

# Neuroqueer

101

By Plushcowz



This comic will show my experiences and other information about being Neuroqueer.



What does it mean?

It's a relatively new term that means:

“Being both neurodivergent and queer, with some degree of conscious awareness and/or active exploration around how these two aspects of one’s being entwine and interact (or are, perhaps, mutually constitutive and inseparable)”(Walker)

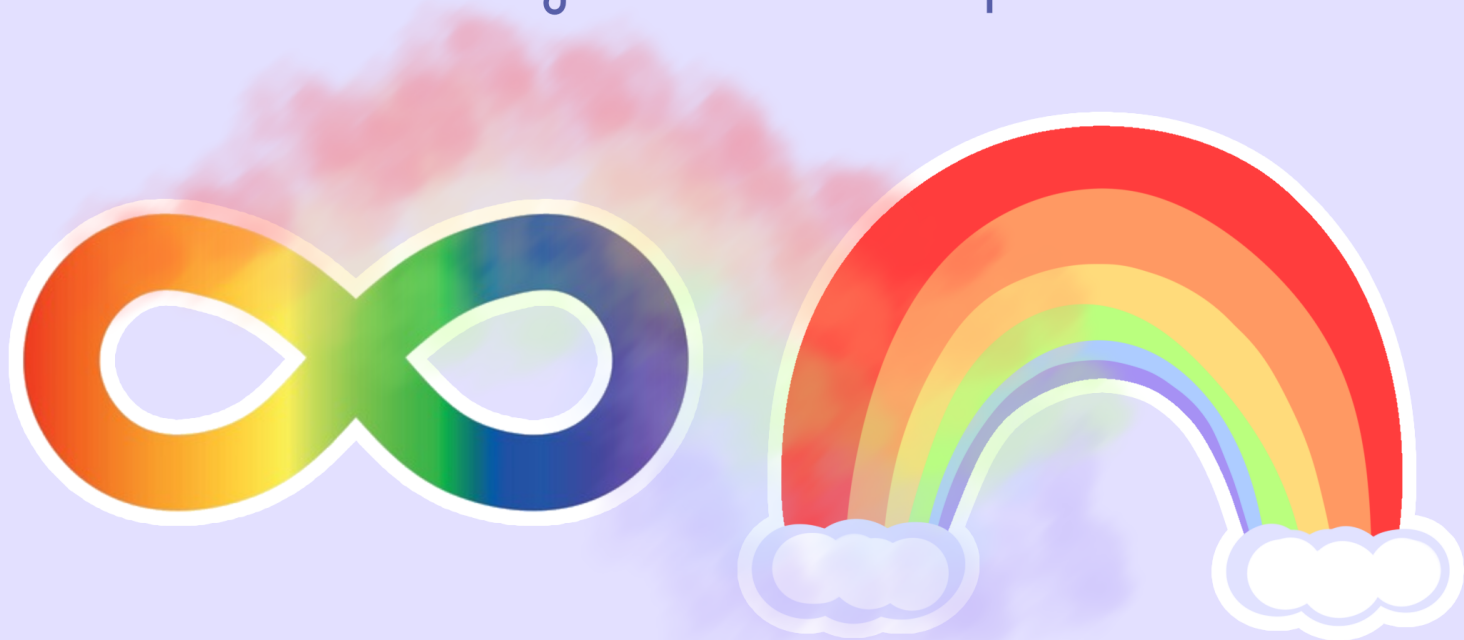


Basically, being Neuroqueer is when someone is both queer and neurodivergent.

(Autism, ADHD and OCD are some examples of neurodiversity.)

When someone is Neuroqueer, their identities tend to overlap and intersect with each other.

This comic will show different aspects of this from my own experiences, as well as my research of other's.



A recent study by The University of Cambridge found that autistic people are eight times more likely to identify as LGBTQ+ (Baron-Cohen et. al).



But why, exactly?

I am autistic, I can say from experience that this forces me to challenge social norms and find my own way to define them.

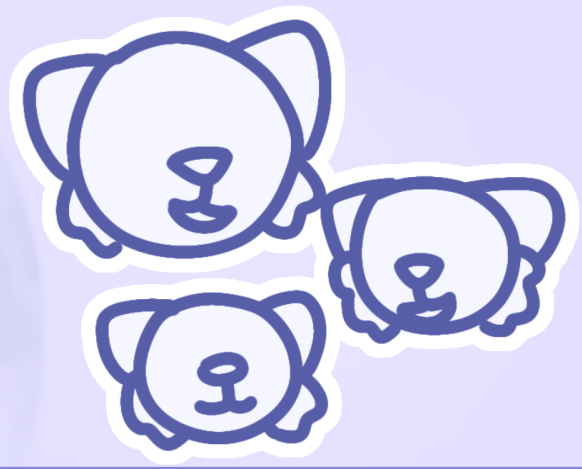


This is also true with being LGBTQ+. This community questions the social norms of being cisgender and heterosexual, and is also pushed back for being different and more individual.



Since autistic people tend to challenge social norms naturally, and being LGBTQ+ involves challenging social norms in itself, it makes sense these two identities often work together.

Breaking social norms can lead one to question their identity and why it is different from others. I often questioned and judged myself when I was younger for being different from my peers and not knowing why, when I was not aware I was autistic or queer yet. This questioning and self reflection can eventually lead to understanding.



Autistic people are reported to have higher rates of homosexuality, bisexuality, and asexuality, and lower rates of heterosexuality than neurotypical people. (George, Stokes)

Autistic people tend to have a higher understanding of self because they already feel different from others. I can relate to this, as I identify my sexual and romantic attraction as queer. Many of my friends are also neurodivergent and queer, so there is an overlap.

Autistic people tend to know what they need and when they are uncomfortable, this can lead to a higher rate of gender dysphoria than neurotypical people. (Lawson)



One in eight autistic people live with gender dysphoria (Lawson). Also, we tend to have more understanding of ourselves internally, which is another reason for the high rate of autistic people being transgender.



I can relate to this as well. I am nonbinary [identify as not being male or female], and I personally believe my gender identity and my neurodiversity can not be separated from each other, because they both show how I experience the world.



Being Neuroqueer can come with many challenges, as being a combination of neurodivergent and LGBTQ+ has downsides in a neurotypical, heterosexual, and cisgender world.

Neurodivergent people as well as queer people are often subject to harassment in school or work due to being noticeably different from others.

Both of these identities often come with struggling for self acceptance and acceptance from family and friends.



Fortunately, I have been able to find community in my close family and friends, and know they accept me for who I am and understand me. There are also many communities online that strive to support Neuroqueer people to connect and understand each other.

I believe if I did not learn I was nonbinary and queer in 2020, I would not have eventually learned I was autistic in 2022. Even though aspects of it can be difficult, I am proud of my identity and who I am, and I hope this helped you understand the basics of being neurodivergent and LGBTQ+.

Thank you for reading!



## Works Cited

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