

## **Launch of the ASD and Me App**

Young people from Millgreen Youth Club in Newtownabbey, Carrickfergus College and the Inclusion Youth Project in Whitehead have been working with the Education Authority Youth Inclusion Project, Digital media Choices, Northern HSC Trust ASD Coordinator and CYPSP members for the past two years on an ASD and Me project.

The project began in July 2014. Young people with ASD were engaged from the initial stages of the project through relationship building and a series of activities including puppet show, DVD production and a summer residential. Participants raised aspiration for a safe place young people with ASD to communicate to teachers, parents and youth workers about their feelings in a way that would not get them or others into trouble.

An app has been co-designed between young people and partnering organisations to;

- Enable young people to communication with teachers, parents and youth workings
- Provide a safe and confidential space to express feelings and request space if required
- Space for young people to share experiences
- Provide a go to guide on difficult situations based on personal and individual coping strategies for peers to share and update

Through leadership and guidance of Digital Media Choices, young people learnt the confidence and skills in using digital technology including DVD production and the co-design and development of an app that included personal requirements.

In early June 2016 the group launch of the App, ASD and Me which is downloadable from



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