**Useful Links and Resources**

[**Autism: A Guide for Parents and Carers Following Diagnosis**](https://asdinfowales.co.uk/autism-a-guide-for-parents-and-carers-following-diagnosis)Coming to terms with a diagnosis of autism or a related condition

[(21.9/1000 children known to school in Cambridgeshire has ASD in 2020](https://fingertips.phe.org.uk/search/autism#page/3/gid/1/pat/6/par/E12000006/ati/102/are/E10000003/iid/92133/age/217/sex/4))

**Causes of Autism**

[Autistica](https://www.autistica.org.uk/asd-uk)

[University of Cambridge – Autism Research Centre](https://www.autismresearchcentre.com/)

**Where else can you get information?**

[**ERIC**](http://www.enuresis.org.uk)(Education and Resources for Improving Childhood Continence)
**Helpline:**0845 370 8008 (Mon-Fri, 10am–4pm)

[**National Autistic Society**](https://www.autism.org.uk/about/what-is/causes.aspx)

 **Anxiety links**

[YoungMinds](https://youngminds.org.uk/)
[KeepYourHead](https://www.keep-your-head.com/cyp)
[NAS](https://www.autism.org.uk/advice-and-guidance/topics/mental-health/anxiety)

**Body Awareness Websites**

The [Family Planning Association](http://www.fpa.org.uk) website includes information about sexual health, sex and relationships.

The [National Autistic Society](http://www.autism.org.uk/living-with-autism/communicating-and-interacting/sex-education) has a section on their website about sex education for children and young people with an ASD.

The [National Health Service’s Livewell website](http://www.nhs.uk/Livewell/Sexandyoungpeople/Pages/Sex-and-young-people-hub.aspx) has information for young people about sexual health, sex and relationships.

The [BBC’s website](http://www.bbc.co.uk/science/humanbody/body) includes a useful section on the human body and contains information about puberty which may be helpful.

**What about Family, Friends and the Child Themselves - where else can you get information?**

[NAS](https://www.autism.org.uk/about/family-life/siblings.aspx)

[Sibs](http://www.sibs.org.uk)

[NAS – post diagnosis support](https://www.autism.org.uk/about/diagnosis/children/recently-diagnosed.aspx)
NAS advice and recommendations on how to tell your child about their diagnosis and recommended

[Vaccine Knowledge Project](https://vk.ovg.ox.ac.uk/vk/mmr-vaccine)