

**I'm Unique.
Just Like You!**

Rosie Philomena



By studying and achieving the

'Understanding Autism'

NCFE CACHE Level 2 qualification,

I gained further knowledge to help me write this book.

I used this alongside my own personal experiences

& those of others who graciously allowed me to share their story.

Acknowledgement

Here I have to give a special mention to Kenzie for her creative input
and for sharing her experiences with me.

She brings a new perspective to life and I have learned so much from her.

We all have something to give and learning from each other is a blessing.
The world is a better place because of you.

You're fabulous, amazing
And I really wish you knew
The world needs what you offer
There is only one of you.

Don't ever change.



**I process information
In a different way to you
They say neurodivergence
Is a superpower, it's true!**





Getting to know me..

At home

In education

Out and about

With food

Just the way I am





**I don't have time for small talk
So don't beat around the bush
My TV show is starting
Don't you know I'm in a rush?**





**I watch the same old movie
DVD or YouTube shorts
Repeatedly for hours
Cartoons, adverts, reels, all sorts**





I don't like baths or showers

Can't have water on my face

Not keen on using toilets

Bathrooms aren't my favourite place!





**Now I like lots of colours
Stimulating coloured lights
Are hung around my bedroom
And I keep them on all night**





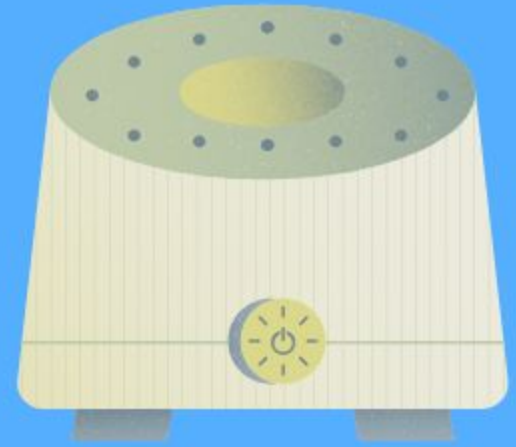
**But I prefer the darkness
And plain colours on my wall
No zigzags, spots or patterns
I can't cope with them at all**



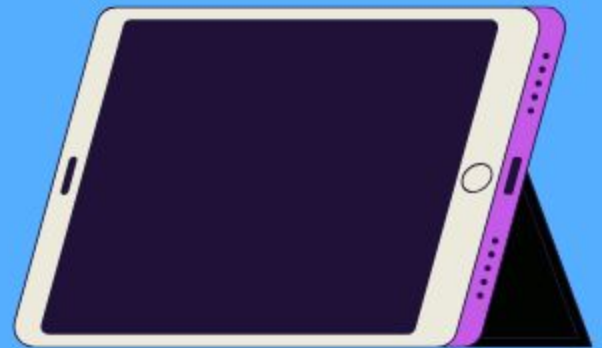


**I hear the strangest noises
(Some of those I make myself!)
But my poor brain's befuddled
And it tells me something else**





**White noise machines are needed
To relax me whilst in bed
Or rainstorms on the tablet
Help to quieten my head**





**But I'm completely different
I can't get enough of noise
The sound effects of gaming
Battery operated toys**





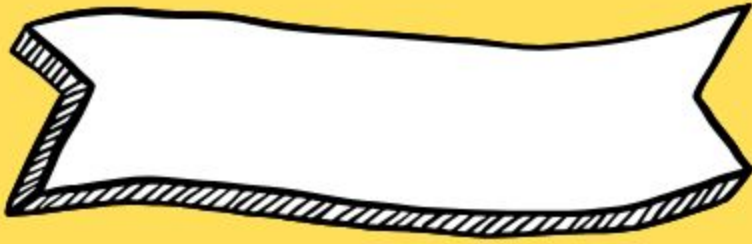
**With sirens, bells and whistles
I will have them on repeat
A drum machine or keyboard
All that noise, my life's complete!**





**I can't stand certain fabrics
Just don't like the way they feel
The scratchy ones like Velcro
Certainly do not appeal!**





**But I chew clothing labels
Rub the fabric on my chin
I find it such a comfort
Love the feel upon my skin**





**“No coat or shoes mum thank you
Not today, I’m staying nude
I used my manners nicely
You can’t say I’m being rude!”**





**But I will leave my coat on
Even if it's really warm
I feel safe and protected
See for me that's just the norm**





In education



Home school



My concentration varies
Sometimes I'm ok in class
But other days I'm struggling
And my memory doesn't last





