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**Autistic Adults: Coming Out as Autistic, Queer and Nonbinary**

**October 4, 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. Seven Autistic individuals will talk with each other about Person First and Identity First Language. There is no cost to attend, but I would appreciate if you would get your free ticket at <todaysautisticmoment.com/autisticvoices/>. The event will be streamlined on Today’s Autistic Moment’s Community Group page on Facebook.

My listeners will notice that I have a new sponsor with new messages. Leah Bauman-Smith from Mad Hatter Wellness who was featured in my last two episodes about dating, relationships, sexuality, and consent has prepared a dating safety ad. I hope you will appreciate the message.

I came out as a gay man two times in my life. I first came out in October 2000. I came out again in 2008. I spent seven years after I was diagnosed as Autistic in 2011, learning what being Autistic would mean for me. When I discovered the Autism Society of Minnesota in late 2017, and started attending classes, conferences, and meetings; I began to see the similarities of coming out as gay and Autistic. I also noticed the differences. Coming out as gay and Autistic for me involved a long period of struggling with self-acceptance. I had a lot of inner conflicts with knowing that I am different from others in terms of what kinds of relationships I would have, and what those relationships might cost me in terms of social acceptance and rejection. Being gay and Autistic are controversial and counter cultural. My journey of accepting myself as gay and Autistic has brought me many losses, but a greater sense of pride. I have also learned to accept my limitations and find new strengths, skills, and accomplishments. Today’s Autistic Moment is one of my accomplishments.

I am very excited to have Yenn Purkis as my guest to share some of their story of coming out as Autistic, Asexual, Queer and Nonbinary. Yenn is from Australia and is an outstanding self-advocate and author.

Here are some examples of a few of Yenn’s writings.

Autistic people do not need to be ‘cured” of our autism. The world needs to be cured of ableism, bullying, ignorance and hatred.

Autistic people are strong, we are passionate, and we see the world in a unique and different way.

Autistic people should never have to squash ourselves down in order to be accepted by allistic society. We have the right to be unashamedly ourselves-it’s our world too after all!

After this first commercial break I will begin my conversation with Yenn Purkis. Stay tuned.

**Future Shows**

Coming on October 18th, George Williams will join me to talk about *Autistic Adults: Managing Relationships with Other Autistics*. George is the father of a 24 yr. old Autistic son. George and his wife work as consultants for home health care agencies. They also provide CEU training for agencies to meet state compliance regulations. George will be my guest to talk about the challenges Autistic Adults can have with our own neurodiversity and that of other neurodivergents.

On November 1st, Zephyr James returns to Today’s Autistic Moment to talk about *Autistic Adults: Preparing for the Sensory Unfriendly Holidays*. The biggest holidays of the year are getting closer. The same holidays that can be so enjoyable for neurotypical people, can be full of sensory nightmares for Autistics. Zephyr and I will talk about how to prepare to take care of our sensory needs.

I am particularly excited to have David Grey-Hammond join me for two episodes. David will be my guest for *Autistic Adults: Substance Abuse Addiction* on November 22nd. David will return for *Autistic Adults: Substance Abuse Recovery* on December 6th. David is an Autistic Adult with his own personal experiences with substance addition and recovery.

Plans for shows in 2022 are already underway. Topics will be from authors of great books about Autistic people. Eating disorders. Trauma. Autistic Post-Menopausal Women. Masking and Burnout. If you have a topic idea for the second season of Today’s Autistic Moment in 2022, or you would be interested in being a guest to talk about a particular topic, send an email to [PKLowe@todaysautisticmoment.com](mailto:PKLowe@todaysautisticmoment.com).

Thank you for listening to Today’s Autistic Moment.

**Today’s Autistic Community Bulletin Board**

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 better, 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 for the 4th Annual AuSM Puzzle Connections in person at the TCF Rotunda at the Mall of

America, or virtually on November 6th from 9am to 12pm.

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

Be sure to go to <ausm.org> to download the AuSM Education Catalog 2021 and 2022 for these and other upcoming Skillshops.

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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