

# TEEN LIFE PROGRAMME

Further information

Newcastle Educational Psychology Service



## TEEN LIFE - WHAT IS IT?

- The Teen Life programme is licensed by the National Autistic Society.
- It is for parents and carers of young people, aged 10-16, who have a diagnosis of Autism or who are on a diagnostic pathway.
- It runs over a 6-week period (2.5 hour sessions).
- Each family may also invite a supporting professional (such as a teacher or family support worker) along to the sessions.
- The programme aims to empower parents, carers and professionals to understand more about how Autism is experienced by Autistic young people
- This is achieved through listening to Autistic perspectives and increasing understanding of well-researched and recognised Autism best practice.
- Parents, carers and professionals receive a free handbook to accompany the programme.



The National Autistic Society are 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.

They also run other programmes:

Earlybird

(for parents/carers of children 0-5 years) **Earlybird Plus** 

(for parents/ carers of children 5-9 years)

## TEEN LIFE DEVELOPMENT

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



Developed from sessions run in Bristol with parents: 'NAS Bristol Teenage Life Programmes' Highly positive postprogramme evaluation



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

Licensed User
Training
launched in June
2017

Training
materials and
resources
updated in
October 2024

## TEEN LIFE PRINCIPLES

- Information, support, advice and signposting
- Friendly and accessible
- Working in partnership
- Positive and practical
- To meet other families
- To empower parents and carers

## THE TEEN LIFE PROGRAMME

#### Session 1

- Introductions
- Understanding Autism –
   the spectrum and different profiles
- Understanding key areas of difference
- Becoming familiar with neuroaffirmative language

#### Session 2

- Understanding Autistic identity
- Talking about Autistic identity and sharing this with others
- Understanding interests
- Spending time with other people

#### Session 3

- Stress and anxiety why might Autistic people appear more stressed and anxious?
- Meltdowns / shutdowns
- Masking
- Understanding behaviour and supportive approaches

## THE TEEN LIFE PROGRAMME

#### Session 4

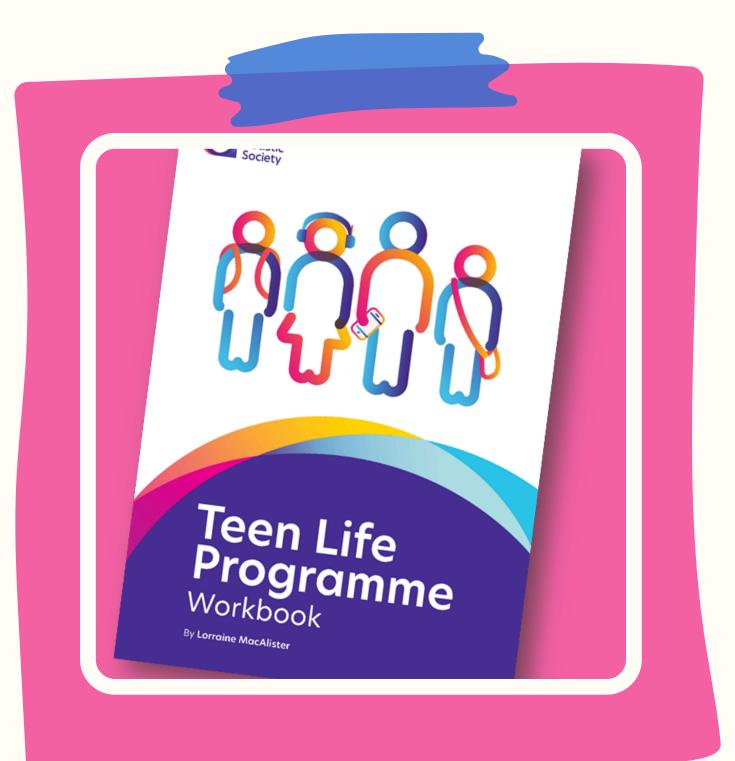
- Understanding and supporting self-esteem
- Health and wellbeing challenges
- Supporting health and wellbeing

#### Session 5

- Exploring issues that can arise in puberty
- Consent who can see and touch my body?
- Bullying, online safety and other vulnerabilities
- Gender identity
- Sexuality, friendships and relationships
- Sensory differences

#### Session 6

- Types of Education and differences / difficulties
- EBSNA and exclusions
- Supportive strategies in an education context
- Transition to adulthood
- Independence skills
- Person-centred thinking and planning



## JOINING TEEN LIFE

Teen Life sessions run over a six week period and are usually held at the Civic Centre in Newcastle. Each session lasts around two and a half hours.

If you would like to apply for the Teen Life programme or have further questions, please email <u>teenlife@newcastle.gov.uk</u>.

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.