

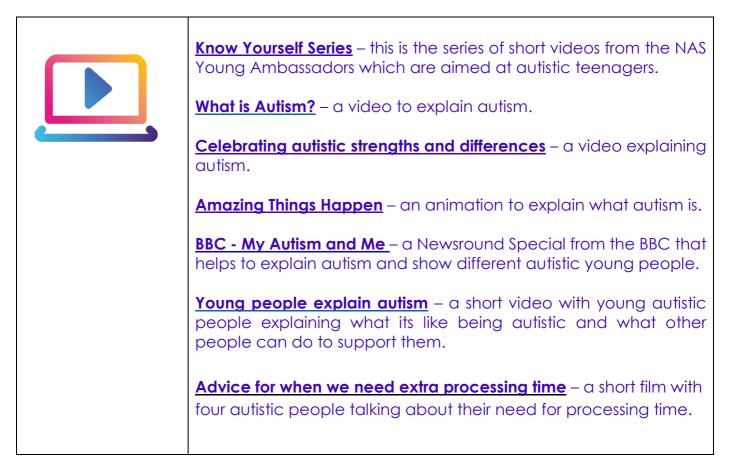
Know yourself series

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



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

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.

Websites



<u>Autism Understood</u> – 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.

<u>My Autism Survival kit</u> – this is on the website Authentically Emily, and this page has lots of ideas for helping with sensory needs.

<u>Understanding Autism and Anxiety</u> – this is the Barriers to Education website from Spectrum Gaming.

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

<u>My Anxiety Triggers Worksheet</u> – 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.