

The National Autistic Society promotes structured parent support through its range of EarlyBird parent programmes.

The Teen Life Programme was developed to support parents of autistic teenagers. It is relevant to autistic teenagers with a range of different abilities and needs with different lengths of formal diagnosis.

For information about your local Teen Life team, please contact:

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Email: [teenlife@nas.org.uk](mailto:teenlife@nas.org.uk)

Website: [www.autism.org.uk/teenlife](http://www.autism.org.uk/teenlife)

Your local Teen Life team is:

Your local Teen Life contact: Alena Bilkova

Email: [inclusionandinterventiontraining@milton-keynes.gov.uk](mailto:inclusionandinterventiontraining@milton-keynes.gov.uk)

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# TEEN LIFE PROGRAMME

A six session support programme for parents of young people on the autism spectrum aged 10-16



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## What is the Teen Life Programme?

Teen Life is a six session programme for parents and carers of young people on the autism spectrum aged 10-16. The programme includes information on understanding autism in teenagers and covers a range of topics that are relevant to this age group.

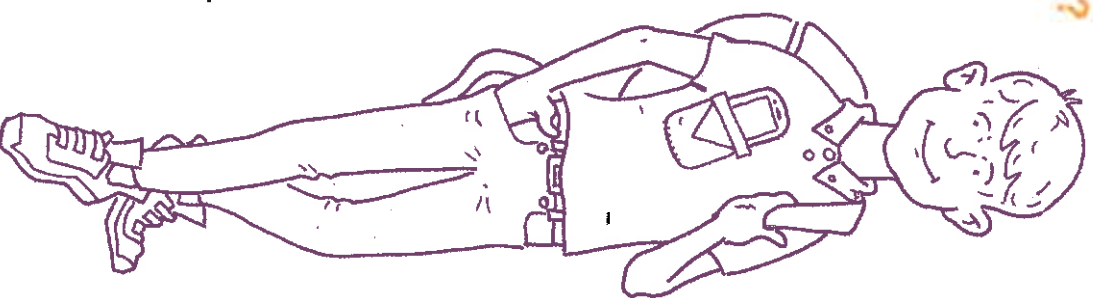
## Who is the programme for?

Three places are allocated on the Teen Life Programme: two for parents or carers whose son or daughter is aged 10-16, and one for an accompanying professional.

## Who runs the programme?

Professionals with experience of autism run the programme for families in their local area. The professionals are trained and licensed by The National Autistic Society's EarlyBird Team.

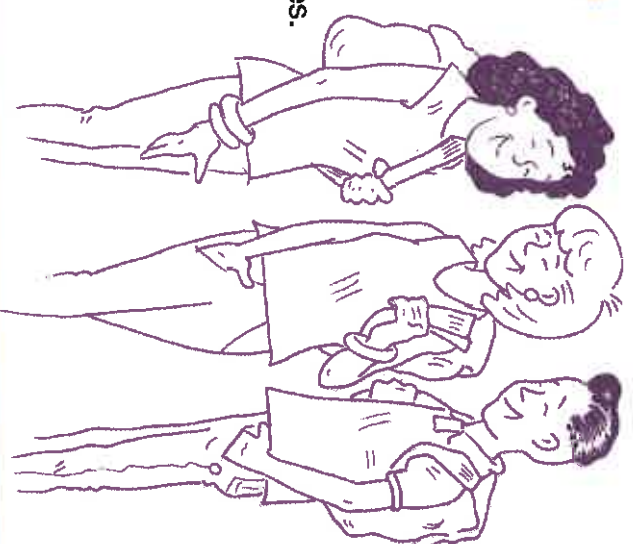
Sessions run on the same day over a number of weeks and each session lasts for two and a half hours.



## What are the aims of the programme?

Teen Life aims to empower parents, carers and supporting professionals to understand more about autistic teenagers' experiences.

Sessions will discuss useful strategies and share ideas about how to support the autistic person through their teen years.



## What will participants learn about?

During the six Teen Life sessions, we will look at a variety of topics relating to autistic teenagers. Many of the topics are key themes that run throughout the whole programme.

Our sessions will include:

- introductions and understanding autism in teenagers; the hidden presentation of autism in women and girls and autistic perspectives
- self-esteem and spending time with other people
- stress, anxiety and understanding behaviour
- understanding your diagnosis, intense interests and managing expectations
- puberty and independence skills (including staying safe)
- education and planning for the future (person-centred planning)

