

Autism In Teenagers

Parent and carer programme with Specialist Teachers and Educational Psychologists

These sessions will be delivered via Microsoft Teams, an invite will be sent to your email address. You do not have to attend all of the workshops – once the invites are sent out just choose which sessions you would like to attend.

To book your place email us on SENDsupport@milton-keynes.gov.uk stating that you would like to attend Autism in Teens Parent programme

Thursday 8th February 5pm-6pm Understanding Autism in Teenagers

- Understanding how Autism may look in teenagers – a difference not a deficit
- The positives of Autism and using these to support your child
- How Autism may present itself differently in girls.

Thursday 15th February 5pm-6pm Transitions and Autistic Teenagers

- Preparing for change
- Preparing for a new school/college
- Supporting your Teen when they start at new school/college.

Thursday 29th February 5pm-6pm Independence and Autistic Teenagers

- School/work
- Life Skills
- Self-Care

IN PERSON SESSION Thursday 7th March 4:30 – 5:45 Relationships and Autistic Teenagers

- Family and Friends
- Understanding Social Rules
- Keeping Safe

Thursday 7th March, In person session
Daisychain Family Centre, next to Abbeys Primary School,
Melrose Avenue, West Bletchley, Milton Keynes, MK3 6PS

Thursday 14th March 5pm-6pm Obsessions/special interests/gaming and Autistic Teenagers

- Why do autistic teens often have special interests/interests?
- Positives of obsessions/special interests/gaming
- Support with the negatives of gaming

Thursday 21st March 5pm-6pm Puberty and Autistic Teenagers

- Puberty
- Key skills to develop during puberty
- Sexuality

IN PERSON SESSION Thursday 28th March 4:30 – 5:45pm

- An opportunity to ask Specialist Teacher questions and meet other parents of teens with Autism

Thursday 28th March, In person session

Daisychain Family Centre, next to Abbeys Primary School, Melrose Avenue, West Bletchley, Milton

 **Milton Keynes**
City Council

www.milton-keynes.gov.uk/MKSEND