

Cygnets for Parents/Carers:

Puberty, Sexual Wellbeing and Relationships Programme via Zoom

Aims of the 3 Week Virtual Programme:

- For parents/carers to develop their understanding and confidence relating to puberty, sexual wellbeing and relationships and how they impact on their Autistic children
- To offer parents/carers the opportunity to participate in activities that they can use to explore puberty, sexual wellbeing and relationships with their children at home
- To meet with other parents/carers in a mutually supportive virtual environment

Who can attend?

Parents/carers of year 4 and above students **who have already attended the Cygnets core 6-week programme or other relevant parenting/carer support programmes e.g. National Autistic Society Early Bird or Early Bird Plus programmes.** Knowledge gained from these foundation programmes is needed to underpin discussion of the themes covered in the 3 sessions.

Dates:

3rd November 2022

10th November 2022

17th November 2022

Time: 18.30-20.00 (6.30-8.30pm)

If you want to attend but cannot attend in November, we will be running these sessions again in the spring term.

The course is free, but it is essential that parents/ carers register

To register follow this link: <https://forms.office.com/r/6iizt9KycB>