



National Autistic Society

Know yourself series

Other resources

Thank you for accessing the Know yourself series from the National Autistic Society.

Here are some of the resources we used or were made aware of while developing the series.



Videos



Know Yourself Series - this is the series of short videos from the NAS Young Ambassadors which are aimed at autistic teenagers.

What is Autism? - a video to explain autism. Celebrating autistic strengths and differences - a video explaining autism.

Amazing Things Happen - an animation to explain what autism is.

BBC - My Autism and Me - a Newsround Special from the BBC that helps to explain autism and show different autistic young people.

Young people explain autism - a short video with young autistic people explaining what its like being autistic and what other people can do to support them.

Advice for when we need extra processing time - a short film with four autistic people talking about their need for processing time.

Books



Autism, Identity and Me by Rebecca Duffus
A Practical Workbook to Empower Autistic Children and Young People Aged 10+

The Awesome Autistic Go-To Guide by Yenn Purkis and Tanya Masterman
A Practical Handbook for Autistic Teens and Tweens

Beating anxiety by Davida Hartman

The Anxiety Workbook for Teens by Lisa M. Schab

The Spectrum Girl's Survival Guide by Siena Castellon
How to Grow Up Awesome and Autistic

A Different Sort of Normal by Abigail Balfe
Abigail's story about growing up in the confusing 'normal' world.

So, I'm Autistic by Sarah O'Brien
An Introduction to Autism for Young Adults and Late Teens

Different not less - by Chloe Hayden
A neurodivergent's guide to embracing your true self and finding your happily ever

The Asperkid's (Secret) Book of Social Rules by Jennifer Cook
The Handbook of (Not-So-Obvious) Neurotypical Social Guidelines for Autistic Teens

Young, Autistic and ADHD by Sarah Boon
Moving into adulthood when you're multiply-neurodivergent

Wired Differently by Joe Wells
30 Neurodivergent People You Should Know

The Autism-Friendly Guide to Periods by Robyn Steward

Queerly Autistic by Erin Ekins
The Ultimate Guide For LGBTQIA+ Teens On The Spectrum

The Awesome Autistic Go-To Guide for Trans Teens by Yenn Purkis and Sam Rose

A Kind of Spark by Elle McNicoll
A novel where the lead character is autistic.

The Awesome Autistic Guide to Other Humans by Yenn Purkis and Tanya Masterman

The teenage girl's guide to living well with ADHD by Sonia Ali

Websites



Autism Understood - a website about autism, for autistic young people.

The curly hair project - an organisation that has lots of information for autistic people and the people around them.

Understanding Autism and Anxiety - this is the Barriers to Education website from Spectrum Gaming.

Energy Accounting - a page on the Barriers to Education website from Spectrum Gaming.

My Anxiety Triggers Worksheet - a worksheet you can download to help you identify your anxiety triggers

Know Your Normal - a toolkit you can use to help you work out and understand what your 'normal' is.

Young Minds - My feelings - the Young Minds website, where you can try and find information about understanding your feelings.

Executive Functioning Differences - a page on the Autism Understood Website from Spectrum Gaming.

Autistic Inertia - a page on the Autism Understood Website from Spectrum Gaming.

Autism and Sleep - a page on the Autism Understood Website from Spectrum Gaming.

Blogs



[My Autism Survival kit](#) - this is on the website Authentically Emily, and this page has lots of ideas for helping with sensory needs.

[Autistic Joy](#) - this is on the website Authentically Emily, and is a blog all about autistic joy.

[Finding pride in your autistic identity](#) - this is on the Ambitious about Autism website Authentically Emily, and is a blog all about finding pride in your autistic identity.

Apps, Planning and Organising Ideas



[Headspace](#) - an app to help with mental health and anxiety.

[Planners](#) - downloadable templates on the Ambitious about Autism website.

[Goblin Tools](#) - a website with a range of free tools to have with planning tasks.

[Notion](#) - a workspace which can help with writing, planning and organising (there is a free option).