

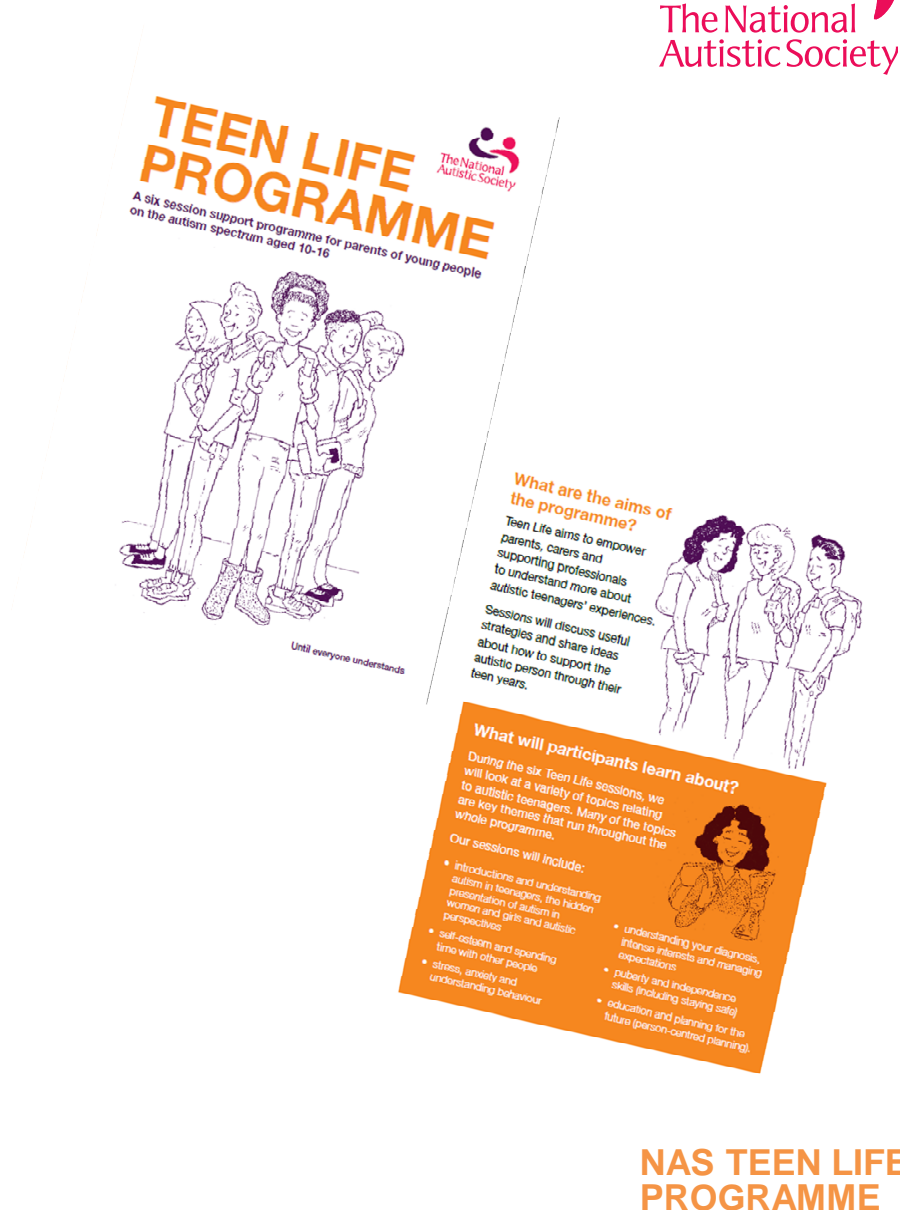
TEEN LIFE PROGRAMME



Until everyone understands

Teen Life

- Parent programme
- Licensed User Training



**NAS TEEN LIFE
PROGRAMME**

Teen Life Programme



- Two parents/carers plus supporting professional (max team 3 people)
- Teens aged 10 to 16 years
- 6 families
- 6 sessions (2 ½ hours)
- Workbook



Until everyone understands

**NAS TEEN LIFE
PROGRAMME**

Development



- Bristol Teen Life Programme
- Market research
- Programme development and review
- Pilot Programme delivery



**TEEN LIFE
PROGRAMME**

Programme overview



Session 1

- Autism in teenagers
- Hidden presentation in women and girls
- Autistic perspectives

Session 2

- Self-esteem
- Spending time with other people

Session 3

- Stress and anxiety
- Understanding behaviour

Session 4

- Understanding your diagnosis
- Understanding intense interests
- Managing expectations

