

# You can:

**Be kind**

Everyone has their own experience  
No one is more important than anyone else

**Be yourself**

Enjoy this event in the way which suits you best  
stim, tick, move, fidget,  
Do what you need to when you need to

**Take your time**

You can stay in each space for 1 or 2m or 1h+  
Do what works best for you

**Enter + Leave**

Take breaks during your time at the event if you need to



**NEED HELP?**  
Look for rainbow lanyards

**Take part**

start conversations  
ask questions  
join in

( It is okay to not want to )