



# AUTISM SUPPORT TEAM - TRAINING

## AUTISM AND ANXIETY - SCHOOLS

In partnership with Autism Education Trust (AET) we are offering Autism & Anxiety module for schools. This module on autism and anxiety in schools will provide delegates with an understanding of what we mean by anxiety, how it appears in autistic children and young people (CYP), what the key triggers are, and what teaching staff can do to support autistic pupils. This is a raising awareness module for anyone working in schools, including teaching and support staff, office and ancillary staff, caterers, caretakers, and governors.

### The aims

After completing this module, you will be able to understand:

- How autistic CYP might express anxiety.
- What can cause anxiety in autistic CYP.
- What you can do to prevent and reduce anxiety in autistic CYP.

### Learning objectives

After completing 'Autism and anxiety', participants will be able:

- To have greater knowledge about how prevalent and impactful anxiety can be on autistic pupils
- To learn that anxiety can be transactional and we all have a role in reducing anxiety in school
- To understand that there is a toolbox of approaches that can be used to reduce anxiety and the first step is to learn about the individual's triggers and preferred means of support
- To understand that by reducing anxiety we can significantly improve a CYP's ability to engage with school life and their peers, as well as improve general well-being.

The course will take place on **29<sup>th</sup> September 2022 13:30 – 16:30pm**

Southwark Council, 160 Tooley Street

London SE1P 5LX

**4<sup>th</sup> Floor, Room 519**

To register your interest please complete this form:

<https://forms.office.com/r/cTGbeaNBRK>

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