

My name is ebony and I am 16 years old.

Outside of school I really like to spend time with my pet guinea pigs and my special interest is Pokémon.

I really like English lessons at school, I also like seeing the guinea pigs every Wednesday.

The hardest part about school is the social anxiety selective mutism causes, it can make school really difficult as it can be very difficult to do basic things like asking to use the toilet, working with people, social times with peers and group activities, eating in front of people, asking for help and even being looked at causes really bad anxiety because you think everyone's watching you and are going to make you talk, it causes you to feel anxious all of the time. Even walking around the classroom is really hard because you feel like you are being watched by everyone and if you make the slightest noise then everyone will look at you or people will ask you to talk and I can't. it's even harder when I am working with staff or students who I don't know because they won't know about my selective mutism and I feel really worried they will try to make me talk and be upset or angry when I can't.

I describe selective mutism as being trapped and suffocating, you want to be able to talk and you can't no matter how much you want to, I just dread any social situation because selective mutism makes the simplest of tasks so anxiety provoking that the easiest option is to avoid it. it really makes me feel low because you constantly feel on edge and it's really hard to cope with, you just want to be like everyone else but you can't. it can isolate you because you are trapped in your own silent world and people think you are being rude or just choosing not to talk which isn't true.

I'm not really sure what my hopes and dreams are, I just want to be able to talk, I want selective mutism to go away I want to be normal and be able to do things like everyone else

I would like to be a police officer but it feels impossible because what job can you get if you can't talk

There isn't a single day where I don't notice my selective mutism, it makes me feel very panicky and anxious all of the time, it makes you very wary of people because you think that they are going to try and make you talk and that they think you are rude and are choosing not to, the thought of making a sound feels absolutely terrifying and it feels impossible to even whisper, it feels like your throat tightens up and you feel completely frozen

I am selectively mute anywhere that isn't my house and I can only talk to 5 people even in my house

When I'm in a situation where I'm selectively mute I feel really anxious and tense and my throat tightens, I feel trapped. I describe it as a fear of being heard in certain situations, but it's more than that. It's really stressful to do things by yourself in case someone approaches you and expects you to talk, it can make things like eating in public and being in public in general really difficult.

In general, I don't think the world understands selective mutism very well, they think that it's a choice and it's not, why would people choose not to speak in a life or death situation? Or if they are in pain? Or to tell friends and family they love them? They wouldn't. People really need to understand that everyone is different and that's ok. people need to understand that selective mutism isn't someone being manipulative or rude or difficult, selective mutism is not a choice. I really wish people understood that.

Being autistic can feel like you have big neon arrows pointing at you sometimes, screaming different. autism is not the problem its people's views and understanding of it that is the problem. mainstream schools don't understand autism very well and neither do the peers so it can make school a very difficult place. Inscape is very understanding of autism and selective mutism. I feel very fortunate that I was able to get into inscape, they have helped me break barriers with my autism and saved my education. they also helped me learn ways to be able to communicate like using a whiteboard or Microsoft teams, without them I would be stuck

I think that people should know about autism is that just because somebody is autistic doesn't mean that they are less of a person than you. They are entitled to the same love and respect you'd treat anyone with. it's really important that people are kind to each other and accepting of each other's differences. Everyone is unique and all autistic people are amazing!

My name is ebony and I am 16 years old.

Outside of school I really like to spend time with my pet guinea pigs and my special interest is Pokémon.

I really like English lessons at school, I also like seeing the guinea pigs every Wednesday.

The hardest part about school is the social anxiety selective mutism causes, it can make school really difficult as it can be very difficult to do basic things like asking to use the toilet, working with people, social times with peers and group activities, eating in front of people, asking for help and even being looked at causes really bad anxiety because you think everyone's watching you and are going to make you talk, it causes you to feel anxious all of the time. Even walking around the classroom is really hard because you feel like you are being watched by everyone and if you make the slightest noise then everyone will look at you or people will ask you to talk and I can't. it's even harder when I am working with staff or students who I don't know because they won't know about my selective mutism and I feel really worried they will try to make me talk and be upset or angry when I can't.

I'd describe selective mutism as being trapped and suffocating, you want to be able to talk and you can't no matter how much you want to, I just dread any social situation because selective mutism makes the simplest of tasks so anxiety provoking that the easiest option is to avoid it. it really makes me feel low because you constantly feel on edge and it's really hard to cope with, you just want to be like everyone else but you can't. it can isolate you because you are trapped in your own silent world and people think you are being rude or just choosing not to talk which isn't true.

