



Stuff U need 2 know about ...
**Social Situations
and
Sex & Relationships**

Workshops for
13-18 year olds with
Aspergers Syndrome / High Functioning Autism

The workshops focus on social challenges young people experience in daily life. The aim is for young people to learn about social and sexual matters in a supportive and non-pressured environment. The training will include practical activities in small groups, and is **suitable for young people who are able to cope in small group discussions.** If you are unsure of suitability please do contact us to discuss.

Young people can attend one or both workshops; the final half day is optional but recommended

Venue: Abingdon Hub (The Net), Stratton Way, Abingdon

Social Skills

Saturday 23rd Nov 2013

10am - 4:30pm

Information will include: Emotions, the 'Aspie' brain, body language (ours & other people's), public & private behaviour, building friendships, conversation starters, keeping safe and social tips.

Information to takeaway will include: handouts, fact sheets, stress balls, relaxation techniques

Resources will include: books, DVDs exploring friendships, and handouts.

Parents are invited to spend 15 minutes at the start of each workshop looking at resources in a separate room, and arrive 15 minutes early at the end, for general feedback about the day.

Sex & Relationships

Saturday 30th Nov 2013

10am - 4:30pm

Information will include: Puberty, stages of relationships, public & private behaviour, sexual feelings, the law, types of sex, contraception, masturbation, keeping safe, and Sexually Transmitted Infections.

Information to takeaway will include: practical factsheets and guides (incl. keeping safe, contraception, and safe masturbation)

Resources will include: books, condom demonstrators, and DVDs exploring relationships.

Half Day workshop - with separate sessions for parents!

Saturday 7th Dec 2013, 10am -1pm

Refresher day for all the Young People to give feedback, have group discussions, meet staff or play, chat and socialise! While parents have the opportunity to look at the resources, and meet staff & other parents

All workshops are FREE

Voluntary donations are welcome and young people are required to bring a packed lunch

Facilitators include Autism Family Support; Sarah Wilcock, Occupational Therapist; Sally Powis, Clinical Psychologist, and young adults with Asperger's Syndrome sharing their perspectives.

For an Application Form or enquiries:

Email: gita@autismafs.org or telephone Gita Lobo on Tel: 07929 379125

Closing date for completed application forms is **Friday 1st November 2013**

We anticipate a lot of interest in this course – places are limited and agreed places will be confirmed after the closing date