

# Autism Puberty, Sexual Wellbeing

# and Relationships

For parents of a child on the autistic spectrum, coping with the onset of puberty and their child’s emerging sexuality can be challenging. Knowing what to teach, how/when to teach it and what to expect can be daunting.

This session has a different delivery style to the Cygnet core programme. Because of the nature of the subject matter it was felt that a far more activity-based approach would put parents at ease more quickly and therefore enhance learning and mutual support.

* **This is a course for parents – your children do not need to attend**
* **It is available to parents with children over the age of 9**
* **It is run face to face 10.00-4.00pm at 160 Tooley St, London, SE1P 5LX**

**The course will run on the following dates**

26th September 2025

20th October 2025

Book your place

[**https://forms.office.com/e/UAJRpR9AGf**](https://forms.office.com/e/UAJRpR9AGf)

[AutismSupportTeam@Southwark.gov.uk](mailto:AutismSupportTeam@Southwark.gov.uk)

## Face to Face workshops available

