

Autistic adolescents: what helps you cope with trauma of all sizes?

We want to explore what has helped you feel supported to cope with trauma of all sizes, as experts of your experiences.

ONLINE PHOTOVOICE:

- 1) Meeting online with a group of up to 8 young people and an expert by experience twice to **co-design the research** and learn some **photography skills** from a neurodivergent photographer. **Taking photographs** to capture images that represent what has helped you cope with trauma. Create **captions** for your images.
- 2) Meeting online, 1:1 with the researcher to **share your images**, and then meeting the group online to share stories. This will be a safe space for honest, non-judgemental conversations, with no pressure to share traumatic stories, but rather to **focus on what helped you to cope** with your experiences.
- 3) Optional- meeting the group to **discuss findings** and how to share them, such as a **photo exhibition**.

WHO:

- Are you autistic (on a waiting list or diagnosed)?
- Are you aged 14-18?
- Have you experienced events that you would describe as “traumatic”?
- Would you like to reflect on what has helped you to cope with traumatic experiences, using photographs?

HOW:

If you answered “yes” to all of the above, we would love to hear from you! **Please send an email to:**

p.a.frankson@herts.ac.uk.

Please include your:

Preferred Name, Date of Birth, Gender, Preferred Pronouns, Ethnicity, Location (town/city only).

CONTACT US: If you have any questions about the research, please email the lead researcher:

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