

TEEN LIFE

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Teen Life - What is it?

- A parent / carer support intervention for children with an autism diagnosis (aged 10-16 years) from the NAS (National Autistic Society)
- Delivered over a 6-week period (2.5 hour sessions)
- The programme aims to empower parents and supporting professionals to understand more about how autism is experienced by autistic young people
- This is achieved through listening to autistic perspectives and increasing parental understanding of well-researched and recognised autism best practice.
- A place on the programme is also offered to a supporting professional which means that the programme can also support knowledge development for school staff.
- Parents / carers receive a handbook guiding them through the programme



National Autistic Society



The UK's leading charity for autistic people and their families.

Their goal is to help transform lives, change attitudes and create a society that works for autistic people.

N.A.S Parent Programmes

Earlybird (for parents of children 0-5 yrs)

Earlybird Plus (for parents of children 5-9 yrs)

Teen Life (for parents of young people 10-16 yrs)

What does Teen Life cover?

Session 1

- Intro
- Understanding Autism in Teenagers
- The hidden presentation in women and girls
- Autistic perspectives

Session 2

- Self-esteem
- Spending time with other people

Session 3

- Stress and anxiety
- Understanding behaviour

What does Teen Life cover?

Session 4

- Understanding your diagnosis
- Understanding intense interests
- Managing expectations

Session 5

- Puberty
- Independence skills

Session 6

- Education
- Planning for the future

Development of Teen Life

Developed from sessions run in Bristol with parents 'NAS Bristol Teenage Life Programmes'


Parents, autistic adults and professionals involved at all stages of review and revision.

2016 pilot – range of experiences and teen ages across the groups

Highly positive post-programme evaluation

Licensed User Training launched in June 2017

Teen Life - principles



Information, support, advice and signposting

Friendly and accessible

Working in partnership

Positive and practical

To meet other families

Empower parents

2025 Teen Life Programme



Spring Term programme

6 weekly sessions
starting from Thursday
20th March



Venue – Newcastle
Civic Centre



Sessions will run from 9:30am
to 12pm



There will be a planned snack
/ comfort treat, please bring
your own mug if you
would like a hot drink!

If you are interested.....

- Please contact us directly if you are interested in attending.
teenlife@newcastle.gov.uk
- We will then send you an application form to complete and return back to us via email – please state which course (Autumn Term or Spring Term) you are interested in.
- We will allocate places fairly – if we cannot allocate you a place on your preferred session we would be happy to add your name to a waiting list for future sessions, if you would like us to.

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THANK YOU