



HOW TO Talk to Your Teen About Autism



A gentle guide for parents and carers

Talking about autism with your teenager can feel daunting, but it can also be the start of understanding, connection and support. Here are some gentle tips to help you start the conversation.

1 START WITH CURIOSITY, NOT CONCLUSIONS



Share what you've noticed in a gentle way and invite them to share how they feel. Keep it open, not pressuring.

You might say:

"I've noticed some things seem harder or more overwhelming lately. How has that been for you?"

2 KEEP IT AGE-APPROPRIATE AND HONEST



Explain things in a simple, clear way that makes sense to them.

You might say:

"Some people's brains work differently. Autism is one way of understanding those differences."

3 NORMALISE DIFFERENCES



Help them see that everyone has their own way of thinking, feeling and experiencing the world.

You might say:

"Everyone's brain works in its own way. This is about understanding you better, not changing you."

4 BE GUIDED BY THEIR REACTION



They might be curious, unsure, defensive, relieved or need time. All of these are okay.

You might say:

"This doesn't have to be one big conversation. It can unfold over time."

5 AVOID OVERWHELMING THEM WITH INFORMATION



Keep it simple, pause often and let them lead with questions. You're opening a door, not giving a presentation.

6 REASSURE THEM ABOUT WHAT HAPPENS NEXT



Explain that an assessment isn't a test to pass or fail — it's about understanding and support.

You might say:

"It's just a way of understanding how your brain works and what might help you."

7 GIVE THEM SPACE TO PROCESS



They might want time, ask more questions later or not want to talk straight away. That's okay.

You might say:

"It's okay to take your time. I'm here when you're ready."

! WHAT TO AVOID

- ✗ Talking about them instead of with them
- ✗ Presenting autism as a problem to fix
- ✗ Rushing the conversation
- ✗ Forcing agreement or immediate understanding



♥ A GENTLE REMINDER

This conversation isn't about having all the answers. It's about showing your teenager that you're listening, that you care and that you're on their side.

You don't have to get it perfect. You just have to be there.



♥ We're here when you're ready.

NEED SOME EXTRA SUPPORT?

Learn more about our assessment process

Book a free consultation to talk things through

Explore more resources on our website