

# 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

**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



**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.

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

**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.