I'm not really sure what my hopes and dreams are, I just want to be able to talk, I want selective mutism to go away I want to be normal and be able to do things like everyone else

I would like to be a police officer but it feels impossible because what job can you get if you can't talk

There isn't a single day where I don't notice my selective mutism, it makes me feel very panicky and anxious all of the time, it makes you very wary of people because you think that they are going to try and make you talk and that they think you are rude and are choosing not to, the thought of making a sound feels absolutely terrifying and it feels impossible to even whisper, it feels like your throat tightens up and you feel completely frozen

I am selectively mute anywhere that isn't my house and I can only talk to 5 people even in my house

When I'm in a situation where I'm selectively mute I feel really anxious and tense and my throat tightens, I feel trapped. I'd describe it as a fear of being heard in certain situations, but it's more than that. It's really stressful to do things by yourself in case someone approaches you and expects you to talk, it can make things like eating in public and being in public in general really difficult.

In general, I don't think the world understands selective mutism very well, they think that it's a choice and it's not, why would people choose not to speak in a life or death situation? Or if they are in pain? Or to tell friends and family they love them? They wouldn't. People really need to understand that everyone is different and that's ok. people need to understand that selective mutism isn't someone being manipulative or rude or difficult, selective mutism is not a choice. I really wish people understood that.

Being autistic can feel like you have big neon arrows pointing at you sometimes, screaming different. autism is not the problem its people's views and understanding of it that is the problem. mainstream schools don't understand autism very well and neither do the peers so it can make school a very difficult place. Inscape is very understanding of autism and selective mutism. I feel very fortunate that I was able to get into inscape, they have helped me break barriers with my autism and saved my education. they also helped me learn ways to be able to communicate like using a whiteboard or Microsoft teams, without them I would be stuck

I think that people should know about autism is that just because somebody is autistic doesn't mean that they are less of a person than you. They are entitled to the same love and respect you'd treat anyone with. it's really important that people are kind to each other and accepting of each other's differences. Everyone is unique and all autistic people are amazing!

Pumpkin and Ash

Guinea pigs are my other special interest, I have 2 guinea pigs who live in my bedroom. They are both boys.

Pumpkin is an abomination of fluff and sass.

Pumpkin has very long ginger and white hair, it makes him look as majestic as a horse.

Personally I think he should be a hair model.

His eyes remind me of little red rubies (hes albino), so he can see but sadly that is limited. Although he lacks eyesight, he makes up for it in personality!

He is a little sass demon! Because of how fluffy he is, he is the guinea pig equivalent of a hand warmer!

Pumpkin is a sucker for hands and cuddles!

I spend a lot of my time snuggling with him.

Ash is my short haired little angel! Ash has beautiful, angelic eyes that are full of expression!

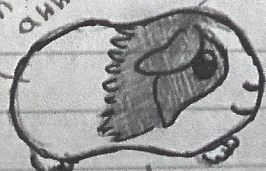
Ash originally was very timid, however as he began to settle down in his new environment, he really came out of his shell. He is very curious and is utterly adorable! He is very ritualistic and loves his routines, he gets so excited over the slightest things.

He waits for me to wake up every morning, he is very happy once his kibble and hay has been restocked! He makes the cutest little noises!

When I come back from somewhere he chirps to me as his little way of saying hello, if he wants feeding, then he will tell me! He really loves chin rubs!

Whenever he eats a pepper he gets pepper juice around his little mouth. I love my babies!

likes rubs,
chin rubs,
aww



lil
baby



fluff
ball
(hes so
fluffy!)

Pumpkin and Ash

Guinea pigs are my other special interest, I have 2 guinea pigs who live in my bedroom. They are both boys.

Pumpkin is an abombination of fluff and sass.

Pumpkin has very long ginger and white hair, it makes him look as majestic as a horse.

Personally I think he should be a hair model.

His eyes remind me of little red rubies (hes albino), so he can see but sadly that is limited. Although he lacks eyesight, he makes up for it in personality!

He is a little sass demon! Because of how fluffy he is, he is the guinea pig equivalent of a hand warmer!

Pumpkin is a sucker for hands and cuddles!

I spend alot of my time snuggling with him.

Ash is my short haired little angel! Ash has beautiful, angelic eyes that are full of expression!

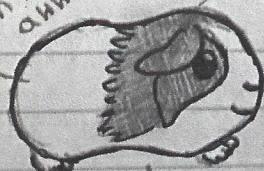
Ash originally was very timid, however as he began to settle down in his new environment, he really came out of his shell. He is very curious and is utterly adorable! He is very ritualistic and loves his routines, he gets so excited over the slightest things.

He waits for me to wake up every morning, he is very happy once his kibble and hay has been restocked! He makes the cutest little noises!

When I come back from somewhere he chirps to me as his little way of saying hello, if he wants feeding, then he will tell me! He really loves chin rubs!

