि र अटिजमबीच सम्बन्ध छ भन्ने कुनै प्रमाण छैन। अटिजम भएका व्यक्तिहरू ती प्रविधिहरू अस्तित्वमा आउनुभन्दा पहिले देखि नै हाम्रो समुदायहरूको भाग थिए।

positivepartnerships.com.au मा जानुहोस्।

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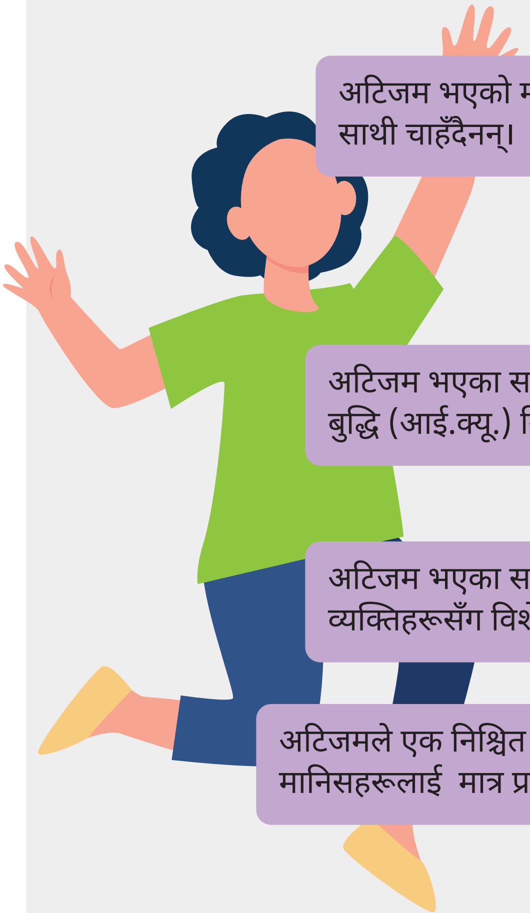

भ्रम	तथ्य
अटिजम भिटामिन सी वा डीको कमीका कारणले गर्दा हुन्छ।	भिटामिनको कमी र अटिजमबीच कुनै सम्बन्ध छैन। यदि तपाईं आफ्नो बच्चालाई थप भिटामिन सी वा डी चाहिन्छ भनेर चिन्तित हुनुहुन्छ भने, आफ्नो डाक्टरसँग कुरा गर्नुहोस्।
अटिजम भएको मानिसलाई साथी चाहँदैनन्।	अटिजम भएको व्यक्तिहरूको मित्रता हुन सक्छ जुन अटिजम नभएका व्यक्तिहरूभन्दा फरक देखिन्छ। उनीहरूलाई मित्रता गर्ने सीप विकास गर्न मद्दत चाहिने हुनसक्छ।
अटिजम भएका सबै मानिसहरुको बुद्धि (आई.क्यू.) निकै कम हुन्छ।	अटिजम भएका व्यक्तिहरूको बौद्धिक क्षमता उनीहरूको अन्य क्षमताहरू फरक भए जस्तै भिन्न हुन्छ। यो अटिजम नभएका व्यक्तिहरूको लागि समान हुन्छ।
अटिजम भएका सबै व्यक्तिहरूसँग विशेष क्षमता हुन्छ।	अटिजम भएका र अटिजम नभएकाहरू समेत सबैजनाको शक्ति तथा सहायता आवश्यकताहरू हुन्छन्।
अटिजमले एक निश्चित ‘वर्ग’ का मानिसहरूलाई मात्र प्रभावित गर्छ।	अटिजम समाजको सबै भागहरू तथा सबै संस्कृति र समुदायहरूका मानिसहरूमा भेटिन्छ।

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Autism: Myths and Facts

The ‘Myths’ are direct quotes from family members.

The ‘Facts’ are based on science and medical research.

Myth	Fact
Autism is a curse or punishment	Autism is not caused by a curse. Autism is a difference in a young person’s brain. People who are autistic can progress and develop with support and help.
Autism is caused by vaccinations	Research studies have found no link between autism and vaccinations. Articles claiming there is a link have been proven wrong.
Autism is the fault of the mother or father	People are autistic due to multiple factors including genes and the environment, not because a parent has done something wrong.
Autism is an epidemic	Autism is not an epidemic, however the number of people being diagnosed with autism is increasing. Parents and doctors are more aware of autism and have more access to assessments for autism.
Autism is caused by too much technology such as phones and computers	There is no evidence that there is a link between technology and autism. Autistic people were part of our communities before technology existed.

Go to **positivepartnerships.com.au**

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Autism: Myths and Facts

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Myth	Fact
Autism is caused by a lack of Vitamin C or D	There is no link between a lack of vitamins and autism. If you are worried your child needs more vitamin c or d, talk to your doctor.
Autistic people don’t want friends	Autistic people may have friendships that look different to people who are not autistic. They may need support to develop friendship skills
Autistic people all have very low intelligence (IQ)	The intellectual ability of autistic people varies as does their other abilities. This is the same for people who are not autistic.
All autistic people have special skills	Everyone has strengths and support needs, including autistic people and those who are not autistic.
Autism affects only a certain ‘class’ of people	Autism is diagnosed in people from all parts of society and across all cultures and communities.