

**Top
Tips**



**DEAN BEADLE
&
SUE LARKEY**

TIPS & STRATEGIES

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UNTIL MONDAY 15TH JULY

Dean Beadle

INSPIRATION & INSIGHTS

Dean is an amazing presenter and his insights into his ASD, ADHD and experiences in education are wonderful. Every time I hear Dean talk, I think of students I know and how I can use Dean's insights and knowledge to help support students.



My Top 8 insights from listening to Dean included

- 1 If teachers gave him a 10 minute break, **they would get an extra 50 minutes work** from him. I have used this strategy with many students and see a huge difference in their focus, concentration and quality of work.
- 2 Before he got a diagnosis he felt 'limited' with a diagnosis **he was able to understand his limitations.**
- 3 He couldn't sit still on the mat, as his body felt wobbly, whereas at a table and chair **he could ground himself by touching the table.** When he flies in an airplane he prefers the tray table down for the same reason.
- 4 At school he often did the 'swan act' – **calm on the surface but massive anxiety underneath.**
- 5 **Hygiene is an important part of social skills and relationships.** He needed to learn to have a shower, clean clothes, etc to enhance his relationships.
- 6 All children benefit from knowing **when the end is!**
- 7 As a child he liked 'HUGE' reactions from adults and often escalated behaviours to see their reactions e.g. swearing. **Today he loves to watch 'reality shows'** like Great British Bake Off as he loves seeing other peoples stress. (Personally I see this with many ODD students too.)
- 8 As a child he often only slept a few hours a night as he liked the quiet time in the house to think about the day, and replay all the events. **He needed time to 'unpack' the day to be ready for the next day.** Interestingly the less sleep he had the more hyperactive he would be the next day.

Listen to Podcast Interview: Episode 256

DEAN BEADLE DISCUSSES AUTISTIC
IDENTITY AND WHAT IT MEANS FOR HIM



Dean Beadle's

TOP 10 TIPS FOR SUCCESSFUL EDUCATION

Dean Beadle has toured the UK for over fifteen years sharing his experiences of being autistic. In that time he has delivered over 800 conference keynotes, school inset training sessions and parent talks. He has lectured on the Birmingham University distance learning autism course since 2009 and has regularly delivered lectures to student teachers at Plymouth University since 2014. A video clip of Dean was used in the Autism Education Trust schools training which was completed by over 150,000 UK schools' staff. Between 2018 and 2020, Dean was keynote speaker at the regional challenge days for school leaders for the Ambition Institute.

He has also delivered conference keynotes in Germany, Denmark, Belgium, Ireland as well as co-delivering four seminar tours of Australia and New Zealand alongside Sue Larkey.

Successful education is about aiding and nurturing our young people to grow into fully formed and well-rounded individuals. These principles should be at the heart of all the work educationalists undertake with young people on the autism spectrum. Despite time and budget constraints, professionals can still make a huge difference to people on the autism spectrum; **because it's strong student-professional relationships that make the most difference.**



Below are 10 tips for successful autism education. These are by no means exhaustive but are pertinent pointers for good autism practice.

- 1 Special interests/obsessions can be an invaluable teaching tool and a great motivator for the child.
- 2 Teaching social skills is as important as teaching academics. BOTH are essential for development.
- 3 In order to resolve a behaviour you must first understand the causes. Anxiety is often a major factor. Observation is key.
- 4 It's essential to put as much focus on a child's strengths as you do on their targets and difficulties.
- 5 Empower each child to see that their diagnosis doesn't have to be perceived as a setback but an asset and an important part of their individuality.
- 6 Appreciate the purpose and reasoning behind ritualistic behaviours.
- 7 Encourage people with autism to stretch out of their comfort zones. Help them to build up a catalogue of successes so that they can take on new challenges based on the confidence that they've gained from succeeding before.
- 8 Inspire people with autism to feel that they are part of the solution rather than the cause of the problem.
- 9 Teach that it is OK to make mistakes in life. Children with autism often develop such a fear of mistakes that taking on new challenges becomes terrifying. Teach that mistakes are human nature and OK.
- 10 Remember that behind every diagnosis is a child with individual needs; no two children on the spectrum are completely the same.

