

# 101Autism: Supporting Autistic Lives

## Autistic Masking Awareness & Support Checklist

- ☐ I understand the concept of autistic masking
- ☐ I observe signs of masking in daily interactions
- ☐ I create safe spaces for authentic expression
- ☐ I validate emotions and differences without judgment
- ☐ I share this knowledge with others to reduce stigma

*Use this checklist to raise awareness, promote safe environments, and foster authentic expression for autistic individuals.*