

Inspiring Female Autistic Role Models

Autistic girls and young women often struggle to see themselves reflected in the world around them. Many grow up feeling isolated or believing their experiences are unique. Highlighting autistic women who have excelled in different fields can provide powerful role models, showing that being autistic is not a limitation—it's a different way of thinking and experiencing the world.

This resource introduces a diverse range of autistic women who have made an impact in fields such as science, activism, the arts, and beyond.

1. Temple Grandin (Scientist & Advocate)

- Animal scientist and professor of animal behaviour.
- Revolutionised humane livestock handling.
- Outspoken advocate for autism awareness and neurodivergent thinking.

2. Greta Thunberg (Climate Activist)

- Global leader in climate activism.
- Uses her autistic identity as a strength in her advocacy.
- Speaks openly about how autism shapes her worldview and determination.

3. Hannah Gadsby (Comedian & Writer)

- Award-winning stand-up comedian and creator of *Nanette*.
- Challenges perceptions of autism and neurodivergence through humour and storytelling.
- Highlights the intersection of autism, gender, and personal identity.

4. Fern Brady (Comedian & Author)

- Scottish comedian and writer, openly autistic.
- Uses humour to discuss autism, relationships, and society's expectations.
- Author of *Strong Female Character*, which explores her experiences as an autistic woman.

5. Dr. Camilla Pang (Scientist & Author)

- Award-winning writer of *Explaining Humans*, a book that explores human behaviour through a scientific and autistic lens.
- Uses her background in biochemistry to provide fresh perspectives on neurodivergence and cognition.

6. Susan Boyle (Singer & Performer)

- Gained worldwide recognition on *Britain's Got Talent*.
- Openly discusses how her autism diagnosis helped her understand herself.
- Advocates for the importance of late diagnosis and self-acceptance.

7. Lydia X. Z. Brown (Disability Justice Advocate & Writer)

- Lawyer and disability rights activist focusing on intersectionality and justice.

- Advocates for the rights of disabled people, especially within marginalised communities.
- Writes extensively about neurodiversity, policy, and representation.

8. Danielle Alexis (Actor & Advocate)

- Autistic actress and transgender advocate.
- Uses her platform to challenge stereotypes about autism and gender identity.
- Highlights the need for better representation in the media.

9. Chloe Hayden (Actor & Content Creator)

- Autistic actress known for her role in *Heartbreak High*.
- Social media advocate raising awareness about neurodiversity.
- Shares personal experiences to promote autism acceptance and support.

10. Elle McNicoll (Author & Neurodiversity Advocate)

- Award-winning author of *A Kind of Spark*, a book featuring an autistic protagonist.
- Creates inclusive stories that centre autistic voices and experiences.
- Actively promotes the importance of neurodivergent representation in literature.

11. Samantha Stein (Tech Journalist & Advocate)

- Writer and technology journalist focusing on accessibility and inclusion.
- Uses her platform to highlight the intersection of autism and technology.
- Advocates for employment opportunities and workplace accommodations for autistic individuals.

12. Talia Grant (Actor & Autism Activist)

- Actress known for her role in *Hollyoaks*, making her the first openly autistic actress in a UK soap opera.
- Speaks openly about her experiences as an autistic woman of colour.
- Uses her platform to promote autism awareness and inclusivity in the entertainment industry.

Encouraging Autistic Girls to See Their Strengths

Representation matters because it helps autistic girls see what's possible. These role models show that autistic women can thrive in a range of careers and make a meaningful impact on the world.

Final Thought: Every autistic girl deserves to see herself reflected in the world. Whether in science, activism, comedy, or the arts, autistic women continue to break barriers, challenge stereotypes, and inspire future generations.

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