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**Autistic Adults: Let’s Talk About Consent**

**September 20, 2021**

**Program Script**

Opening Announcements, Introduction, Some Ads, Future Shows

Today’s Autistic Community Bulletin Board

Welcome everyone to Today’s Autistic Moment: A Podcast for Autistic Adults by An Autistic Adult. My name is Philip King-Lowe, the owner, producer, and host; and I am an Autistic Adult. Thank you so very much for listening.

Today’s Autistic Moment is a member of the National Podcast Association.

Today’s Autistic Moment is always a free to listen to podcast that gives Autistic Adults access to important information, learns about our barriers, and helps us discover the tools and strengths we need for self-advocacy.

This first segment of Today’s Autistic Moment is sponsored by The Autism Society of Minnesota: Minnesota’s First Autism Resource. The Autism Society of Minnesota has been serving Minnesota’s Autism Community for the past 50 Years. Visit them online at <ausm.org>.

Please go to [todaysautisticmoment.com](https://todaysautisticmoment.com/) to the [New Podcast Episodes](https://todaysautisticmoment.com/podcast-episodes/podcast-episodes/) page and/or the [Episode Index](https://todaysautisticmoment.com/podcast-episodes/ein/) page to get updates, download shows, program scripts and interview transcripts. Interview Transcripts are sponsored by GT Independence.

Also, please follow Today’s Autistic Moment on Facebook, Twitter, Instagram, and LinkedIn. Be sure to become a member of Today’s Autistic Moment Community Group page on Facebook, where you can meet me, other listeners, exchange conversations and find program updates, news about subscriptions and bonuses, upcoming shows and take advantage of special offers.

Please help support Today’s Autistic Moment by visiting [todaysautisticmoment.com/subscribe](todaysautisticmoment.com/subscribe/)/. I offer subscriptions for as little as $1.00 a month to $25.00 a month with lots of bonuses such as new episodes and the Monthly Moments Newsletter sent directly to you by email, a free stylus and ballpoint pen, and items from the store at discount prices.

Make plans now to attend the very first Autistic Voices Round Table Discussions on October 20th at 2:00pm Central Standard Time. Six Autistic individuals will talk with each other about Person First and Identity First Language. There is no cost to attend, and the event will be streamlined on Today’s Autistic Moment’s Community Group page on Facebook.

On the last episode, my guest Leah Bauman-Smith and I talked about Dating, Romantic Relationships and Sexuality for Autistic Adults. Leah has returned to talk with me about the issue of consent. Like our last episode, Leah and I will be having some candid conversations about sexuality. The topic of consent can be triggering for many who may be traumatized by an experience if your right to give or rescind consent was not respected. Leah’s conversation with me may not be suitable for all audiences. Listener discretion is advised.

Allow me to begin by asking you, my listeners if you have had any of the following experiences.

Have you ever had someone ask you if they can shake your hand, or give you a hug, while already giving a hug, or shaking your hand before you got the chance to say yes, or no?

Have you ever had someone you don’t even know give you a hand pat on the shoulder (or even worse) on your head without asking you?

Have you ever gone on a date, and someone started touching you without first asking for your consent?

Have you ever tried to tell someone you don’t want them to touch you, and they ignored you?

Have you ever had someone touch a part of your body, that you are hypersensitive to, you asked them to stop, and they did not respect your wishes?

Have you ever given consent to another person to touch you (or a part of your body), then to rescind your consent, and were told that you gave your consent, and cannot take it back at that moment?

Have you ever had someone give you a hint that they were giving their consent to you to touch them, and you later learned that they did not give their consent?

If you have answered yes to any or all of these questions; or you have others about consent that I did not mention, this is the perfect show for you to listen to.

In case any of the questions I have asked caused you some anxiety, you are not alone. This is the show where you are going to hear about what consent is and is not. You will hear about some of the common problems many Autistic Adults have had with the issue of consent.

If you are an Autistic Adult, and your right to give or rescind your consent has not been respected, please know that on this show we want you to know that you did nothing wrong and you have nothing to be ashamed of.

If you are an Autistic individual who has mistaken a kind gesture or gift as an invitation to sexual intimacy, please know that we will be talking about that later on the program. We will not pass any judgment on you or for anything you may or may not have done. We just want to give you some information and support in whatever situation you may be experiencing.

After this first commercial break, Leah will join me as we talk about the issue of consent. Stay tuned.

**Future Shows**

Samuel Woodard will not be able to join me on October 4th as was previously planned. I am so very excited to announce that Yenn Purkis will be joining me for *Autistic Adults: Coming Out as Autistic and Nonbinary* on October 4th. Yenn is an outstanding Autistic self-advocate and author from Australia. Don’t miss this show.

On October 18th, George Williams will join me to talk about *Autistic Adults: Managing Relationships with other Autistics*. Relationships for Autistics are challenging enough. Yet, relationships with other Autistic people can be just as challenging. Our neurodiversity is a wonderful and powerful thing. That same neurodiversity can be our greatest struggle. Join me for this exciting episode.

On November 1st, Zephyr James returns for *Autistic Adults: Preparing for the Sensory Unfriendly Holidays.* The biggest holidays of the year are not too far away. What many neurotypical people do not understand, is that the upcoming holiday season can be the worst time for our sensory processing needs. Everything from lights, smells, foods, parties and even music can be so overwhelming. Join me and Zephyr as we talk about how you can prepare to look after your sensory needs.

The last episodes for 2021 are about Substance Abuse Addiction, Recovery, and Internet Safety.

I am now accepting topic suggestions and guest offers for the second season of Today’s Autistic Moment in 2022. Please send an email to [PKLowe@todaysautisticmoment.com](mailto:PKLowe@todaysautisticmoment.com).

Be sure to visit the Podcast Episodes part of <todaysautisticmoment.com> as you can go to the New Podcast Episodes page to read the descriptions of upcoming shows. Also, join Today’s Autistic Moment Community Group page on Facebook.

Thank you for listening to Today’s Autistic Moment.

**Today’s Autistic Community Bulletin Board**

Be sure to go to <ausm.org> to download the AuSM Education Catalog 2021-2022.

Virtual Classes for Understanding Autism and Best Strategic Practices will be offered by the Autism Society of Minnesota on October 18th at 6pm, November 15th at 2pm and December 13th at 6pm. Learn the common characteristics of individuals with Autism Spectrum Disorder and sensory processing disorders. Obtain valuable insight on evidence-based practices for supporting individuals across settings. Classes are free of charge. Go to <ausm.org> to register.

Registration is now open to attend the Autism Direct Support Certification Program, January 15th, 22nd, and 29th, 2022. The certification program is perfect for Autistic individuals, parents, PCA’s and other professionals. I attended the program a few years back and it has helped me understand myself and other Autistic people, that has helped me begin this podcast. I cannot recommend it enough. Register at <ausm.org>.

On Tuesday, October 19th from 6 to 7pm there will be a virtual skillshop class by Cookable Kitchen. Cookable Kitchen is a new organization to empower people of all abilities to cook. Join them for a step-by-step online class where they will make dinner together and socialize. The skillshop is free but, limited to 20 registrants. Go to <ausm.org> for more information.

The Autism Society of Minnesota invites you to fill out a survey about their support groups. Go to <ausm.org> to take the survey.

If you have questions about Today’s Autistic Moment, please send an email to [PKLowe@todaysautisticmoment.com](mailto:PKLowe@todaysautisticmoment.com).

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