

What does autism look like in teenagers?



Join the National Autistic Society's Teen Life programme for parents and carers of young autistic people aged ten to 16.

Teen Life programme

Get together with other parents to share advice and experiences. The six-session programme covers:

- understanding autism in teenagers
- women and girls
- self-esteem
- stress and anxiety
- puberty
- planning for the future.

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

Parent



This is your local licensed Teen Life group leader, trained by the National Autistic Society.

Contact them for more information:

Name: _____

Contact: _____

Information and support

Get free resources and expert advice on a wide range of issues affecting autistic people and their families.

 **Visit:**
www.autism.org.uk