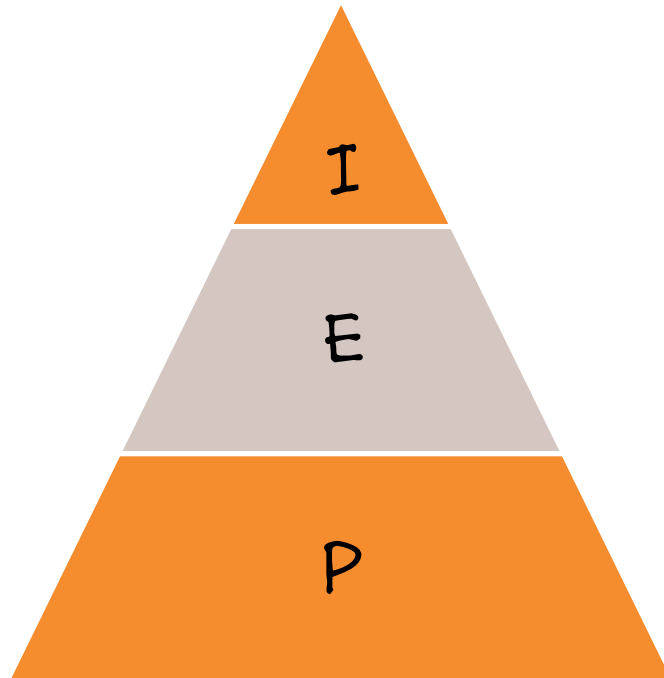
Session 5

- Puberty
- Independence skills

Session 6

- Education
- Planning for the future

Programme plan



Session 1

- Autism in teenagers
- Hidden presentation in women and girls
- Autistic perspectives

Session 2

- Self-esteem
- Spending time with other people

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- Stress and anxiety
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NAS TEEN LIFE
PROGRAMME

Language and the autistic voice

- Language used throughout the programme
- Autistic perspectives



Feedback from Pilots



“It came just at the right time in ‘our’ life when we really need to help and get more support for our daughter. One of the first times we have received help and information specifically on autism in girls.”

“This course has reaffirmed my belief that ____ will grow up to be a happy well rounded man and that with a few tweaks and good communication he will have access to the same choices and opportunities as everyone else.”

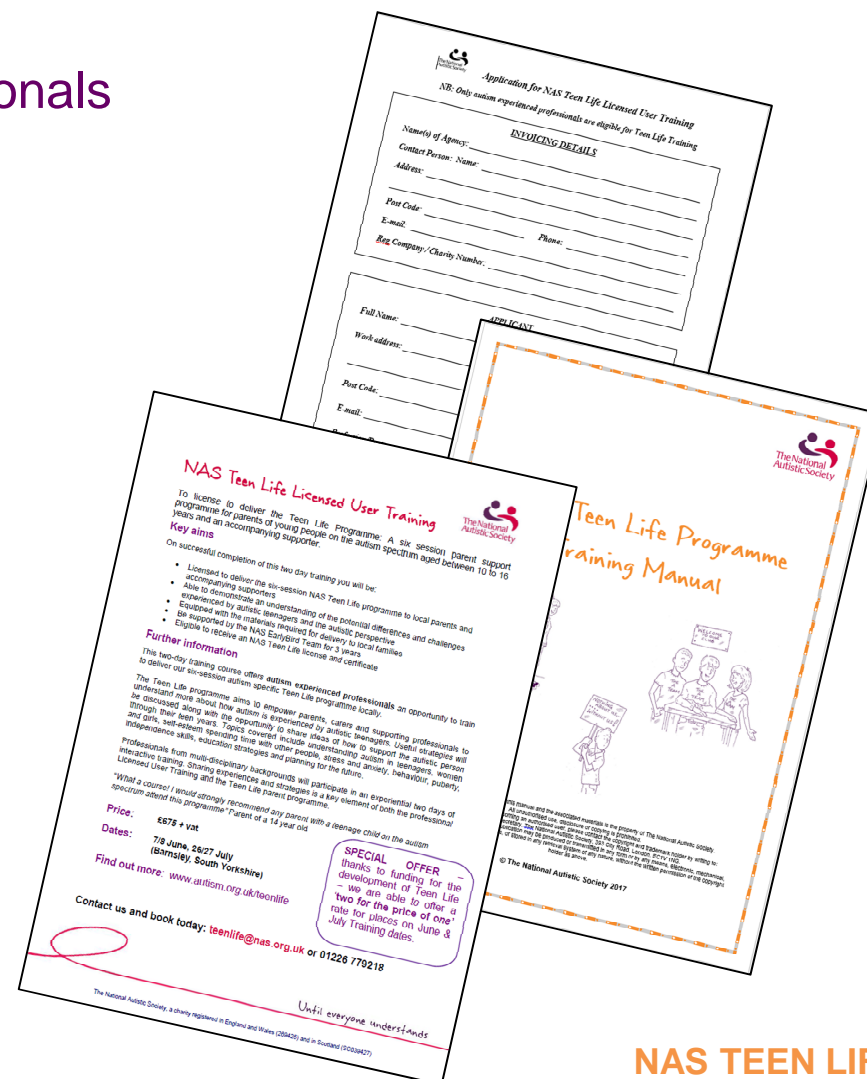
“What a course! I would strongly recommend any parent with a teenage child on the autism spectrum attend this programme”

**TEEN LIFE
PROGRAMME**

Licensed User Training



- For autism experienced professionals
- Two Licensed Users per team
- Application process
- 2 day training
 - Teen Life Training Manual
 - Trainer notes & resources
 - USB with electronic files
- Quality assurance processes
- Forthcoming training



**NAS TEEN LIFE
PROGRAMME**

Feedback from LUs



“Was extremely impressed with the quality of the materials and how much consideration and weight had been given to the autistic perspective. As an autistic adult myself, I found the materials immensely relatable.”

“I have really enjoyed the training and can’t wait to start delivering the course!”

Thanks!



- Forthcoming Licensed User Training;
 - 26 & 27 June in London
 - 24 & 25 July in Barnsley
- For more information, please get in touch;

www.autism.org.uk/teenlife

teenlife@nas.org.uk



**NAS TEEN LIFE
PROGRAMME**