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You and Me

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You and Me

Neurodiversity's a name you place on me
While yours is neurotypicality

Stereotypy is the word you use for me
While yours is flexibility

Rigidity is the term for me
While yours is adaptability

You describe my:
Rigorous adherence to routines;
limited interests and pastimes;
fixations bordering on sublime
complete dependence on the time

While I see your rigidity
I see your stereotypy
Your limited flexibility
The traits that you ascribe to me

Each day you follow your routines
Obsessed with social codes
Your ring that marks your status
Your car, your hair, your clothes

Your ritualistic platitudes
Demeanor, handshake, gaze
They never cease to contradict,
Unnavigable maze!

Obsessed with classifications,
What's polite and what is rude
What's good and bad in form and taste
What's fashionable or lewd

Your words can change with what's in vogue,
What's sick, or hip or cool
Obsessing over de rigueur
The fashionista's tool

Are you sure that the term 'rigid'
Should be applied to me
You that follow such complex rules

.....Your stereotypy

—Suzanne J. Gikas

Suzanne J. Gikas is an Assistant Professor in the Department of Education at Augsburg University. Dr. Gikas' research and teaching interests center on social justice and advocacy for families. Her primary area of expertise includes a focus on autism and Special Education Law. Suzanne has been a licensed teacher for 29 years, working in special education settings as a teacher, leader, advocate, and consultant.