Neurospicy

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Let's talk about it

While the slang term 'neurospicy' is often used with good intentions, it can easily become a barrier to clear, respectful, and professional communication.

The word can trivialise real challenges, sound childish, and frustrate adults who want to be taken seriously at work.

It's an 'in-group' term that can feel empowering when used individually, but it often feels disrespectful when used by outsiders.

You should always follow a person's lead if they choose this label for themselves, but don't use it to describe colleagues or the wider community.

If you aren't neurodivergent yourself, it's best to stick to accurate terms like 'neurodivergent' to avoid causing unintended confusion or offence.

Useful Links

Is it OK to use the term 'neurospicy' when talking about autism and other neurodivergences?