

Supporting Autistic Youth: Foundations*

e-learning

Autistic individuals often experience barriers and challenges to accessing health and social services. This foundational course is intended to support all Foundry staff to improve their knowledge about Autistic people, their strengths and differences, and how to better support them when they come into a Foundry centre. Practical strategies and skills related to creating a more supportive environment and communication techniques will be covered. The Supporting Autistic Youth: Foundations course was co-developed by Foundry and the Canucks Autism Network.

Hosted by

IYS Learning Centre/Centre
d'Apprentissage SIJ

Training Delivery

Self-directed e-learning course

Registrations

Follow this link to register: [https://
learning.foundrybc.ca](https://learning.foundrybc.ca)

Learning Objectives

By the end of this course, participants will be able to:

- Define key language related to autism and distinguish between person-first and identity-first language used in the autistic community
- Describe the key concepts, features and characteristics of autism and how it may influence someone's life
- Recognize strengths, differences and systems of disadvantage and oppression within the Autistic community, including intersectionality
- Identify factors that contribute to mental health issues experienced by people on the autism spectrum
- Create a welcoming environment for Autistic youth
- Apply communication skills and strategies to support and empower autistic youth
- Acquire strategies to apply to intake, navigation and referrals within Foundry and the community when working with autistic youth and families/caregivers
- Appreciate the role of families/caregivers for Autistic youth as resources on how best to support someone, as well as consider the mental health and support needs of the families/caregiver

Intended Audience

All staff and peer supporters who work with Autistic youth

Format

Online

- 5 self-directed modules in the e-learning course

**Please note that this course summary includes identity-first language (e.g. "autistic youth") as there is a growing body of literature that suggests that most autistic individuals prefer identity-first language. Person-first language (e.g. "youth on the autism spectrum") can have more potential for stigma. However, as we discuss in this course, the preference is not unanimous, so we must be sure to ask youth and their families/caregivers how they want to be identified and be prepared to use both. This course explores the nuances of language and the importance of using language that makes people feel supported and included.*