

## **RESOURCES REGARDING ADOLESCENCE AND PUBERTY**

### **BOOKS**

*Myself, A Healthy Hygiene, Puberty & Personal Curriculum for Young People with Autism.* 2003, Future Horizons; Wrobel, Mary.

*The Care and Keeping of You 2: The Body Book for Older Girls .* 2013, Turtleback Books; Cara Familian Natterson.

*From diapers to dating: A parent's guide to raising sexually health children.* 2008, William Morrow Paperbacks; Debra Haffner.

*Sex Education for Parents of Children with Autism Spectrum Disorder.* 2002, Steege Publications; Mark Steege and Shannon L. Peck.

*Hygiene and Related Behaviors for Children and Adolescents with Autism Spectrum and Related Disorders: A Fun Curriculum with a Focus on Social Understanding* by Kelly J. Mahler

*Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders.* By Davida Harman.

### **WEBSITES**

Autism Speaks website:

Challenging Behaviors Tool Kit: [www.autismspeaks.org/family-services/tool-kits/challenging-behaviors-tool-kit](http://www.autismspeaks.org/family-services/tool-kits/challenging-behaviors-tool-kit)

Autism Speaks Safety Project Tool Kit: [www.autismspeaks.org/family-services/autism-safety-project/sexual-abuse](http://www.autismspeaks.org/family-services/autism-safety-project/sexual-abuse)

Autism Speaks Transition Tool Kit: [www.autismspeaks.org/family-services/tool-kits/transition-tool-kit](http://www.autismspeaks.org/family-services/tool-kits/transition-tool-kit)

Autism Speaks ATN Teen Sleep Tool Kit Quick tips: [www.autismspeaks.org/science/resources-programs/autism-treatment-network/tools-you-can-use/sleep-tool-kit](http://www.autismspeaks.org/science/resources-programs/autism-treatment-network/tools-you-can-use/sleep-tool-kit)

Autism Speaks Puberty and Adolescence Resource: [www.autismspeaks.org/science/find-resources-programs/autism-treatment-network/tools-you-can-use/atn-air-p-puberty-adolescence-resource?utm\\_source=social-media&utm\\_medium=text-link&utm\\_campaign=espeaks](http://www.autismspeaks.org/science/find-resources-programs/autism-treatment-network/tools-you-can-use/atn-air-p-puberty-adolescence-resource?utm_source=social-media&utm_medium=text-link&utm_campaign=espeaks)

Healthy Bodies for Boys/Girls: [Kc.vanderbilt.edu/healthybodies](http://Kc.vanderbilt.edu/healthybodies)

Visuals2Go <https://www.visuals2go.com/main/> which has a tab for free downloadable resources (<https://www.visuals2go.com/free-resources/>)

Autism Speaks Challenging Dealing with big physical and emotional changes in your adolescent: [www.abilitypath.org/areas-of-development/delays--special-needs/autism/articles/puberty-and-your-child-with-autism.html](http://www.abilitypath.org/areas-of-development/delays--special-needs/autism/articles/puberty-and-your-child-with-autism.html)

Menstruation Management and Disabilities: [autismbeacon.com/images/uploads/supporting-women-carer.pdf](http://autismbeacon.com/images/uploads/supporting-women-carer.pdf)  
<http://www.teachingsexualhealth.ca/>

### **DVDs**

*Be Safe- Movie & Workshop, Save a Life: Teach Students to Interact With Police.* [Besafethemovie.com](http://Besafethemovie.com)

*Specialty OT Services for Transitioning Adolescents- Shaving video:* [www.youtube.com/watch?v=SLG6AqkASaY](http://www.youtube.com/watch?v=SLG6AqkASaY)

*Managing Puberty, Social Challenges, and (Almost) Everything: A Video Guide for Girls PREVIEW:*  
[youtu.be/wQwNB1L4gY](http://youtu.be/wQwNB1L4gY)

*A Boy's Puberty Video:* [youtu.be/XdW\\_uU7sxMI](http://youtu.be/XdW_uU7sxMI)