

Understanding You, Discovering You

Peer support course for autistic young people aged 16-25



Information sheet

What is Understanding You, Discovering You?



- Understanding You, Discovering You is a 6-week course designed for autistic young people aged 16-25.
- The course has been co-produced with autistic young people from our Ambitious Youth Network, programme team, and researchers.
- The course has been created to help autistic young people understand about autism, explore their autistic identity, develop goals, and equip them with resources.
- It will be delivered in group sessions online using Zoom on weekday evenings for 6 weeks.

Why have we co-produced this course?



- Autistic young people have told us that misunderstandings about their diagnosis makes their mental health worse.
- There is no specialist post-diagnosis support for autistic young people.
- We want to change this by designing a post-diagnosis support course, and then testing it to find out whether it helps autistic people. We hope that we can improve the well-being of autistic young people by improving understanding and acceptance of their autistic identity.

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Who can take part?



To take part, you'll need to:

- be aged 16-25
- have a diagnosis of autism or be waiting to receive a diagnosis
- be able to read and speak English and understand the course materials
- be able to give informed consent
- be a resident of the UK.

When will the course run?



- the course dates can be found on our [website](#)
- all sessions will run in the evening from 5:30pm-6:45pm
- we will assign groups depending on your age
- you can let us know which dates work for you. We will try our best to consider this when assigning groups.

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What will I learn during the online course?



Together in a group, we will explore:

- what autism is and the key terminology
- experiences and strengths of being autistic
- how to explain to other people that you are autistic
- identifying your social needs
- problem solving and goal setting
- where to find support and services.

What should I expect?



- You will take part with other autistic young people in six online evening sessions, led by Ambitious about Autism's facilitators and Sessional Support Staff.
- We will provide agendas in advance, so you know what to expect.
- There will be a group agreement and signposts to support you in the sessions.
- There will be time to socialise.
- We will use a mix of formats to deliver the course. We will do this with:
 - informal group discussions
 - interactive activities during and in-between sessions
 - signposting to resources
 - social time to get to know each other.
- You can choose whether to switch on/off your video and audio. You can communicate through the chat function if you prefer.

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- Before and in between sessions, we will communicate with you through your contact email.

Will I need to do anything before the course?



There will be a pre-course questionnaire

- We want to find out about your experiences of attending the online course, including why you wanted to attend, what has worked well, and where improvements could be made in future.
- Taking part in the research and filling out the questionnaire is optional. You can still take part in the course if you don't want to take part in the research.

Who will support me?



- Post-Diagnosis Support Programme Team, Ambitious about Autism
 - The post-diagnosis support programme team manage the online course
 - They will be your main point of contact
 - You can contact them by emailing HealthWellbeing@ambitiousaboutautism.org.uk or phoning 020 8142 9875
- Online Course Facilitators, Ambitious about Autism
 - The course facilitators will lead the online sessions and guide discussions.
- Sessional Support Staff, Ambitious about Autism
 - There will also be Sessional Support Staff present at each session to support you and the course facilitator.

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- During the course, Ambitious About Autism staff will be available to support your wellbeing, mental health, and safety.
- All Ambitious about Autism staff follow safeguarding procedures and policies to keep all participants safe. You can read about our safeguarding policies [here](#).

What do I need to take part?



- Have access to a computer or tablet with an internet connection and with Zoom installed to access the online course and engage with the interactive activities.
- If possible, somewhere quiet in your home or similar to take part.
- You will need to fill in a registration and consent form to take part, which includes:
 - your full name, date of birth, address, contact email
 - emergency contact details
 - support needs you may have in order to take part
- If you are 16 or 17, you'll need to ask your parents/carers permission to take part.

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What happens if I no longer want to take part?



- If you no longer want to take part in the test course, let the programme team know using the contact details at the bottom of this information sheet.

What happens after the course?



- We will ask you to fill in another questionnaire to evaluate the course
- We will introduce you to the Ambitious Youth Network so you can continue connecting with other autistic young people

What do I need to do next?



- If you are still interested in taking part, please complete the participation and consent form.
- You will be able to select which course dates you can attend.
- We will get in contact with you to let you know if you can take part and confirm your course starting date.
- If we think you cannot take part, we will give you an explanation about our decision.

Contact details

If you have any questions, please contact the Post-Diagnosis Support Programme Team on

✉ HealthWellbeing@ambitiousaboutautism.org.uk

☎ 020 8142 9875

