

The AET Youth Council Film (Low arousal version) Transcript

We have produced this version to meet the needs of people who are on the autism spectrum who may find television overwhelming.

For groups of people without these issues please feel free to watch the Youth Council Film (Standard version).

Effective films for people not on the autism spectrum may have:

- **Music to add emotion and drive the progression of the film.**
- **Visual effects (zooming in / out and transitions) to hold attention.**
- **Abbreviated subtitles.**
- **The option to stop, rewind and replay at will (when on a website).**
- **Content and format that changes frequently.**
- **Text without accompanying voice over.**

We have intentionally avoided all of these techniques in the production of this film.

The AET Youth Council was set up to capture and share the views of young people on the autism spectrum and their siblings. They inform the work of the AET.

There are 12 members on the council. We lent some of them cameras to record their experiences at school.

These are their films.

The AET Youth Council

Sam: Go in then. Go in.

How we get to school...

Helen: Mum drives me to school in the car everyday. We dance in the car to songs on the radio and have a laugh.

Calum: At the moment my Dad drives me.

Victoria: Ok.

Calum: But soon I'll be taking my bike.

Sam: I normally go in the car with my helper, Kate.

Victoria: Ok.

Sam: She's my Mum's friend.

Victoria: Ok.

Sam: And um, or go in the car with my Dad.

Helen: I'm glad I don't have to travel in the minibus to get to school because I don't like to be seen as special needs.

Oliver: I get a taxi now

Victoria: Ok.

Oliver: I go with another student who comes here

Victoria: Ok. And do you like doing that?

Oliver: Yeah, it's good.

Phoebe: A bus

Sam: Normally they have a taxi person who drives. And the... He's called Malcolm, he's my taxi...

Victoria: mmhmmm.

Sam: ...Like person who drives. Then we've an escort which us to the house that we are in, and she's called Penny.

What we like most about school...

Calum: Well, it's good and it's also very fun.

Oliver: We do trips that other schools don't. We've been going swimming, skiing this term.

Calum: I like to play table tennis, they've got

Sam: Probably the activity room.

Victoria: Ok.

Sam: They have like ping pong and stuff in there.

Sam: I like the library because it's nice and peace and quiet. And I hate noise.

Paul: Well, the students helped design the school - so it's kind of all good.

Calum: And I also like it where we don't have any school uniforms.

Victoria: Oh, yeah.

Calum: No more of them itchy clothes.

Sam: I quite like the back field cause it's really, it's like, a couple of acres big.

Sam: I just really like it there. It's a place you can, It's a place like you know where it's safe. And they put in, like tyres and stuff that you can jump across. And they've got an assault course.

Calum: First we've got to go over these tyres.

Victoria: Yeah.

Calum: Then jump onto this like wobbly board that goes all (wobbles head). Then you got to get on these like things that we've got to stand on.

But our favourite subjects are...

Zoe: Well, I'm currently doing Maths, Science, Maths and Science.

Sam: Probably Music, DT and PE.

Paul: ICT.

Victoria: ICT?

Paul: Yeah.

Calum: Drama.

Victoria: You really like Drama?

Calum: Oh and English with Helen.

Sam: I used to like ICT. But now I really like... I've gotten into Maths a lot.

Phoebe: I like doing Maths.

Sam: Music is sort of, like Rock n' Roll.

Calum: It's just Helen's quite nice and she teaches, sort of, like fun stuff about Romeo and Juliet.

We get some help...

Phoebe: I need someone who helps me.

Victoria: Oh, ok. And your teachers help you, do they?

Phoebe: (nods)

Sam: There's this person who's just one-on-one with me.

Sam: The teaching staff.

Victoria: Really?

Sam: Yeah, it's sort of, they're quite. They sort of help me a lot.

Zoe: There is meant to be a SENCO officer to help with things.

Paul: Well, as you can probably guess – Tracy. Feel free to move the camera round on Tracy.

Oliver: Well Louis obviously who's my...

Victoria: And Louis' your?

Oliver: ...support

Victoria: Support, ok?

Oliver: ...in class.

Helen: When I arrive at school I'm always met by at least one of my amazing team. They take me to registration and support me in lessons. The people in my form make it easier for me because I can work well with them and they always treat me like an equal.

Calum: We have a time chart

Victoria: Ok, what does the time chart do?

Calum: It's like, I mean, it shows us what we're going to do.

Victoria: So it's got all the lessons on it?

Calum: Yeah.

Victoria: Fantastic!

Calum: Cause, we're here at the moment.

Victoria: Cool! So you know exactly what's coming next?

Calum: Yeah.

Sam: Well we normally have a pocket schedule that we keep in our pockets so we can know what the next lesson we have.

Oliver: And I have a thing called an IEP, that tells me what I'm doing each day.

Sam: I can also ask for time out if I'm quite like angry and stuff.

Oliver: Everything's very bold here, so it's really easy to get around.

What we do for lunch and breaktime...

Sam: But the problem is, you're hardly given, they hardly give you any lunch, so you feel hungry after.

Calum: We get to choose whether we'd like to go outside or inside. We can just hop back inside.

Sam: I normally, we can, we have, normally, 2 crackers or 2 breadsticks.

Calum: So we have a tuck shop. We're allowed 2 items only - So I normally have the slice of toast and the fruit juice.

Zoe: We all eat in the common room, bring food and we have a microwaves and coffee, coffee mugs and things.

Helen: The cafe where we eat lunch is the most terrible place for sensory overload. I have a lot of problems staying in here for any length of time. But I have always been determined to tough it out and eat with the other pupils.

Sam: After that, I normally have, like a drink, then I go to toilet and I go off to class again.

Oliver: We have organised tables but were allowed to go sit where we want with friends.

Sam: You have about half an hour for lunch normally and then we have, like, another half an hour - We sometimes go outside or we sometimes stay in and watch a film.

Helen: We have some great garden spaces at school and I love staying outside in the sunshine with my team when we are relaxed and happy to be free from the classrooms and corridors.

Things we like to do after school...

Sam: Outside I've got quite a few hobbies.

Oliver: Football's good. We've just, football season had just come back so we started doing football training.

Sam: I'm a blue belt. And I've been doing it for 2 years.

Calum: Unihoc, tennis and football.

Victoria: Brilliant!

Calum: I'm really into Unihoc at the moment.

Sam: And I play the guitar.

Sam: Chelsea Rules!

The AET would like to thank the members of The AET Youth Council and those who support them for all their hard work.

Special thanks to Victoria Erbes.

Thanks for watching!