



# Teen Life

**Teen Life is a six-session programme for parents/carers of young people aged 10 to 16 years on the autism spectrum.**

Developed by the National Autistic Society, the Teen Life programme aims to empower parents and supporting professionals to understand more about how autism is experienced by teenagers.

**Topics covered include:**

- understanding autism in teenagers
- self-esteem and spending time with other people
- stress and anxiety
- understanding your diagnosis and special interests
- puberty and independence
- education and planning for the future.

If you would like to take part in a course, please email an expression of interest to [hannah.kersey@bexley.gov.uk](mailto:hannah.kersey@bexley.gov.uk)

If you have any questions about the Teen Life course, please email [tracy.mcdonald@bexley.gov.uk](mailto:tracy.mcdonald@bexley.gov.uk)

Our Teen Life courses are supported by SE London NHS Clinical Commissioning Group BEXLEY and Bexley Council.

