







## STARS parent, carer and professional workshop: Identity and Diagnosis

Please note- Supporting adults should check resources / content / approaches are appropriate and adapted before utilising with the child or young person (CYP)

| Workshop Resources:  |   |
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| 'Now I Know' social story; a personal account of being identified as autistic:   | <br>Social Story Now I Know.pdf                |
| Frequently ask questions about Autism and answers:   | <br>Autism FAQ visual support.docx             |
| Example visual supports to support CYP to self-advocate:   | <br>Example ways to support self-advocacy    |
| 'Just Right for You' social story; reassurance that everybody is unique and it's all about discovering what's 'right for you'                                      | <br>Social Story Just Right For You .pdf     |
| Example sorting activity to support CYP to explore their strengths and support needs:  | <br>Example sorting activity to explore stre |
| National Autistic Society 'Know Yourself Series': <a href="https://www.autism.org.uk/resources-for-teenagers">Resources for autistic teenagers (autism.org.uk)</a> | <br>NAS_Know Yourself Series_A Guide to Set  |