

# Understanding non-autistic communication for dating



Sometimes Autistic people and non-autistic people have different ways of communicating. Non-autistic people sometimes like to show another person that they like them romantically or sexually using **indirect** forms of verbal and non-verbal communication. This information sheet gives some examples of things that non-autistic people do or say to show you that they like you or do not like you in a romantic or sexual way.



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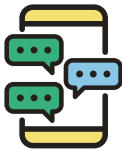





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Sex Information & Education Council of Canada  
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## Important note:

The table below provides some examples of hints to look for when you are trying to guess if a non-autistic person likes you or does not like you in a romantic or sexual way.

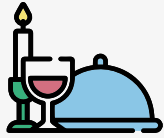
**But**, it is important to remember that these hints might not always mean what we think they mean. For example, if a person talks to you a lot, it does not always mean they want to date you or that they like you in a romantic or sexual way. It could mean they like you as a friend.

**The best way to know if someone likes you in a romantic or sexual way is to ask them directly.**

VERBAL COMMUNICATION	
Hints that a non-autistic person <i>LIKES YOU</i> in a romantic/sexual way	Hints that a non-autistic person <i>DOES NOT LIKE YOU</i> in a romantic/sexual way
 <p>They try to talk to you a lot or often.</p> <p>They send you a lot of messages.</p>	<p>They do not try to talk to you or send you messages. You have to be the one to talk to them first or send them a message first, all the time.</p> 
 <p>They say nice things to you like “you look good today” or “you are really interesting.”</p>	<p>When you ask them a question, they give you a really short answer.</p> 
 <p>They ask you a lot of questions to get to know you.</p>	<p>They do not ask you any questions or they only ask, “how about you?” after you ask them a question first.</p> 

## VERBAL COMMUNICATION

### Hints that a non-autistic person *LIKES YOU* in a romantic/sexual way



They talk about activities they want to do with you.

They give suggestions of activities to do with you.

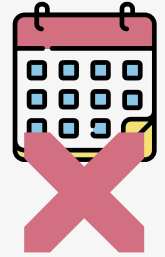
They plan activities they want to do with you.

### Hints that a non-autistic person *DOES NOT LIKE YOU* in a romantic/sexual way

They do not talk about hanging out with you again.

They avoid telling you a specific time they are free to hang out with you.

For example, they say, “maybe we can do that in the summer,” but they do not follow-up with you to plan the date.



They talk about wanting to hang out with you alone.


For example, they say, “would you want to go to the event, **just the two of us?**” or “so is that a **date?**”

They call you their friend or they only want to hang out with you in a group setting.

For example, they say, “you are such a good **friend**” or “that sounds like a fun activity, let’s do that **with our other friends.**”



## NON-VERBAL COMMUNICATION (BODY LANGUAGE)

Hints that a non-autistic person <i>LIKES YOU</i> in a romantic/sexual way	Hints that a non-autistic person <i>DOES NOT LIKE YOU</i> in a romantic/sexual way
 <p>They want to hold your hand or put their arm around your shoulders.</p>	<p>They stand far away from you on a date or avoid physical contact.</p> 
 <p>When you are talking to them, they are looking at you and their body is facing you.</p>	<p>When you are talking to them, they are looking away or they are looking at their phone.</p> 
 <p>They smile and laugh a lot.</p>	<p>They do not smile.</p> 

If you like a non-autistic person in a romantic/sexual way, the examples in the table might be some ways you can show a non-autistic person that you like them. Remember that if you are more comfortable being direct, then it is okay to just tell the person that you like them. **Being direct is actually the best way to be clear about how you feel towards the other person, so that the other person knows exactly what you are thinking.**