

# YOUNGMINDS

Provides free 24/7 support

Text: YM to 85258

Provides lots of information and advice



**Ambitious  
about Autism**

Provides lots of information,  
advice and tips.



Provides free 24/7 support

Call for free

Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

## People

Safe relationships,  
Good people are you.

## Purpose

A purpose in life,  
A great education built for you.

## Place

A good place to live,  
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy  
Kilhams Way  
King's Lynn  
Norfolk  
PE30 2HU

01553 887330



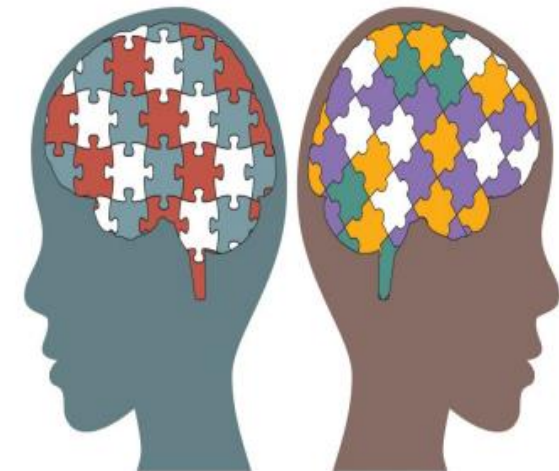
# The Fen Rivers Academy

Part of the Catch22  
Multi Academies Trust

'Every interaction a conscious  
intervention'



Living with  
ASD



## All about ASD

Autism Spectrum Disorder is the medical term given to autism. Autism affects how people communicate and interact with the world. One in 100 people are diagnosed on the autistic spectrum.

Autism is a spectrum condition which means that everybody is different. Therefore, some autistic people may need more help and support than others.

There is no 'cure' for autism but it should not be seen as a disadvantage and does not stop you from having a good life.

You are still able to make friends, have a job and have a relationship.

## Do I have to tell people?

It can be difficult to talk about being autistic. You don't have to tell anybody if you don't want to.

If you do decide to tell someone it may be useful to find out what they know about autism first. Some people may not know anything about autism or what they know is wrong.

A way to describe it for someone else could be 'a way of seeing the world differently'.

## What are the traits of autism?

Whilst everyone is unique there are some traits that people with autism share.

-different sensory experiences, such as over or under sensitivity to light, sounds, taste or touch

-need for consistency, routine and order

-difficulties in expressing and understanding typical social interaction, like understanding other people's facial expressions or body language.

-highly focused interests and hobbies

At times people with autism can experience extreme anxiety/worry.

It is important to try to learn to recognise the triggers that cause the anxiety/worry and to try to develop ways of coping.

There is lots of support, help and guidance out there for people with autism.

You could speak to a trusted adult about your autism such as a school staff member or a family member/carer. They can help you to identify your triggers and work with you.

## What other support is there?

Remember you have lots of things to be proud of and there is lots of support and advice out there for you.



Lots of support  
Online community and spectrum magazine

# childline

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[childline.org.uk](http://childline.org.uk) | 0800 1111

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24/7

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