

*Why do some
autistic individuals
love science
fiction?*



We all have our hobbies, but there are some things that autistic people seem to enjoy more than others. One interest many autistic people seem to have in common is an affinity for science fiction.

But what is it about space travel and futuristic fantasy that autistic people connect with so much? Why do they enjoy escaping to faraway galaxies via books, films, and games? Climb aboard our rocket ship, buckle up, and let's explore the possible reasons why some autistic people love sci-fi.

1. Relatable characters

Many science fiction characters are written in such a way that autistic people can relate to them. Aliens and robots, in particular, (like Mr. Spock from Star Trek) can struggle to understand complex emotions, social cues, and other aspects of interaction – something that can strike a chord with autistic individuals. They can easily find common ground with science fiction characters, and therefore enjoy spending time in their company.

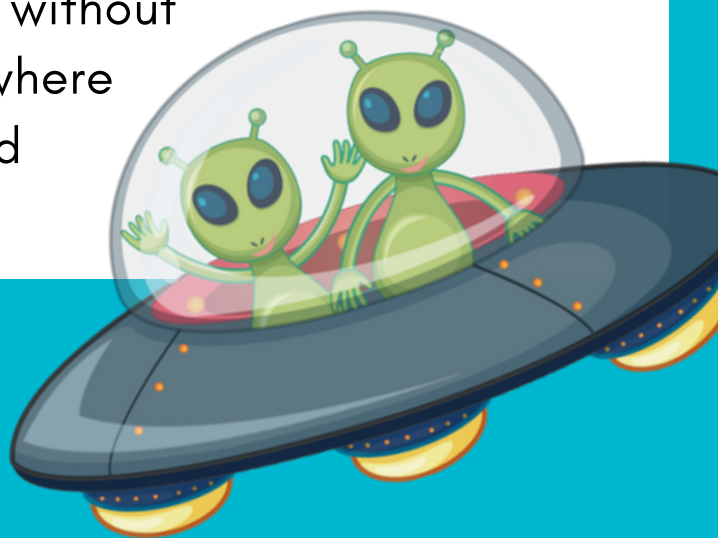


2. Worlds with purpose

Science fiction stories are often set in worlds completely removed from our own. These are usually split into utopias and dystopias – both of which can resonate with autistic people in their own unique way. Even if autistic people feel different from everyone else in a utopia, their differences are embraced and valued. In a dystopia, it's often the people who are different and challenge the status quo that rise triumphant. Autistic people have a clear and important role in each situation.

3. Clear morality

A large proportion of autistic individuals share a profound sense of morals, and a distinct idea of what's right and what's wrong. The moral outcome of a character's choices is often a major theme in science fiction, and the moral directions of both protagonist and antagonist are clearly defined. This almost black and white situation is an escapist fantasy for people with autism. A world without ambiguity and contradiction – where people say what they mean, and mean what they say.



4. A sense of belonging

It's no secret that the science fiction community is one of the most fanatical around. Autistic people tend to focus on one specific hobby or interest, so when they're surrounded by science fiction enthusiasts, they're right at home. It's natural for anyone to want to be part of a tribe, but difficulty socialising can make it tough for autistic individuals to find theirs. For some, science fiction creates the ideal environment for feeling a true sense of belonging.

