

# Top tips to Include Autism in youth groups



Give new members the option of **visiting the group** before they start.



Allow headphones or ear-defenders and have a **designated quiet room**.



**Dim the lightbulbs**, use natural light or allow sunglasses.



Have a **visual agenda** showing what is going to happen during the meeting.



**Say a person's name** before giving clear and straightforward instructions.



Offer new members a **buddy** to show them where to go and what to do.



**Ambitious  
about Autism**