



**National  
Autistic  
Society**

**Teen Life  
Licensed**



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

The Teen Life programme aims to empower parents and supporting professionals to understand more about how autism is experienced by teenagers.

The aim of the Teen Life Programme is to bring parents together to share information, experiences and ideas in a structured way. Teen Life emphasises the importance of autistic perspectives, with a variety of videos and quotes used throughout the sessions

**Topics covered include:**

- understanding autism in teenagers,
- women and girls,
- self-esteem,
- spending time with other people,
- stress and anxiety,
- behaviour,
- puberty,
- independence skills,
- education strategies and
- planning for the future

