

THE WORLD CAN BE  
**OVERWHELMING**

WHEN IT WASN'T DESIGNED FOR YOU.  
FOR SOMEONE WITH SENSORY PROCESSING  
DIFFERENCES, THE WORLD CAN BE:



**OVERSTIMULATING**

Strong smells / Crowds / Uncomfortable clothing /  
Temperature changes



**LOUD**

Street noise / Sudden sounds / Heat pumps / Voices /  
Computers whirring



**BRIGHT**

Fluorescent lights / Flashing lights / Neon signs

Everyone experiences sensory sensitivity at times. But for many autistic people, sensory overwhelm can be a daily experience. It can make everyday activities like attending school, going to the supermarket, working in an office or going to a movie feel impossible.

INTRODUCING

**HOODS UP,  
VOLUME DOWN**

JOIN A NATIONWIDE MOVEMENT FOR  
ACCEPTANCE, UNDERSTANDING &  
ACCESSIBILITY.

We are asking businesses, workplaces, schools and  
organisations to participate in a national 'quiet hour' on



WEDNESDAY 10TH OF  
APRIL 2024



10.00 AM

TURN DOWN THE LIGHTS, TURN DOWN THE NOISE AND  
TURN UP FOR THE AUTISTIC COMMUNITY OF AOTEAROA.



## HOW CAN YOU PARTICIPATE:

### 1. BUY A HOODIE

Purchase our limited edition Hoods Up for Autism 2024 Hoodie. Many autistic people use hoodies as a way to block out overwhelming sensory input, and our hoodies are super soft and comfy, helpful for those who are sensitive to touch and texture. **\$10** from every hoodie sold goes straight to Autism New Zealand, to help us continue our work to support the autistic and wider autism communities of Aotearoa.

### 2. ORGANISE A QUIET HOUR AT YOUR SCHOOL, WORKPLACE OR ORGANISATION

On Wednesday, April 10th, at 10 am, we are holding a **nationwide quiet hour**. This is an opportunity to make your environment more accessible to autistic people, and while it might seem like only a moment, it's the start of a movement. During this hour, we will show the autistic community that as a society we are ready to truly accept autism and embrace the accommodations needed to create an accessible society. Check out our guide to creating a sensory friendly environment on our website, [www.autismnz.org.nz](http://www.autismnz.org.nz)

### 3. DONATE TO AUTISM NEW ZEALAND

During the Hoods Up, Volume Down quiet hour, every dollar donated to Autism NZ will go towards our work empowering the autistic and wider autism communities.



TURN DOWN THE LIGHTS, TURN DOWN THE NOISE,  
AND TURN UP FOR THE AUTISTIC COMMUNITY.

 10<sup>TH</sup> of APRIL 2024  10.00 AM  Everywhere

Autism New Zealand is a registered charity, with a commitment to empowering the autistic community to make informed choices and take action: every step together.

**AUTISM**<sub>NZ</sub>  
Every step together

**HOODS UP**  
2024