



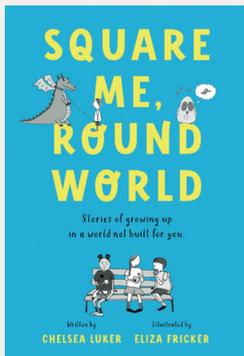
National  
Autistic  
Society



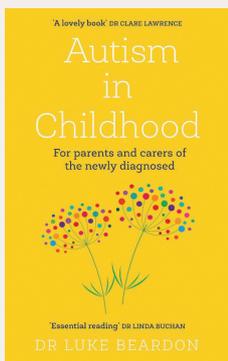
# Teen Life Programme

**Book suggestions**

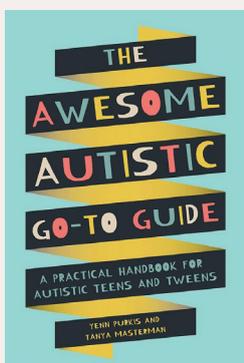
# Books



*Square me, round world* by Chelsea Luker and illustrated by Eliza Fricker

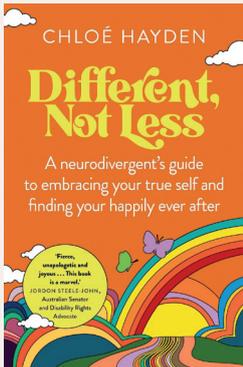


*Autism in childhood – for parents and carers of the newly diagnosed* by Luke Beardon

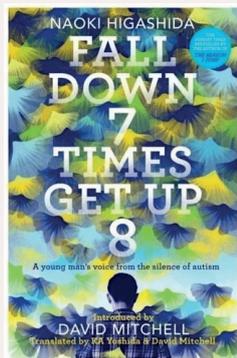


*The awesome autistic go-to guide: A practical handbook for autistic tweens and teens* by Yenn Purkis

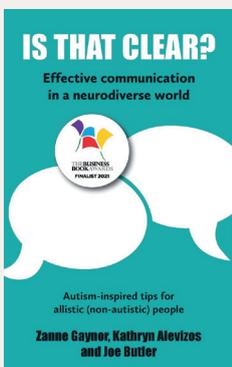
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### *Different, not less by Chloe Hayden*

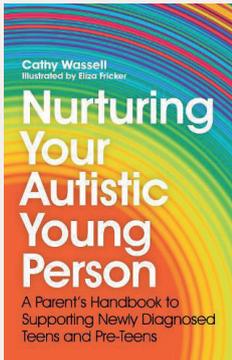


### *Fall down 7 times get up 8: A young man's voice from the silence of autism by Naoki Higashida*

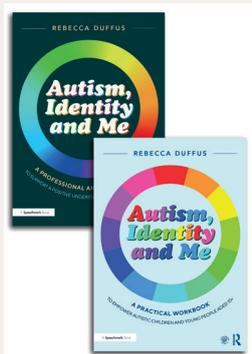


### *Is that clear? Effective communication in a neurodiverse world by Zanne Gaynor, Kathryn Alevizos and Joe Butler*

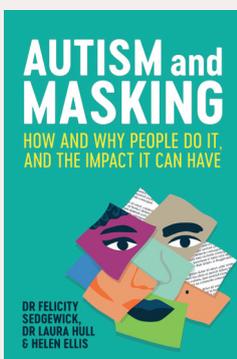
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***Nurturing your autistic young person  
by Cathy Wassell***

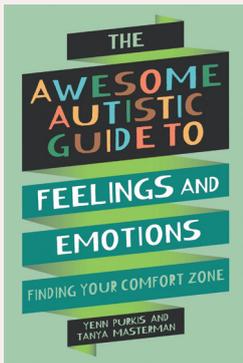


***Autism, identity and me - A practical workbook  
and professional guide to empower children  
and young people aged 10+ by Rebecca Duffus***



***Autism and masking - How and why people  
do it, and the impact it can have by Dr Felicity  
Sedgewick, Helen Ellis and Dr Laura Hull***

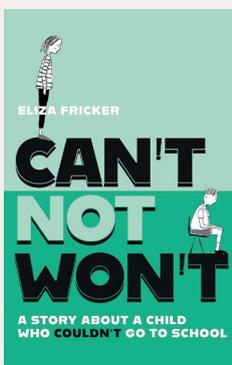
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*The awesome autistic guide to feelings and emotions by Yenn Purkis and Tanya Masterman*



*Championing your autistic teen at secondary school - getting the best from mainstream settings by Debby Elley and Gareth D Morewood*



*Can't not won't: A story about a child who couldn't go to school by Eliza Fricker*

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# Websites



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**The National Autistic Society is here to transform lives, change attitudes and create a society that works for autistic people.**

**We transform lives** by providing support, information and practical advice for the 700,000 autistic adults and children in the UK, as well as their three million family members and carers. Since 1962, autistic people have turned to us at key moments or challenging times in their lives, be it getting a diagnosis, going to school or finding work.

**We change attitudes** by improving public understanding of autism and the difficulties many autistic people face. We also work closely with businesses, local authorities and government to help them provide more autism-friendly spaces, deliver better services and improve laws.

We have come a long way but it is not good enough. There is still so much to do to increase opportunities, reduce social isolation and build a brighter future for autistic people.

With your help, we can make it happen.

Find out more at: [www.autism.org.uk](http://www.autism.org.uk)



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