

To all autistic people who can't attend protests due to sensory issues: here are some other ways you can help the Black Lives Matter movement.

Protests can be overwhelming. They are often large, loud, and crowded. And in this particular movement, even completely peaceful protesters are being attacked by the police, shot by rubber bullets, pepper sprayed, and tear gassed. For those of us who already have sensory issues, exposing ourselves to those risks can be completely unrealistic and might lead to severe meltdowns.

So, what can you do instead? Here's a list of actions you can take.

1. **Donate to organizations that help the Black community.** Some examples of national organizations in the US include: [The Bail Project](#), [Black Lives Matter](#), and the [NAACP Legal Defense Fund](#). You can also donate to the Autistic Women & Nonbinary Network's [Autistic People of Color Fund](#). Donations are the most effective way to provide material support to protestors and the Black community. That's why donations are first on this list. (Note: there are many local organizations you can *and should* donate to as well, but I have listed national organizations because the protests are a national phenomenon).
2. **Sign petitions to defund the police and demand that all four of the officers involved in George Floyd's death are charged with murder.** A local organization in Minneapolis called *Reclaim the Block* has created a petition called "[Tell Minneapolis City Council To Defund The Police](#)." The goal of the petition is to divest funds from the police department and re-invest that money in community supports like affordable housing, education, and healthcare. Additionally, you can sign the "[Justice for George Floyd](#)" petition on Change.org, which demands that all four of the officers involved in his death are charged with murder. So far, only one of the officers involved has been charged with a crime.
3. **Read books (or listen to audiobooks) about race and white supremacy.** Some examples of books to read are: [So You Want To Talk About Race](#) by Ijeoma Oluo, [The Hate U Give](#) by Angie Thomas, [Why I'm No Longer Talking To White People About Race](#) by Reni Eddo-Lodge, [Women, Race and Class](#) by Angela Davis, and [The New Jim Crow](#) by Michelle Alexander. For autistic people especially, I recommend that you read [All The Weight Of Our Dreams: On Living Racialized Autism](#), which is an anthology by autistic POC.
4. **Follow Black leaders, activists, artists, writers, and community organizers on social media.** Some of the people I follow are Dr. Cornel West, Rachel Cargle, adrienne maree brown, and Charlene Carruthers (across different social media

platforms). Some of the Black autistic people I follow on Instagram are Tee (@unnmasked), Tiffany Hammond, M.A. (@fidgets.and.fries), Joy F. Johnson (@joyfjohnson), and Tiffany (@nigh.functioning.autism).

White and non-Black autistic people: now is the time for us to learn, grow, reflect, and make ourselves useful. Unlearning racism and challenging our own worldview is complicated and uncomfortable work, but it has to be done. The internet is at our fingertips. We need to go explore, go listen, go educate ourselves. We need to be receptive to stories and experiences that don't mirror our own. We need to be willing to receive constructive criticism, and acknowledge when we make mistakes. Everyone makes mistakes- what matters is that we learn from them.

And to all of our Black autistic followers: we see you, and we're listening. If you need anything (including financial support), if you have constructive feedback, or if you have something you think we should post, please DM us (@the.autisticats on Instagram) or email us at the.autisticats@gmail.com.

In solidarity,

Eden 🐸