

# 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](http://www.autism.org.uk)