



# Understanding Autistic Identity Tools and Resources



## Resources for Young People and their Family

### Lived Experience

- [Young Sutton Voices - Understanding the Autism Spectrum - YouTube](#)
- [Stories from the spectrum](#)
- [Now I Know \(autism.org.uk\)](#)
- [BBC Two - Inside Our Autistic Minds - Clips](#)
- [Autistic Special Interests are NOT what you think...](#)
- [Temple Grandin On Her Search Engine | Blank on Blank](#)

### Famous autistic people

- [Autistic people in the public eye | Autism Space | Leicestershire Partnership NHS Trust](#)
- [Celebrity ambassadors](#)

### Websites

- [Autism Understood](#)
- [Starting your Autistic discovery journey – Aucademy](#)
- [Resources for autistic teenagers](#)



### Podcasts

- Aucademy
- Aspect
- 1800 Seconds on Autism
- My Friend Autism
- [Going to University with Autism or ADHD with Victoria Ellen \(thesendcast.com\)](#)

### Social Media

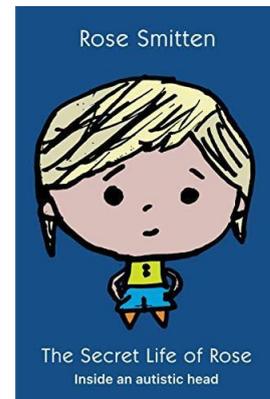
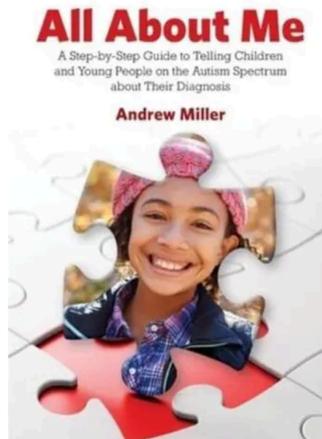
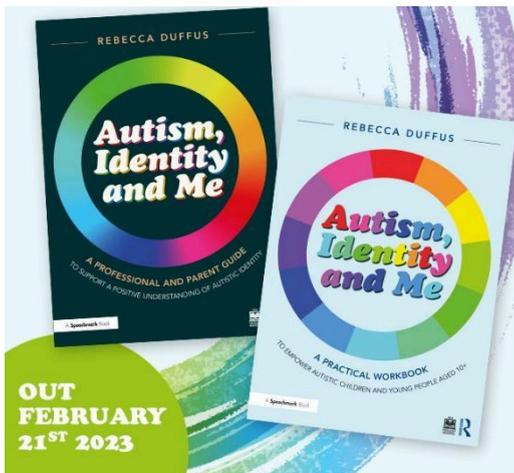
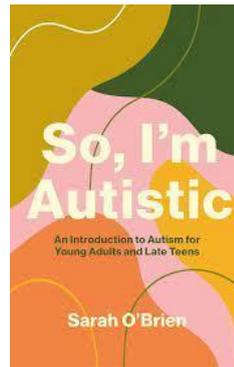
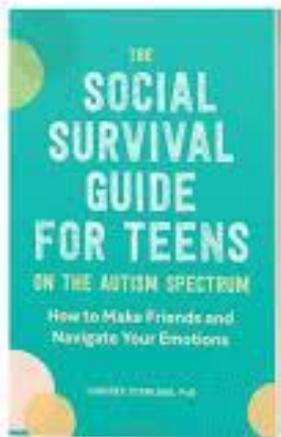
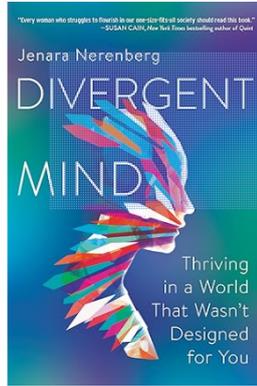
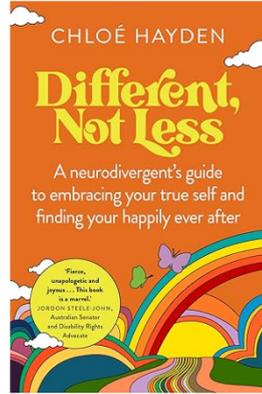
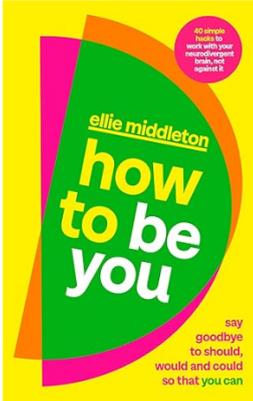
- [6 #ActuallyAutistic Instagram Accounts to Follow](#)
- [Top 100 Autistic Influencers in 2025](#)
- [14 Actually Autistic Influencers You Should Follow on Instagram](#)



# Understanding Autistic Identity Tools and Resources



## Books





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## Professional Resources

### **Whole School Inclusion:**

[Download](#)

### **Whole School Neurodiversity:**

[Learning About Neurodiversity at School \(LEANS\) | Salvesen Mindroom Research Centre](#)

[PowerPoint Presentations | Neurodiversity Celebration Week](#)

### **Whole School Autism:**

#### **NAS Resources:**

[At school](#)

#### **AET Resources:**

#### **Key Stage 1 World Autism Acceptance Month Resource Pack 2025:**

<https://bit.ly/KS1-WAAW2025>

#### **Key Stage 2 World Autism Acceptance Month Resource Pack 2025:**

<https://bit.ly/KS2-WAAW2025>

#### **Key Stage 3 and Up World Autism Acceptance Month Resource Pack 2025:**

<https://bit.ly/KS3-WAAW2025>

**ADDITIONAL (Bonus) RESOURCES:** <https://bit.ly/ADDITIONAL-WAAW2025>

### **Understanding Diagnosis Tools:**

[Autistic and OK | Ambitious about Autism](#)

[AET Toolkit](#)

[What is autism](#)



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## **Cognus Services and Resources**

- Cognus Autism Support: [Autism and Social Communication – Cognus](#)
- [Clinical Psychology Service – Cognus](#)
- [Cognus Therapies – Cognus](#)
- [Educational Psychology – Cognus](#)
- [Welcome Information – Sutton IASS \(SIASS\) – Cognus](#)