



ALL ABOUT NEURODIVERSITY

Neurodiversity describes the natural variation in how different human brains work:

- Differences in the way we think, focus and learn.
- Differences in the way we process different information coming through different sensory systems (auditory, visual, tactile, vestibular and proprioceptive).
- Differences in the way we relate to other people and the world around us.

Neurotypical refers to a person whose brain functions in a way that is considered typical or standard.

Neurodivergent refers to a person whose brain functions differently from what is considered typical or normal.

Often, our environments are designed to meet needs of Neurotypical people (classrooms, public spaces, social expectations, workplaces). As a result, those who are Neurodivergent often find many aspects of life more challenging, or may be left feeling out of place, as these environments may not accommodate their unique ways of thinking, processing information, and interacting with the world.

Who is Neurodivergent?

Neurodivergent people may have received a diagnosed condition, although Neurodivergent may not have a formally diagnosed condition. Many Neurodivergent people have co-existing conditions, such as Autism and ADHD.

- **10%** of the population are thought to be Dyslexic (British Dyslexia Association, 2023a)
- **6%** of the population are thought to be Dyscalculic (BDA, 2023b)
- **7%** of the population are thought to have Developmental language disorder (DLD) (RCSLT, 2023)
- **5%** of the population are thought to have ADHD (ADHD UK, 2023)
- **5%** of the population are thought to be Dyspraxic (Dyspraxia Foundation, 2023)
- **Over 1%** of the population are thought to be Autistic (National Autistic Society, 2023)

This means a significant proportion of the student population is Neurodivergent.

Many Neurodivergent people benefit from the following approaches:

- ✓ **Listening to the individual's perspective**
- ✓ **Clear communication**
- ✓ **Sensory-friendly spaces**
- ✓ **Flexible routines and opportunities for breaks**
- ✓ **Personalized learning methods that cater to the students strengths and differences**
- ✓ **An ethos of empathy and acceptance towards Neurodivergence.**