**But if it piques my interest
I can focus really well
Devouring information
And I'll share at 'show-and-tell!'**



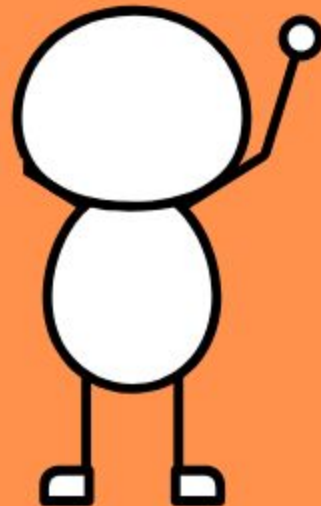
**My memory is amazing
I'll recite chapter and verse
Of historical people
Like Elizabeth the first!**



**But I don't like the spotlight
I prefer to watch and learn
Just sitting very quietly
I'm ok, don't be concerned**



**So please don't ask me questions
Well, unless I raise my hand
I need some time to process
I can't answer on demand**



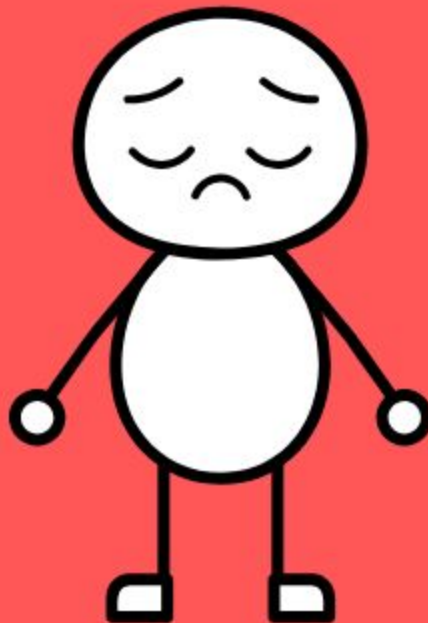
**The seat beside me's taken
I don't want you sitting there
I'm feeling quite self-conscious
You'll just talk to me or stare**



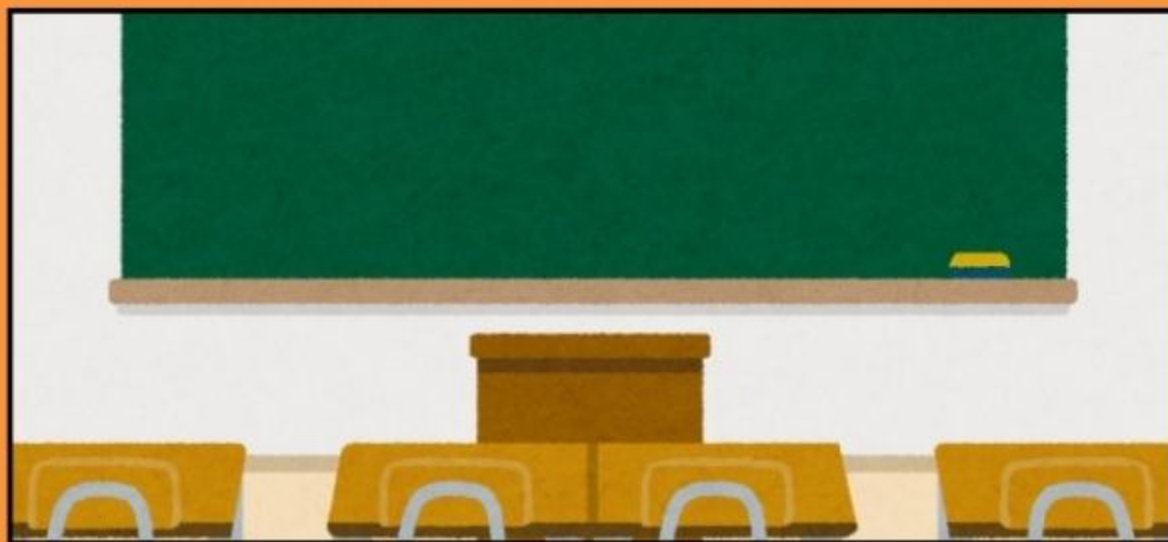
**I can't have people talking
If I'm trying to do my work
I get so tired whilst thinking
It's so hard to stay alert**



