

# Glossary

## neurodiversity

the natural diversity of human brains and minds; it's a **biological fact** that we're diverse in our minds just as we're diverse in our ethnicity, gender, sexuality, etc.

## neurodiverse

a *group of people* with different types of brains and minds

## neurodivergent

(ND) a person whose brain or *mind* that diverges (or differs) from the dominant societal standards of "typical"; not neurotypical

includes differences in learning, communicating, interpreting, processing, feeling, etc.

## neurotypical

(NT) a person whose brain or mind that falls within the dominant societal standards of "typical" or "common"; not neurodivergent

includes more common experiences in learning, communicating, interpreting, processing, feeling, etc.

Neither is *better* or *worse*. They're just **different**.

## the neurodivergent umbrella

ADHD	Dementia	Epilepsy	Sensory Processing Differences
Alzheimer's	Down Syndrome	Giftedness, 2e	Synesthesia
Autism	Dyscalculia	Hyperlexia	Tourette's
Bipolar	Dysgraphia	OCD	TBI's
BPD	Dyslexia	PDA	<b>&amp; a whole lot more!</b>
Cerebral Palsy	Dyspraxia	PTSD & CPTSD	

Neurodiversity acknowledges **the whole spectrum of brains & minds** –all types of neurodivergent and neurotypical people

## the neurodiversity paradigm

the *philosophy* of neurodiversity

- 1.) Neurodiversity is a natural and valuable form of human diversity.
- 2.) No one type of cognitive function is "right" or "best."
- 3.) Like other forms of diversity (ethnicity, gender, etc.), neurodiversity is subject to **power inequities**. When embraced, however, neurodiversity is also a great source creative potential and empowerment.

**The Neurodiversity Movement** is a social justice movement that seeks civil rights, equality, respect, and **full societal inclusion** for the neurodivergent.

The Neurodiversity Movement champions the fact that people experience and interact with the world around them in many different ways. There's no one "right" way of thinking, learning, and behaving. Differences are not viewed as deficits.

# quick glossary

## Neurodiversity

the natural diversity of human brains & minds

## Neurotypical

a person whose brain or mind *does not* differ from what's statistically "typical"

## The Neurodiversity Paradigm

the philosophy of neurodiversity

## The Neurodiversity Movement

the political & social justice movement

## Neurodiverse

a group of people with different types of brains

## Neurodivergent

a person whose brain or mind differs from the what's statistically "typical"

## Blue Ridge Brains

## Neurodiversity Allies

a local group amplifying neurodiverse voices through a newsletter, podcast, & connection

## Language to avoid

Remember, all neurotypes are valid and valued. Avoid language around the word "*normal*." Aim for *common/less common*, for example.

Neurotypical refers to **most common**, not *most normal*.

Neurodivergent refers to **less common**, not *not normal*.



Marie Masse, Founder of [Dangerously Good Stories](#)

AS SEEN ON:



## About Marie Masse & Blue Ridge Brains

That's pronounced "moss," btw.

**Marie's professional background is of her own niche construction (thank you, 2e AuDHD brain): a Story Worker, writer, educator, speaker, documentary photographer, & podcaster.**

Her own lived-experience stories, among countless stories of others' underserved neurodivergent needs, called her into the neurodiversity movement.

Blue Ridge Brains' mission is to:

- 1) amplify local neurodivergent voices through a social stories and a future podcast and
- 2) to spur neurodiversity affirming practices into motion within the healthcare, mental health, education spaces, and citizen communities of the southern Blue Ridge area (Asheville NC, Greenville SC & surrounding areas).

Marie lives in the Blue Ridge Mountains (Travelers Rest, SC, USA). "Masse Mountain" is the essence of her **Life-Brand**, something she teaches students to create through their own stories.

Connect with her: [hello@blueridgebrains.org](mailto:hello@blueridgebrains.org)

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