

**BELS Advisory Team
for Autistic Children and Young People
Parent/Carer training.**

**Relationships and Sex Education Programme via Zoom,
Spring 2024.**

Aims of the 3 Week Virtual Programme:

- For Barnet parents/carers to develop their understanding and confidence relating to puberty, sexual wellbeing, and relationships and how these areas might be experienced by their **Autistic child/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?

Barnet parents/carers of Year 4 to Year 9 Autistic students **who have already attended the BACPAC parent/carers 6-week programme or other relevant parenting/carers 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:

Thursday 29th February 2024

Thursday 7th March 2024

Thursday 14th March 2024

Time:

6.30-8pm

The course is free, but it is essential that parents/carers sign-up via this link:

<https://forms.office.com/e/qAQpZJM7H6>

For any enquires please email autism.team@barnet.gov.uk with 'RSE programme' as the subject, thanks.