**Today my teacher's absent
There's another, a 'supply'
My whole day has been ruined
And I'll share some reasons why**



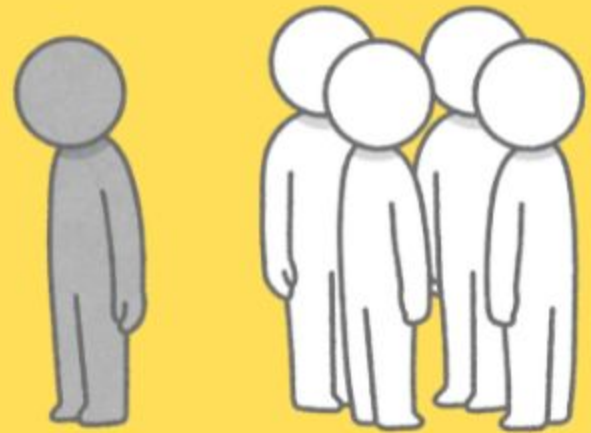
**They're new and they won't get me
And I like things here just so
I sit in certain places
But this teacher doesn't know**





**At break time I'm excited
I can run and dance and play
I need to burn some steam off
I could zoom around all day!**

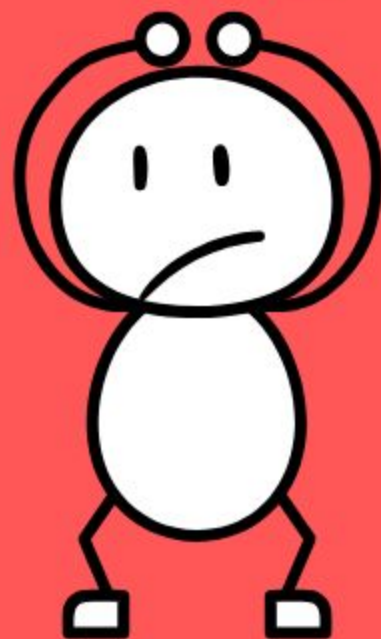




**But sometimes I need silence
And I can't play with my friends
I'll catch up with them later
Just as soon as break time ends**



**The dining hall's too busy
Trays, cups, spoons make so much noise
They overwhelm my senses
And those chatty girls and boys**





**When dinner time is over
After running round and round
I need some time to calm down
Can you play some soothing sounds?**



**I can't sit down yet sorry
You'll just have to understand
I like to walk in circles
With a crayon in each hand!**





**I love to line my toys up
I'll be happy there all day
Don't start a conversation
I have nothing more to say!**



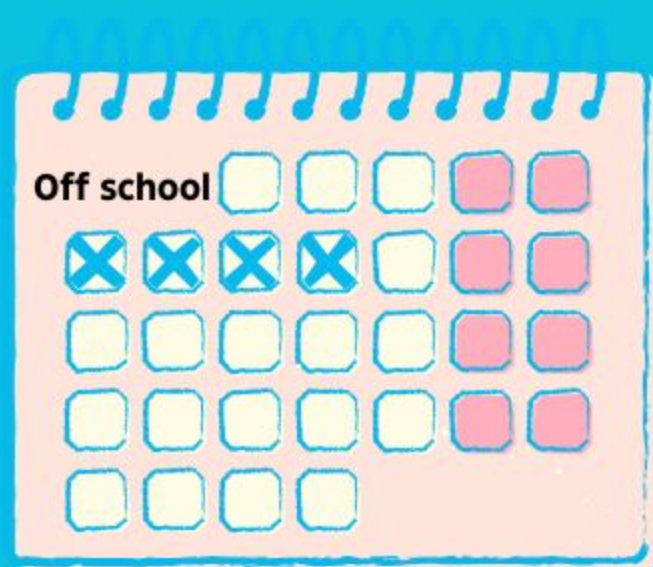
**Don't make me play with others
I prefer to be alone
You seem to think I'm lonely
But I'm happy on my own**



**But I hate my own company
It's so hard to be alone
The more people the better
Please don't leave me on my own**



School holidays are tricky
I don't have the same routine
Some people will enjoy them
As for me, I'm not too keen



**I struggled whilst in mainstream
But in time I did change schools
The smaller classes helped me
As there weren't so many rules**



**But I have tried the school route
And it didn't work for me
I'm better now I'm homeschooled
I have less anxiety**

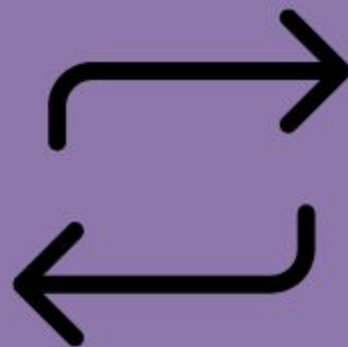


Out and about





**A change of plan can throw me
It can ruin my whole day
I like routines and patterns
That's just me, what can I say**



**I can't sit in my buggy
Or restrictive travel seat
I need some room to wiggle
My head, bum, arms, hands and feet!**



**I have to wear my headphones
When we're travelling on the bus
The bell, the noisy chatter
I can't cope with all that fuss**



