

AET: Autism and Anxiety Module



The autism team are doing a live streaming session on Thursday 1st December 2022 at 15:30-17:00
All school SENCOs and staff are invited to join.

To book on please email your name and school to:
autismteam@stockport.gov.uk

This module on autism and anxiety will provide delegates with an understanding of what we mean by anxiety, how it appears in autistic children and young people (CYP), what the key triggers are, and what teaching staff can do to support autistic children and young people. The session is suitable for staff/practitioners working with children and young people across the three phases in both mainstream and specialist services.

Delegates will be encouraged to reflect on their own experiences with anxiety, what they have found useful in reducing their own anxiety, and what has worked for them in practice when looking to address anxious thoughts and feelings in CYP.

[Autism Education Trust](#)