



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.



**National
Autistic
Society**

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.

Highly positive post-
programme evaluation

Licensed User
Training
launched in June
2017

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

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

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 teenlife@newcastle.gov.uk.

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.

