



# Autistic and **OK**

An introduction to autism  
and mental health in  
schools

## Course overview

# Module structure



- ➔ Part 1: Introduction to autism
- ➔ Part 2: Autism and mental health
- ➔ Part 3: What you can do to help
- ➔ Part 4: Quiz.

# Course overview

## Learning intentions



- ➔ to understand autism as a neurotype
- ➔ to know the three areas of difference that autistic pupils may have
- ➔ to appreciate how autistic pupils may experience mental health in schools
- ➔ to learn simple strategies to support autistic pupils.

# Part one

# Introduction to autism



# What is autism?

Autism is a lifelong developmental condition that affects the way a person communicates and how they experience the world around them.



**One in 57**

children in the UK are autistic

**3 times as many boys than girls are diagnosed autistic**

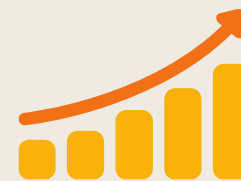


although this may change as autistic girls become better understood.



Only **29%**

of autistic adults are in full-time or part-time employment.



Formal exclusions of autistic learners in England have risen by almost

**100% in ten years.**

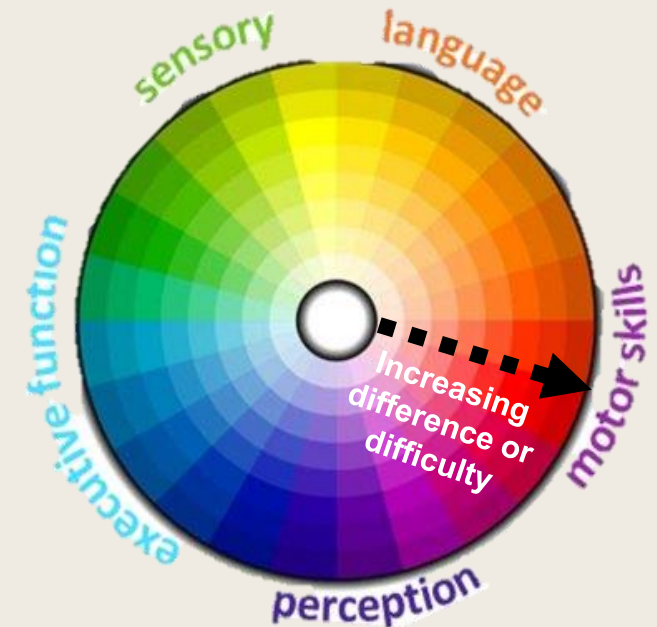
# What is the autistic spectrum?



- The representation of autism as a sliding scale is misleading.
- Autism is not a linear scale like the diagram above, and we shouldn't place autistic people on a scale based on our assumptions about their abilities.
- It is more accurate to say that autism might influence some areas of the brain while other parts will be no different from that of an 'average' or neurotypical person.

# What is the autistic spectrum?

- The autism spectrum can be thought of as a colour wheel, where skills blend together like the colours of a rainbow.
- People with 'typical' skills would be represented by the white area in the centre of this colour wheel.
- As your skills start to differ from the 'typical', or if you experience difficulties in an area you will start to 'travel' towards the outer edge of the wheel.

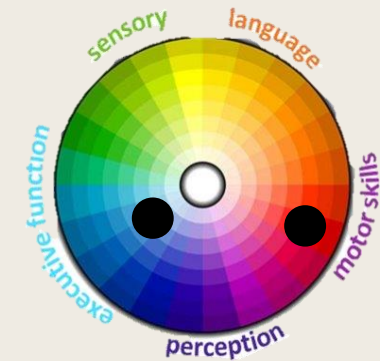
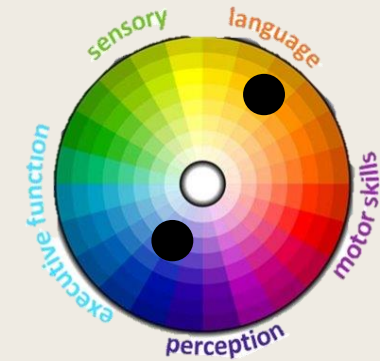


