

## Autism Information: support for pupils, professionals, and parents

Autism is a lifelong condition and as such it is important to understand as much about the autistic person as possible. This means reading about it and listening to autistic people. It is also useful for the Autistic person to understand themselves too. Please remember that everyone is an individual whether they are autistic or not, so what works for one may not work for all- however autistic people do need structure.... all the time..... always.

Autistic young people are more isolated and marginalised than their peers. They are more likely to struggle to feel understood and supported, be suspended or excluded from school, and have lower employment prospects.

[Ambitious about Autism](#) , the [Autism Education Trust- \(Autistic Young Experts\)](#) and the [National Autistic Society](#) have been working with autistic young people to produce short videos where the young people have been sharing their advice on how small changes can make a big difference in helping them feel more accepted in their daily lives. These videos can help the young people and their families to understand their own experiences and each other. They can prompt, explain something or help to start a conversation. Please click on the links above to browse or you may wish to look at some of the videos below.

[Real life stories - YouTube](#) includes parents speaking about their children with autism  
[Young people explain autism | Ambitious about Autism - YouTube](#)  
[Young people explain communication | Ambitious about Autism - YouTube](#)  
[Young people explain meltdowns | Ambitious about Autism - YouTube](#)  
[Young people explain stimming | Ambitious about Autism - YouTube](#)  
[Young people explain shutdowns | Ambitious about Autism \(youtube.com\)](#)  
[Embrace Autism Series-](#) 6 videos covering a range of areas

[What is Autism? \(youtube.com\)](#)  
 Andrew, 24, Carlisle [living with autism - YouTube](#)  
 Ellen, 15, Lincolnshire [Ellen - Me and my autism - YouTube](#)  
 5 different people talk about what it is like living as an autistic person [We are autistic | NHS - YouTube](#)  
[Autism AND Adolescence | Purple Ella - YouTube](#)  
[What's The Difference Between ADHD & Autism - YouTube](#)  
[Temple Grandin: "The Autistic Brain" - YouTube](#)  
[Resources for autistic teenagers \(autism.org.uk\)](#) learning about your autistic identity

### FURTHER SUPPORT



[Ambitious about Autism | National charity for autistic children and young people](#)

Our Autism Central Hubs offer guidance to families, carers and personal assistants of autistic people. All of our sessions are run by Peer Educators. These are parents or carers of autistic people, who are happy to share their knowledge and experience with you. They offer group and one-to-one sessions to help you and other parents and carers find the information and services available in your area. Hubs may also run events such as workshops, drop-in sessions, coffee mornings or virtual meet-ups.

[Peer support sessions for parents and carers of autistic people | Ambitious about Autism](#)  
[London delivered by Contact and Ambitious about Autism | Autism Central](#)



[National Autistic Society \(autism.org.uk\)](#)

<http://www.autism.org.uk> The leading UK charity for people with autism and their families, providing information, support, and other services. There is an area for Teachers with free resources and information. They have a help line and offer services such as befriending.  
**Autism Helpline 0808 800 4104**

[Families \(autism.org.uk\)](#) Welcome to our area of the website for families. You'll find information about how we can help you to support an autistic family member. You can read stories from other families and access support from our community and branches.  
[Support in the community \(autism.org.uk\)](#)

### Local Support

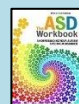
[Family Information Hub | SEND Local Offer \(westminster.gov.uk\)](#)  
[Family Information Hub | SEND Local Offer \(rbkc.gov.uk\)](#)  
[Autism Zone Royal Borough of Kensington & Chelsea \(rbkc.gov.uk\)](#)  
[Autism Zone | Westminster FIS](#)

### For Professionals and Parents

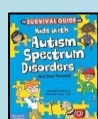
[The SCERTS® Model](#)  
[Home - Bi-borough Communications Hub \(communicationhub.org\)](#)  
[Autism Education Trust](#)  
[Whole School SEND Home Page](#)



**Our Brains Are Like Computers! Exploring Social Skills and Social Cause and Effect with Children on the Autism Spectrum** by Joel Shaul. This highly visual social skills book uses computer metaphors and visual diagrams to help children on the autism spectrum to understand how their words and actions can affect other people.



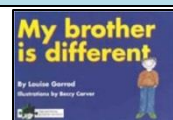
**The ASD Workbook: Understanding Your Autism Spectrum Disorder** by Penny Kershaw. An interactive workbook created to help explain ASD to children and provide support to them following their diagnosis.



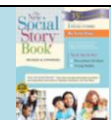
**Survival Guide for Kids with Autism Spectrum Disorders: (And Their Parents)** by Elizabeth Verdick & Elizabeth Reeve. Offers those with autism spectrum disorders (ASDs) their own comprehensive resource for both understanding their condition and finding tools to cope with the challenges they face every day.



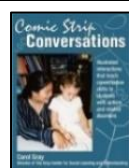
**Different Like Me: My Book of Autism Heroes** by Jennifer Elder from the world of science, art, maths, literature, philosophy, and comedy



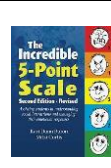
**My Brother is Different: A Book for Young Children Who Have a Brother or Sister with Autism** by Louise Gorrod. A book for young children who have a brother or sister with autism.



**The New Social Story BookTM: Over 150 Social Stories That Teach Everyday Social Skills to Children and Adults with Autism and Their Peers** by Carol Gray



**Comic Strip Conversations Paperback – 31 Jan. 2025** by Carol Gray. Combines stick-figures with conversation symbols to illustrate what people say and think during conversations. Showing what people are thinking reinforces that others have independent thoughts—a concept that neurodiverse people don't intuitively understand.



**The Incredible 5-Point Scale: Assisting Students in Understanding Social Interactions and Managing their Emotional Responses** by Kari Dunn Buron and Mitzi Curtis | 16 Dec 2021