

DR. SARA'S TOP TIPS

-HELPING MY CHILD/STUDENT TO STAND UP FOR THEMSELVES -

A BOOK ABOUT BOUNDARIES, PERSONAL SPACE, CONSENT, AND STANDING UP FOR THEMSELVES

I need this if:

My child or student wants to understand more about themselves, and how to be their own advocate.

This can help if:

My child or student is Neurodiverse (Autistic). They are aged between 9 and 15 and I want to understand more about what life is like for my child.

Why is this useful:

It is written using positive language for those who are Neurodiverse and gives them specific examples of what to do in certain situations.

Suggestion for how to use this:

This resource is in a workbook format.

For younger teens, this could be done with a parent, older sibling, or during learning support in school. Older teens can work through it themselves.

HOW TO ACCESS THIS RESOURCE:

You can purchase the book "Standing up for myself" written by Evaleen Whelton for 23.50 and there is also a short video on the book at :

<https://konfidentkidz.ie/product/standing-up-for-myself-book/>

