



## Other recommended media

These were suggested and recommended by the co-designers of the **NEST** handbook – young neurodivergent people and the adults who support them (some of whom are neurodivergent, too!)

### Podcasts

Podcast Title	Author	Notes
Autism by Autistics	Hosted by Melissa Chapple and Sophie Williams	This podcast covers a wide range of topics about autism from talking about a diagnosis to special interests.
The Different Minds podcast series	John Offord	The host of this podcast chats with various neurodiverse individuals about their experiences.

### Informative YouTube videos

Video Title	Author	Notes
Walk in my shoes	Donaldson Trust in partnership with Erin Davidson	Erin Davidson is a neurodivergent 17 year old who reflects on her experience of school at the age of 14.
What Exactly is Neurodiversity?	How to ADHD	A short video explaining the definition and background of the neurodiversity paradigm.
Neurodiversity: The New Normal	Cynthia Coupé; TEDxOcala	Ted talk about neurodiversity from someone who is autistic and researches autism.

### Movies/TV series

Title	Author	Notes
She-Ra and the Princesses of Power	TV series	The character Entrapta was written as an autistic character.
Keep the Change	Movie	Many of the characters in this RomCom are autistic, played by autistic actors
Percy Jackson & the Olympians (PG)	Movie	The main character (Percy Jackson) has been said by the creators to have ADHD and dyslexia.
The King's Speech (12A)	Movie	The main character (King George VI) has a stammer.

Remember to check the Risk Assessment and Wellbeing Considerations section of the handbook before watching/listening to any of the above recommendations in a **NEST** session.