



National
Autistic
Society

Teen Life
Licensed



Teen Life Programme

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



The six-session programme covers:

- understanding autism
- understanding autistic identity
- stress and anxiety/understanding behaviour
- health and wellbeing
- puberty
- education/planning for the future.

"This has made a real difference to me. In general, life-changing."
Parent



The Teen Life programme aims to empower parents and supporting professionals to understand more about autism and discuss useful strategies on how to support autistic teenagers.

For more information contact:

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