People on the autism spectrum have so many strengths, positive characteristics and abilities. I believe that good education practice can bring those to the fore and enhance them, setting up a strong foundation for lifelong success and well-being.

New Online Course with Dean Beadle

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Dear my younger #ActuallyAutistic self,

I'm writing from 2018. 20 years on from when you went for your autism diagnosis. You always knew you were different, but now you'll know for sure. It will take a while to fully understand.

In your preteens you'll wish that you were 'normal'. Normal is a myth. Embrace your difference. There will also be times in your life where you will force yourself through challenging and socially exhausting experiences just to match neurotypicals. That approach will only drain you. Prioritise your wellbeing. Socialise only when you want to.

Special interests will continue to be a joy. You're right, classic Doctor Who really is brilliant. In your teens you will become a huge Toyah fan. These passions are a huge part of who you are. Most people will never understand your passions or the pure joy they bring. No matter, this is joy just for you.

You've already experienced some neurotypicals demonising you because you're unlike most children. Some people will focus on punishing you for your 'behaviour' rather than trying to understand your needs. But you are lucky to have some wonderful people in your corner too, especially your parents and sister. As life progresses other neurotypicals will be your allies too. Some will fight your corner and offer such loyal friendship. They'll help you to see that who you already are is OK. More than OK.

Your diagnosis will set you on a path of self discovery. Sadly that diagnosis often comes with a hugely deficit model slant. You are NOT a list of deficits. You process the world differently and have different skills and abilities that are just as valuable as anyone else's. You're not defective.

In your teens, you'll think of yourself as 'mildly autistic'. You'll grow to realise that functional/severity labels are a nonsense. Functioning by whose standards? Those historically judged to be 'low functioning' tend to have their skills underestimated, the 'high functioning' often struggle to get their needs acknowledged at all. Who benefits from that? Its not possible to be a 'little bit autistic' either. Mild? You're autistic, not cheddar.

There will be people who'll tell you you're pronouncing Aspergers wrong. They'll say it needs a hard G. Sod 'em. Its your neurodivergence - you can pronounce it how you bloody well like. Soft G all the way.

Some people will say ignorant things like: "but how can you be autistic when you can do X,Y & Z?" The inference being that you can't be a 'proper autistic'. Its tosh. Others wont be able to fathom why you're so positive about yourself. Some will insist that autistics need fixing. All of these comments say more about the people spewing them than you. They are wrong. Use your anger constructively to educate them. Be strong in your identity.



Remember that being proud of being autistic doesn't preclude you from being able to express your challenges too. The two things aren't mutually exclusive. Your proprioceptive difficulties mean sitting in most chairs will be an ordeal. Your lack of balance doesn't really improve. Most people will remain a mystery to you and you'll find them exhausting. Understanding your own emotions will be a huge challenge. And anxiety, it's a bugger. But you'll find ways through all this stuff.

In your twenties you'll meet so many other autistics who will educate, guide and empower you. You will find your tribe. They will be similar to you and different to you all at the same time- a broad spectrum of amazing people. You will learn that the power of shared experience is a beautiful thing. They will also lead in changing the way society views us autistics, smashing stereotypes all over the shop. You will be so proud to play a part in that.

When I look back on 1998, I realise that many people just didn't understand you. And despite your parents championing you, the world just wasn't designed for you, matey. But know that many of us are working hard to make sure that autistics are understood, supported and valued going forward.

So go gentle, younger me. There's still so much for you to learn about yourself and the world. It's a pretty illogical place so its often difficult to understand. You will continue to make mistakes. That's OK. Good times are coming. You will find love in your twenties with an incredibly talented and beautiful man, Chris, who will bring you such happiness. You will experience some exceptional things professionally. Mutually loving friendships. Dreams will come true. You'll meet Toyah and most of classic Doctor Who cast (no, really! And you'll touch the original 80s TARDIS console. OK, OK calm down, deep breaths!) Sorry to say I haven't met Janet Fielding (Tegan) yet, but its on the to do list, I promise.

