

Autism Through Puberty - Half Day (3 Hours)

Overview

Puberty can be a difficult time for any adolescent - unexpected physical changes and a significant increase in social pressure can cause an escalation in stress and anxiety. For individuals on the autism spectrum, who may find the world difficult to navigate anyway, puberty can be a nightmare which can often lead to an increase in social and behavioural problems.

This course is ideal for anyone parenting or supporting an adolescent on the autism spectrum. The content offers a quick refresher on autism, but more specifically details the difficulties faced by young people on the autism spectrum when approaching and going through puberty.

Our experienced trainer has nearly 20 years' experience working as a specialist in the field of autism. He uses a combination of short talks, video, workshop activities and group discussion to suit a range of learning styles and will happily welcome questions and offer supportive strategies throughout the course.

Learning Outcomes

At the end of this course attendees will:

- Know more about autism spectrum conditions.
 - Understand about adolescence and puberty.
 - Know how puberty impacts on people with autism.
 - Learn about supportive strategies.
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