

# HOW TO RECOGNIZE THE IMPACT OF "BLACK EXCELLENCE"

## PRESSURE

- you feel pressure to conceal a diagnosis.
- you feel pressure to conform to community & societal expectations.
- you experience humiliation and guilt as a result of the expectations and benchmarks for achievement within the African American community.



## FEAR

- you fear judgement and stigma.
- you have concern about receiving negative labels and its effect on the future opportunities for your African American child.
- you fear misunderstanding and mistreatment.



## DISTRESS

- you feel worth is determined by demonstrated achievements.
- you struggle in silence and isolation.
- you feel disconnected from your community.



## CALL TO ACTION



Embracing individuality, honoring diversity, and removing the overshadowing impact of narrowly defined success is essential. It's time to speak up, provide assistance, show empathy, offer acceptance, and validate each other. Let's create an environment where people can feel comfortable being open and receive the support they need.



Many black parents of children with autism face a relentless pressure to conceal their child's diagnosis, fearing misunderstanding and mistreatment from others. This pressure often stems from a desire to conform to community and societal expectations, leaving parents feeling isolated and struggling in silence. The fear of judgment and stigma adds another layer of complexity, as parents worry about the impact of labels on their child's potential. It is crucial for these parents to find support and understanding within their communities, allowing them to navigate these challenges with empathy and resilience.

As a society, it's crucial for us to fully embrace the diverse range of experiences within the black community and recognize the various routes to achievement. We must strive for a more balanced representation and acknowledge the emotional strain placed on black autism families when they feel compelled to adhere to certain cultural expectations. This is a better way to provide a more thorough portrayal of the outstanding achievements within the black community. This is a great way to redefine "Black Excellence."

