

# Neurodiversity Terms To Know

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## Neurodiversity

Neurodiversity refers to the diversity of human minds and all the unique and different ways that people can exist, think, act, process, feel and function.

It is a fundamental truth that we are diverse in our minds just like we are diverse in our ethnicity, gender, sexuality, etc..

## Neurodivergent

Neurodivergent is an umbrella term to describe an individual who's mind or functioning diverges from dominant societal norms, standards or expectations including learning, processing, interpreting, feeling, behaving, communicating and more.

Neurodivergence can be acquired or genetic, a fundamental part of your identity or not.

## Neurotypical

Neurotypical is a term to describe an individual who's functioning falls within dominant societal norms. Neurotypical is the opposite of neurodivergent.

## Neuronormativity

Neuronormativity is a set of standards, expectations and norms that centre certain ways of functioning as the superior and right way.

## Neurodiverse

Neurodiverse is a term to describe a group or population of people who all have different minds or brains compared to each other.

Society is neurodiverse just like a classroom, workplace or family is often neurodiverse.

An individual cannot be neurodiverse as they only have one brain.