

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

Supporting autistic teenagers - hormones, feelings and processing them

Session for secondary parents and carers

Key points for today's session

- ▶ Change is normal - preparation is key to reduce anxiety and confusion
- ▶ Keep to the facts when supporting your child to reduce confusion - acknowledge that it is a tricky time but it does pass
- ▶ Safety is key for our young people as they become adults - ensure they understand the importance of this both in person and online

Changes that occur in the body - physical and emotional

- ▶ Clear with visuals about the changes that occur to the body - physical changes and the emotional changes that hormonal changes bring - best to be aware of these changes before they occur
- ▶ Visuals to support different feelings - moods, physical pain etc. Supporting the young people to understand that all of these changes happen to everyone they are part of becoming an adult.

What resources and visuals would be helpful for you at home? Please let us know if there is anything that would help support your child and family at home.

Staying safe - in person and online

- ▶ Understanding about public and private places and expectations for public places - keeping clothes on, private body parts not being shown, personal space for people, appropriate interactions
- ▶ Understanding about private places at home
- ▶ Supervision online and child locks - do not underestimate what young people can do online - what they can view and what they can post

Navigating relationships and feelings

- ▶ Ongoing support around social interactions - personal space - other people's feelings and wishes - supporting appropriate interactions
- ▶ Age appropriate interactions with family members and people close to them outside of school
- ▶ Consent - teaching yes and no and like and don't like - communicating wishes and how to get help and support