



# Autism: Understanding Your Autistic Identity for Young People

So you've been told you're autistic... now what?

Before you go down that google rabbit hole, here's a few things to get you started. Remember, google can often give slightly scary information about most topics. Stick to accredited websites such as the ones below (click on the icon, to go to the link).

Understanding what makes you, 'you', is a bit like what people tell you about food and exercise - little and often.



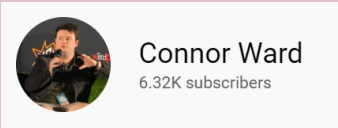
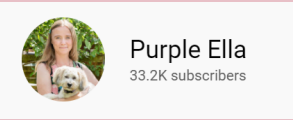
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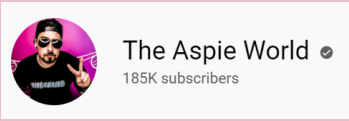
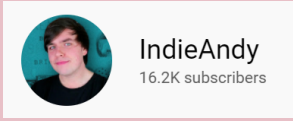
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facebook group



YouTube



There's an active community of autistic individuals who share thoughts and experiences using the hashtag #actuallyautistic



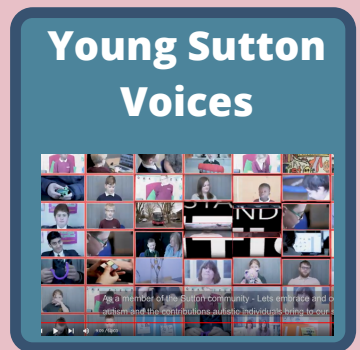
Tips and info



Online community run by and designed for autistic adults.



Podcast. All about neurodiversity, some autism specific episodes.



Hear from other young autistic people in Sutton, about what autism means to them.

Click on each image/logo for more information



# Autism: Understanding Autism for Younger Children



- It is generally best to share the autism identity with your child as early as possible. This helps them to develop a positive understanding of this aspect of their identity and have ownership over it.
- It is important for the adult explaining it to have a positive understanding of difference. [You can sign up for a one off session for support to explain it.](#)
- A starting point can be to discuss difference in many forms e.g. the difference between apples and oranges, between different instruments, pens and pencils, XBOX and PlayStation etc. They may be in the same category, but they have different areas of strengths and different processes to get to the same end outcome.



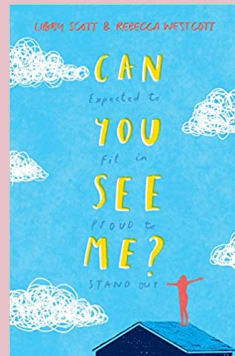
Cbeebies resources from Pablo and friends.

## Telling your child about their diagnosis - a guide for parents and carers

Information from the NAS on explaining an autism diagnosis to your child.



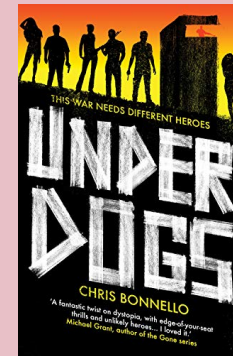
This book looks at autism characteristics through cat's behaviour.



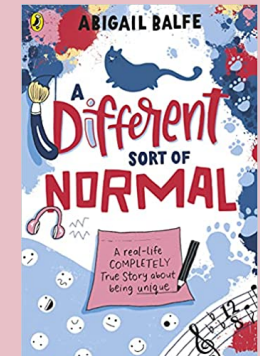
With diary entries based on her own experiences of autism, this book has been widely praised for its realistic portrayal of autism.



Fiction story exploring how the character's autistic identity can make her feel.



Featuring neurodiverse characters, the characters must learn how to play to their strengths to save the world!



This is a true story of growing up and feeling different, including some Very Crucial Information about autism.

Click on each image/logo for more information



# Autism and Girls

**Why is it different?**

Information from the NAS about the 'gender gap'.

**Checklist**

Details of how autistic characteristics can differ in girls.

**How to support in school**

Victoria Honeybourne, autistic woman and teacher, writes about hidden difficulties and how to help.

**Autistic and proud!**

Carly Jones MBE talks about being an autistic woman and her experiences. 16+

**Videos from young people**

Here, a young person from Barnardo's Girls Group talks about 'understanding myself as an autistic girl'.

**Guide to Periods**

Written by an autistic female, this includes direct advice on what periods look and feel like and how to manage hygiene and pain.

**M Books**

Books written by students from Limpsfield Grange based on their own experiences of feeling different. Aimed at ages 9-13

**Books by Holly Smale**

Holly herself is autistic but was only diagnosed as an adult, so only recently realised her main character is also autistic! Aimed at 11+

**Different Minds Podcast**

Podcast celebrating the different ways our brain can work and interpret information. All about neurodiversity, some autism specific episodes.

**Young Sutton Voices**

Hear from other young autistic people in Sutton, about what autism means to them.

**Click on each image/logo for more information**