**If I'm off out with grandma
I can't have you coming too
Relax and put your feet up
And enjoy some time for you**

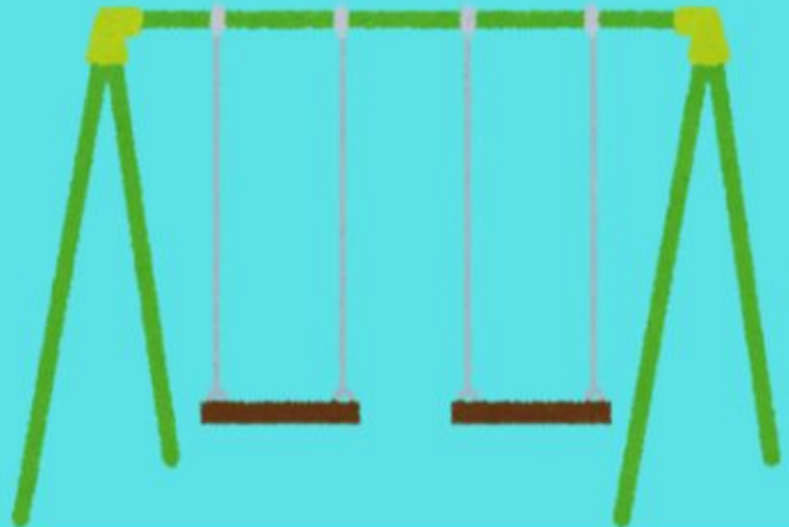




**Some lights can be so painful
They cause problems with my eyes
With others I'm fixated
And they keep me mesmerised**



**Remember, give the countdown
Leaving playgrounds, or the park
“We’ll leave in 5 more minutes!”
If you don’t, then it will spark..**





**A meltdown or a tantrum
You just can't pull me away
I need some time to process
That we're not going to stay**





**I flap my hands, drum fingers
Bang my head or jump and spin
This 'stimming' helps me cope with
The environment I'm in**



**We go to CAHMs appointments
To discuss my traits and ways
But hey! Nobody's perfect
Maybe they should be appraised!**



With food





**I like my beige food diet
Pasta, nuggets, chips and bread
At least I'm eating something
Just be glad I'm being fed!**





**You know my likes and dislikes
I just eat my favourite things
I can't just tuck in freely
To the new foods you might bring**



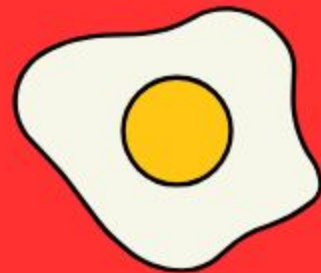
**Ice lollies, they're for breakfast
Super noodles, nice and dry
McDonalds, maybe Costco
They're the only things I'll try**



**For breakfast I'll have toast please
Cut in equal squares today
No triangles or soldiers
It just has to be this way**



**I need a new banana
I can't eat that one it broke
I'll have an egg for breakfast
But I only like the yolk**



**Oh no! They've changed the label
On my favourite tin of beans
It's new, so I won't like it
Things are not as they might seem**





**I can't be in the kitchen
Seems the air in there is thick
The smells are so disgusting
I feel headachey and sick**

**But I'll eat soil and paper
Almost anything I find
The texture is appealing
It's not food, but I don't mind!**



Just the way I am!



**I'm really good at masking
And pretending I'm just fine
But that just leads to problems for me
Further down the line**



**I can't express my feelings
You might think that I'm upset
But I've such mixed emotions
Which I haven't figured yet**



**You ask me how I'm coping
But I don't know where to start
I'm angry, sad or frightened
Course, frustration plays a part**





