



29/04/2026 09:30 - 12:30

Title: AUTISM EDUCATION TRUST AUTISM AND ANXIETY 29th April 2026

Venue: Colman Room, County Hall, Norwich, Norfolk, NR1 2DH

Trainer: EPSS Autism Support Team

Educational Psychology and Specialist Support

AUTISM EDUCATION TRUST AUTISM AND ANXIETY 29th April 2026

Autism Education Trust Autism and Anxiety

Outline

The aims after completing this module, you will be able to understand: How autistic CYP might express anxiety. What can cause anxiety in autistic CYP. What you can do to prevent and reduce anxiety in autistic CYP. Gain practical knowledge and discover hands-on tools and techniques to support pupils with autism in your setting.

Description

Anxiety is one of the top concerns for autistic people, their families, and the professionals who work with them. By listening to the voices of those with lived experience, we were able to co-produce a module that helps others to understand how anxiety can impact on an autistic pupil's daily life. The module will help you to identify causes of anxiety and consider reasonable adjustments that can be made to support autistic pupils, with the aim of creating long lasting, impactful change to the education environment.

Outcome

The aims

- To increase your expertise in being able to recognise the causes of anxiety in young autistic pupils.
- To develop your skills in identifying how an autistic pupil might express their anxiety.
- To help you become more aware of your own actions and how these can impact on a pupil's level of anxiety.
- To develop your understanding of the reasonable adjustments they can make to prevent and reduce a pupil's anxiety.

Learning objectives

After completing the module, you will be able to:

- Understand that autism is a difference rather than a deficit or disorder.
- Recognise the Three Areas of Difference in autism and how these can impact on a pupil's levels of anxiety.
- Recognise the first step to helping an autistic pupil is to learn about them, their triggers and their preferred means of support.
- Reflect on your practice and implement reasonable adjustments to reduce anxiety in autistic pupils.

Audience

This module is for any member of staff working with autistic pupils aged 5-16 in mainstream and specialist schools.

Booking information

<https://s4s.norfolk.gov.uk/Event/283401>

Further information

Price: £10.00 per delegate

Available until: 08/04/2026

Code: EPS-0426-T002