

Learning about neurodiversity

Neurodiversity is a huge topic and it can sometimes be a challenge to know where to start. Luckily, there are lots of great free resources that can help you to learn about neurodiversity. Here are my top tips for getting to grips with neurodiversity.

Charity or organisation websites

There's a charity or organisation connected to pretty much every form of neurodiversity. These can be a great place to learn some basic info. The [British Dyslexia association website](#) is a good place to start. It has general information about neurodiversity, as well as specific information about dyslexia and other forms of neurodiversity.

Courses

There are a fair few free online courses connected to neurodiversity. My go-to for online learning is [Future Learn](#), which has lots of inclusion-related courses that are one hundred percent free. Go to the site and search 'inclusion' to find out more.

There are a couple of courses there that are specifically connected to ELT. 'Dyslexia and the Foreign Language Classroom' is one which I can personally recommend. This runs from time to time so keep looking at the site for more info. The other I've heard great things about is 'Exploring Inclusive Pedagogies', run by the British Council.

Conferences and webinars

Neurodiversity and inclusive education is on the programme of most conferences or webinars series nowadays. This means that the internet is full of recorded webinars and talks about neurodiversity from previous events. One example of this is the Teaching English webinar site from the British Council where you can find sessions like [this one](#) on Dyslexia. You can also take a look at IATEFL's or similar organisations' events pages, like [this](#), as well as events organised by publishers.

Education-related sites

If you're anything like me, then you're signed up to, or follow a few different educational sites. These often have thorough and useful information about additional needs and neurodiversity. [thought.com](https://www.thought.com) have a whole section devoted to *special education needs (SEN). [Twinkl](https://www.twinkl.com) also have a good section for SEN and disabilities.

*Some people prefer the term 'additional needs' to 'special educational needs.'

People

Though the courses and websites are great for the theory, it's important to listen to neurodivergent people themselves. Social media is a great place to do this. TikTok, Instagram, Facebook and LinkedIn are full of activists and influencers sharing experiences and information about neurodiversity. So get searching on your socials to find out more.

Other free bits and bobs

- The [Dyslexia Bytes](https://www.dyslexiabytes.com) site has lots of info about dyslexia.
- [These videos from](#) the BBC give great insights into lived experience of neurodiversity, as well as other lived experiences. You have to trawl through a bit to find the neurodiversity-related videos, but they're worth the hunt.
- [Dekko comics](https://www.dekko.com) are a Scottish company that create motivating accessible comics.

Hopefully, there's enough here to get you started, but if there's anything else you'd like to know about neurodiversity, feel free to drop me a line at: lottie@lottiegalpin.com.