# What is the autistic spectrum?



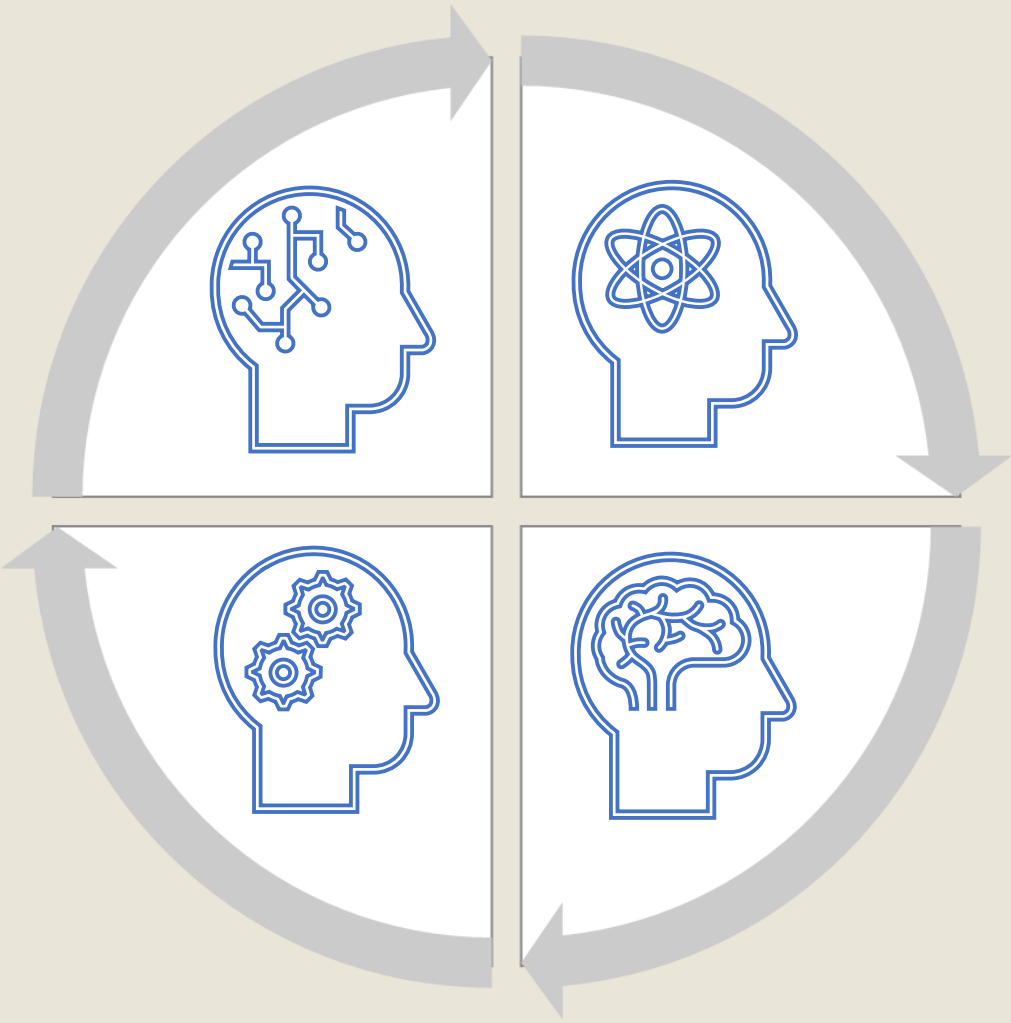
Every autistic person will have different abilities and skills in different areas of the wheel.

- For example, one person may be very good at making conversation (language) but may experience sensory overload in loud and crowded spaces.
- Another person might be happy in loud crowds but find conversation hard, which would look like this.



# 4 areas of difference

Autism is characterised by 4 main areas of difference:



Social understanding and communication

Social interaction

Sensory processing and integration

Flexibility, information processing, and understanding

Thank you for viewing this sample – if you would like to access the full training module you can download the Autistic and OK toolkit here.

