

**Autistic Adults: Our Diverse Sexual Orientations**

**June 7th, 2021**

**Program Script includes my opening announcements, introduction, some ads, future shows, and the 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.

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.

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I am a double rainbow man because I am Autistic and gay. I came out as gay two times in my life. The second time I came out in 2008, I made myself two promises. The first promise was that never again would I allow any church community to determine what kind of gay man I should be. The second promise was that never again would I let any LGBTQIA+ individual determine what religion I should or shouldn’t practice and/or what stereotypes I should associate myself with. Most bars were too loud and crowded. Most of the time when I went to parties or events, I would find a corner to be alone and away from the overcrowded noisy spaces. Jason and I are proud Episcopalians, and members of St. Mark’s Episcopal Cathedral in Minneapolis. I have a vocation as a Benedictine Anchorite Monk and a religious name. I am also known as Br. Anselm Philip King-Lowe, OSB. Even at St. Mark’s, I have dealt with the challenges of well-intentioned, but uninformed intolerance and worship spaces that are overwhelmingly crowded and loud with no sensory safe spaces. When I was diagnosed as Autistic in 2011, my challenges made sense. Over the past ten years, I have rediscovered who I am as an Autistic gay man. I have also met some amazing LGBTQIA+ Autistic people who have experienced their own marginalization in the LGBTQIA+ communities in terms of dating, sexuality, relationships, socializing and finding support. In 2017 the International Society for Autism Research (INSAR) did a study and discovered that about 70% of Autistic participants reported being non-heterosexual. There were as many if not more that identify as transgender with gender dysphoria, and as genderqueer and non-binary. I have read many posts on various social media networks where Autistic Adults of diverse sexual orientations and gender identities struggle to find supportive communities from within LGBTQIA+ activist groups. Many Autistic LGBTQIA+ individuals have said that finding accepting diversity among other Autistics who are of varied sexual orientations and gender identities/expressions is more fulfilling than those who are not Autistic. As I was preparing to host this particular episode, I wanted to get some stories from other Autistic Adults who are part of the LGBTQIA+ communities to share with my listeners. Heidi, Luke, and Benjamin are three Autistic Adults who identify with one or more of the diverse sexual orientations and genders. They are going to share some of their experiences with you on this episode of Today’s Autistic Moment. I want to personally thank each one of them for being guests on my show.

After this first commercial break, you will get to hear my conversations with Heidi, Luke, and Benjamin. Stay Tuned.

**Announcement Commercial**

Today’s Autistic Moment is a remarkably successful podcast because we support Autistic Adults. When you purchase items in the store, you help continue to provide essential information for Autistic Adults. Go to the store at todaysautisticmoment.com to purchase a beautiful coffee mug, a 16oz Double Wall Stainless Steel Vacuum Bottle, or a spinner fidget. Each of these items has Today’s Autistic Moment’s logo on them.

Thank you for listening to Today’s Autistic Moment.

**Future Shows**

There are some great new shows coming up as Today’s Autistic Moment begins our first Summer Season.

On June 21st join me and Enzi Tanner as we talk about *Autistic Adults: Our Diverse Gender Identities*.

Be sure to listen to *Autistic Adults and Financial Planning* on July 5th with my guest Andrew Komarow.

Nicola Whiting is my guest to talk about *Autistic Adults: Media Portrayal or Betrayal?* Episode will be published on July 18th.

On August 7th I will publish the episode *Autistic Adults and Gaslighting.* My guest is Christa Holmans who is known as the NeuroDivergent Rebel.

Finally, Dr. Theresa Regan, a Neuropsychologist and Certified Autism Specialist returns to talk about *Autistic Adults and Communicating with Medical Professionals* on August 23rd.

Thank you for listening to Today’s Autistic Moment.

**Today’s Autistic Community Bulletin Board**

**Autism Career Pathways** invites you to enroll in their summer course *Cultivating Autistic Entrepreneurship.*  This ten-week course will begin on June 18th. Classes will be held every other Friday from 4-6pm PST. This course is for neurodivergent adults wanting to explore and build self-employment, Autistic youth, and their parents. Go to the very bottom of the Autism Resource Links page on todaysautisticmoment.com and click on the button Cultivating Autistic Entrepreneurship Course to review the syllabus and to register.

Spaces are still available to join other Autistic Youth and Adults in one any of the four **Summer Recreation Sessions** offered by The Autism Society of Minnesota in June, July, and August. Visit places like Silverwood Park, the Bakken Museum, the Minnesota Zoo, Walker Arts Center, Minnesota History Center, the Science Museum of Minnesota, Long Lake Regional Park, and the Wood Lake Nature Center. Go to ausm.org to register.

**The form is now opened to apply to present a breakout session at the 2021 Virtual Autistic Community Summit on September 18th.** Submit your application to be a presenter by July 2, 2021. Suggested topics include Literature and arts from Autistics. Navigating and self-directing support services. Managing interactions with medical providers. How to write a waiver. Meaningful inclusion, especially for those with higher support needs. Hiring and training staff. Person centered planning across the lifespan. Autism and mental health. Autism pride and self-acceptance. Autism and intersectionality, including race, age, gender, sexuality etc. Shut downs and meltdowns. Emotional regulation. Managing medical interactions. Masking. For more information contact Zephyr James at 651-647-2081 ext. 23 or send an email to zjames@ausm.org.

Remember you can always send me an email to PKLowe@todaysautisticmoment.com. Please follow Today’s Autistic Moment on Facebook, Twitter, Instagram, and LinkedIn.

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