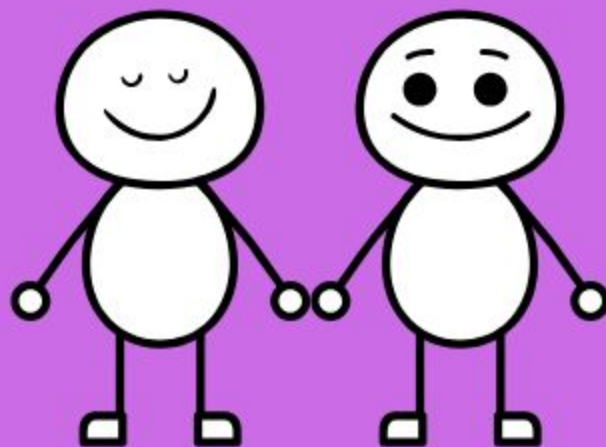
**And sometimes I feel nothing
I'm so numb and need some peace
Just let me sit in silence
Then my stress can be released**



**I don't like hugs and kisses
Or a pat upon my head
A wave goodbye's sufficient
Yes! I'd rather that instead!**



**I say things as I see them
But I don't mean to offend
Sometimes you don't quite get me
I'm just glad you're still my friend!**



**I'm forthright and I'm honest
If I don't like how you're dressed
When asked, I'll tell you frankly
I am brutal, I confess!**



**With literal understanding
“Keep your eyes fixed on the ball!”
To me, is so confusing
It’s not what you meant at all!**





**I might not understand you
So be clear with what you say
Give step by step instructions
I perceive things my own way**





When I grow up
I want to be.....





I like computer studies
I could do something with that
Inputting facts and figures
Or producing useful stats



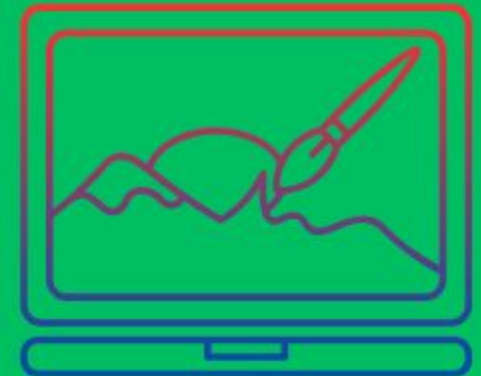


**Or maybe an accountant?
I am really good at maths
A teacher or statistician
I could follow many paths**





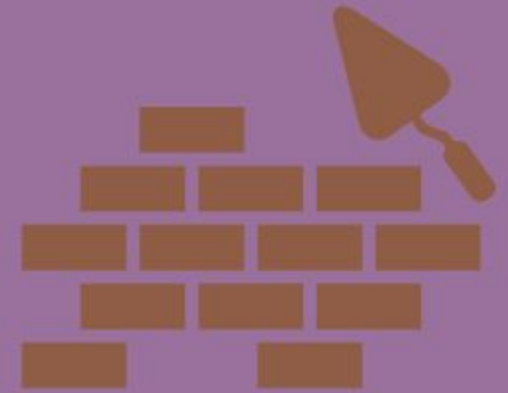
**And when I'm hyperfocused
I see projects to the end
Developing or coding
Or designing clothing trends**





**I love the arts and music
I like acting and can dance
I'm great at learning lyrics
And my theory's quite advanced**





**Perhaps I'll be a builder
Or mechanic, fixing cars
Librarian or surgeon
Hey! I'm reaching for the stars!**



PROUD
to be ME!



You talk a lot, I'm quiet
Listen, no one here's to blame
It's good that we're all different
We don't have to be the same!





**Let's celebrate each other
Your way's yours and mine is mine
Be kind and be respectful
And we'll get along just fine!**





**Don't limit my potential
Find my niche and I'll succeed
I'm capable of great things
So much more than you believe**



Resources

National Autistic Society

Website: www.autism.org.uk

The National Autistic Society is the leading UK charity for autistic people and provides information and support on a wide range of issues, including behaviour strategies and support groups.

Resources

Aspies for Freedom (AFF)

Website: www.aspiesforfreedom.com

**This website provides forums and a chatroom,
articles and information**

Books

**How to Teach Self-Management
To People With Severe Disabilities.**

**A Training Manual,
By Lynn Koegel**

**Self-Management For Children With
High Functioning Autistic Spectrum Disorders,
By Lee A. Wilkinson**

**Glass Half Empty, Glass Half Full:
How Asperger Syndrome Has Changed My Life,
By Chris Mitchell**

**Making Sense Of The Unfeasible:
My Life Journey With Asperger Syndrome,
By Mark Fleisher**

**Thinking In Pictures,
By Temple Grandin**

Wrong Planet

Website: www.wrongplanet.net

This website is designed for both the individuals and parents of autistic people.

It has a discussion forum, articles, guides and a chatroom for communication.

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