



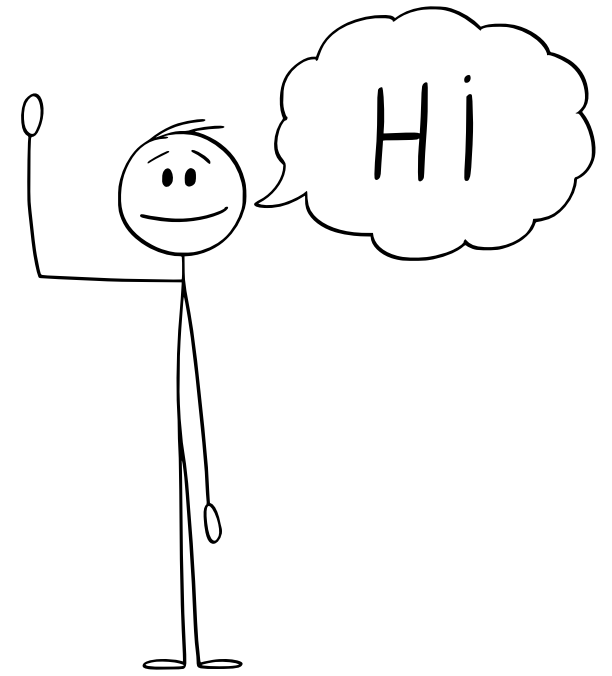
BEING ME[®]

Knowing Myself Valuing Myself Being Myself



A neuro-affirming online group
for Autistic young people

GROOVE



What is this booklet?

- This tells you about GROVE's **BEING ME** online group. It should help you to know more about what we do, how we do it and whether it feels like the right thing for you to join.

So, what is **BEING ME** ?

- It is an online group with 1 or 2 Autistic adults (whose main interest is autism!) and up to 10 other young people similar in age to you.
- The focus of the group is understanding and exploring what being Autistic means to you. We don't tell you what you have to believe – you can make up your own mind.

Do I have to have my camera on?

- No – you can choose about your camera – on or off is fine.

Do I have to do activities?

- No – everything we offer is optional. You can choose what you get involved in and we will never try and persuade you to do anything.

Do I have to sit still for the whole hour?

- No and we won't be able to either! You're welcome to get up, move around, take breaks and do what your body and mind needs to feel comfortable.

Will I have to talk to people?

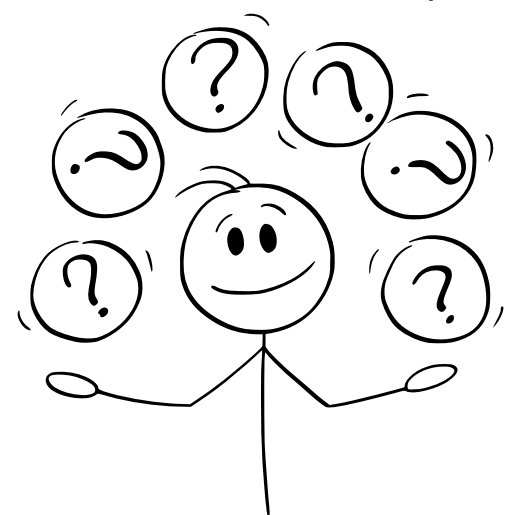
- No, you do not. If you do feel comfortable communicating then you're welcome to but you will never be forced to.
- You can also choose whether you communicate through speech, typing in the chat, using AAC or not at all.

Will I be able to ask questions about autism and being Autistic?

- Yes, absolutely. And you can trust that your Mentors really understand because they are Autistic too and they have studied autism.

Can my adult be with me?

- Yes, absolutely. And we often find young people have their pets and plushies there too!

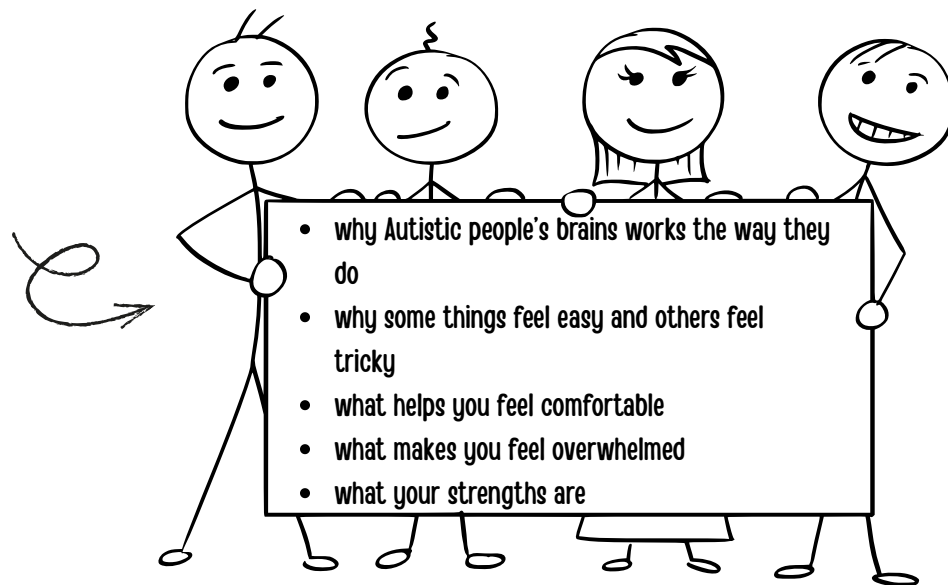


What is the point in a group about autism?

Our group about autism – **BEING ME** – is really just a place to think about your own experience in a way that feels safe and makes sense as it's with other Autistic people.

It's not about changing you.

It's about exploring things like:



And you get to do that with other young people and adults who might have similar experiences, so you don't feel like the only one.

So, the point is to help you understand yourself better, hopefully feel ok about being you and find ways to make life a bit easier.

So, what do we do in the sessions?

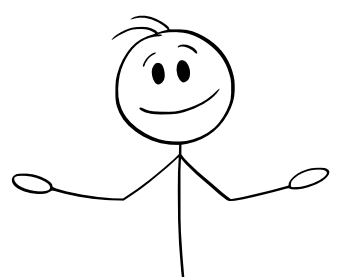
We explore the areas below through activities, games and discussions but everything is always optional, you never have to do or share anything at all (honestly!):

- What is autism and what does being Autistic mean?
- Interests
- Sensory experiences
- Energy, burnout and self-care
- Communication differences
- Friendships and connection
- Self-advocacy
- Challenging stereotypes about Autism



We adapt what we're doing to suit you as best we can and we are always open to feedback about how to change things as we go along.

“These are amazing, some of the best sessions plus I get to chat about stuff that interests me. It's really helped me learn about myself.” R



BEING ME[®]

Knowing myself, valuing myself, being myself



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