Whenever he eats a pepper he gets pepper juice around his little mouth. I love my babies!

likes rubs,
chin rubs,
aww



lil
baby



fluff
ball
(hes so
fluffy!)

Why dragonite doesn't talk

Each and every Pokemon is unique! no Pokemon is the same and that's ok! Being different is what makes us all special! Everyone has something they find tricky and if they say they don't then it's nonsense!

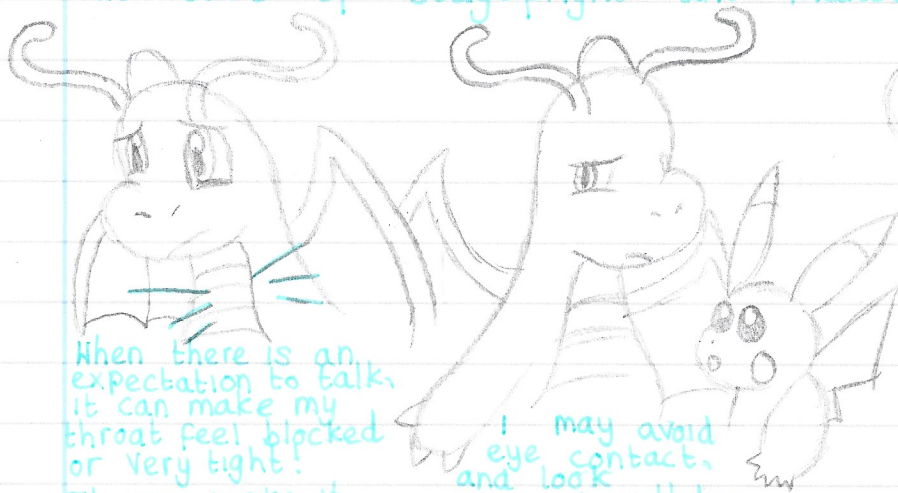
Dragonite finds it hard to talk in certain situations.



It's not that dragonite doesn't want to talk or is being rude, dragonite can't...

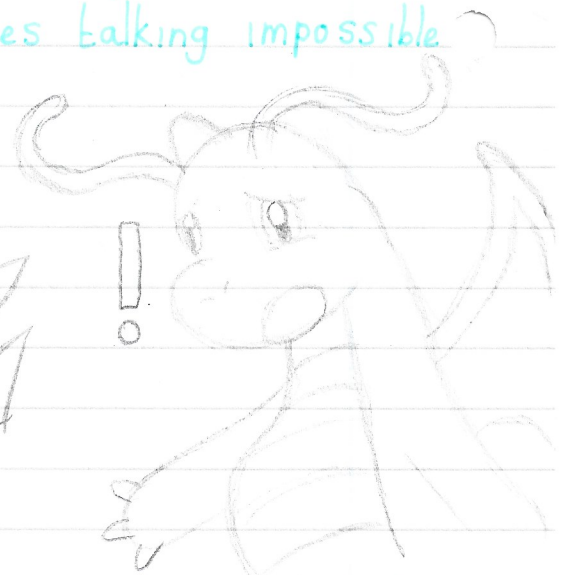
Dragonite has Selective Mutism

Selective mutism is where a Pokemon or a person is unable to speak in certain situations. The expectation to talk triggers a freeze response with extreme feelings of panic and anxiety - it can feel like a bad case of stagefright and makes talking impossible



When there is an expectation to talk, it can make my throat feel blocked or very tight! It can make it difficult to communicate as the thought of even making a sound makes my head think everyone will make me talk...

I may avoid eye contact and look shy and withdrawn. My body feels like it's frozen and I feel very tense.



The thought of being expected to talk or made to talk really scares me so I try and avoid situations where I am expected to talk.

Not being able to talk often makes dragonite feel

Various different emotions



It sometimes makes Dragonite frustrated! It feels really frustrating when you really want to do something and you can't!

It's really difficult living with selective mutism; it makes dragonite feel low and trapped - it can be tricky to stay positive sometimes.

Dragonite however! can be very sassy! Dragonite may not talk but that doesn't mean she can't use other ways to express herself - she likes to use her whiteboard to cause mischief and sass! she also likes to use her computer to wind up her friends!



Do not try to make dragonite talk, it does not work and never will! It will only make it harder!

Dragonite is trying really hard at being able to talk! She's very excited for when she will be able to use her voice to talk to her friends Pikachu, Eevee, and Flareon!

However... It doesn't mean dragonite doesn't want to be involved with the other Pokemon! Dragonite really likes listening to everyone, and hearing what everyone gets up to!

Just because dragonite can't talk yet, doesn't mean dragonite can't join in!

Dragonite has plenty of other ways to get her point across!

Dragonite also loves to play games - although really likes to win!

