

THE WORLD CAN BE
OVERWHELMING
WHEN IT WASN'T DESIGNED FOR YOU.

FOR SOMEONE WITH SENSORY PROCESSING
DIFFERENCES, THE WORLD CAN BE:



LOUD

STREET NOISE
SUDDEN SOUNDS
HEAT PUMPS
VOICES
COMPUTERS WHIRRING



BRIGHT

FLUORESCENT LIGHTS
FLASHING LIGHTS
NEON SIGNS



OVERSTIMULATING

STRONG SMELLS
CROWDS
UNCOMFORTABLE CLOTHING
TEMPERATURE CHANGES

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, 29TH OF
APRIL 2026



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

Hoodies and t-shirts will be available to purchase from the last week of February. Purchase our limited edition Hoods Up for Autism 2026 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 29th, 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 <https://autismnz.org.nz/autism-acceptance-month/>

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.

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.

