AET Understanding Autism and Anxiety in Schools

Date: 28 January 2025 **Time:** 09:00 - 15:30 **Venue:** Sans Souci <u>Click here to book</u>

Course cost: £175

Audience: SENCOs/Leads for Autism/classroom-based and pastoral staff

Course details

This module is part of the Autism Education Trust (AET) Professional Development Programme for staff in schools. The modules and materials have been created to help practitioners to understand the distinctive strengths and learning needs of autistic pupils.

The SISS Autism team are a licenced Training Hub for the Autism Education Trust (AET) delivering evidence based on national training that is recommended by DfE, OFSTED and listed in the SEND Code of Practice (2014) as the recommended training provider for autism.

What will you learn?

Understanding Autism and Anxiety in Schools will provide you with an understanding of what we mean by anxiety, how it appears in autistic children and young people, what the key triggers are, and what teaching staff can do to support autistic pupils.

Aims

This module will support you to develop your understanding of:

- autism as a difference not a deficit
- the possible causes of anxiety in autistic pupils
- how an autistic pupil might express their anxiety
- the reasonable adjustments they can make to prevent and reduce a pupil's anxiety.

Outcomes

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

- the impact of high levels of anxiety on autistic pupils
- how our actions can impact a pupil's level of anxiety
- the first step to helping a pupil is to learn about an individual's triggers and preferred means of support
- how you can prevent and reduce anxiety in autistic pupils by making small adjustments that can make a big difference to their wellbeing

Who is this training for?

All SENCOs and setting leads for autism should attend this training - in both early years settings and schools. All classroom based and pastoral staff would also benefit from this module.

All delegates will receive a CPD certificate from AET and a Practical Resource Pack to use in setting immediately following the session.