And the best part of all of this? You will grow to fully celebrate yourself as you are. And when you get nearer to my age, you will finally realise that you are of huge value BECAUSE you are autistic and not despite it. And it will feel glorious.

Be you and do it with conviction.

Lots of love, your older #ActuallyAutistic self

PS. Brush your teeth more, they stink. Dean Beadle 2018

THE ULTIMATE GUIDE TO SCHOOL AND HOME:

BY SUE LARKEY AND ANNA TULLEMANS

This book provides key strategies for all ages and stages. It offers over 500 practical strategies and time savers for school and home. Everything from setting up a classroom, developing friendships, engaging disengaged students, to moving house, choosing a school and applying for a job. It is the ultimate guide for teachers, parents and all professionals supporting children with autism spectrum disorder, including Aspergers, ADD, ADHD, ODD and other developmental delays.

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to School and Home
Key strategies for all
ages and stages



Supporting students with
Autism, Asperger, ADD, ADHD, ODD
and other developmental delays
Sue Larkey and Anna Tullemans



TEACHER ASSISTANT COURSE

Presented by Dean Beadle



Understanding and Meeting the Needs of Neurodiverse Students

Lesson 1 - Meeting the Needs of Neurodiverse Students

- Busting Four Common Myths about Autism:
 - Autistic People Lack Social Skills
 - Autistic People Don't Want Friends
 - There is such a thing as Autistic Behaviour
 - Autistic People Lack Empathy

Lesson 2 - Executive Functioning: Link to Anxiety & Exhaustion

- Why It's Easy to Confuse Executive Functioning with Laziness
- The Simple Yet Powerful Definition of Executive Functioning
- Lived Experience with Executive Functioning
- Strategies to Support Executive Functioning

Lesson 3 - Social Needs and Emotions

- The difference between 'Social Skills' and 'Social Knowledge'
- How to make Social Knowledge work in the 'real' world
- Mutual Obligation of Socialisation
- The Power of true alone time
- Allow your students to define what it means to be social
- 2 Key Ingredients for Social Clubs
- Dean Beadle's 90:10 Rule for Social Activities
- The Ladder of Trust
- What is Alexithymia and what you can do about it

Lesson 4 - Autistic Rights and Place in Society

- Supports & Accommodation to put in place
- Dean's Primary School Report & Diagnostic Report
- Explanation of Sensory Aversion to having a Hair Cut
- Impact of Labels - 'Good Dean' verses 'Bad Dean'
- How Autistic Youngsters can & should advocate for themselves
- How to help students find a productive & constructive way to deal with f

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TEACHER ASSISTANT COURSE PART 2

Presented by Dean Beadle



Understanding and Meeting the Needs of Neurodiverse Students

Lesson 5 - Transformation Impact Teacher Assistants can Make

- How to leverage the connection between a Teacher Assistant and Student
- Clear Boundaries in the Role and Responsibilities between the Teacher and Teacher Assistant
- How long should you keep the same Teacher Assistant?
- Discussing the Myth that Teacher Assistants are a barrier to peers and teacher

Lesson 6 - How to Disclose Diagnosis

- Dean's personal story and 'Rule of Thumb'
- Tips for how and when to share the diagnosis.
- The Value of Autistic People learning from other Autistic People
- Insights on how the word Autistic can cause anxiety
- Dean's encouragement - never give up!

Lesson 7 - How to Create the Setting for Students to Accept Themselves

- Importance of Autistic voice and how it transformed Dean
- Breaking the Medical Model
- Dean's 5 pieces of advice to anyone at the beginning of their Autistic Journey

Lesson 8 - Autistic Joy

- A window into the beauty and joy of Autism Spectrum



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