

Puberty and Autistic Spectrum Disorders

Useful websites and resources

General

- <http://www.bbc.co.uk/science/humanbody/body/interactives/lifecycle/teenagers/> Human body, lifecycle
- <http://www.autismhelp.info>
- www.autismsexeducation.com
- <http://www.brook.org.uk/index.php/my-body>
- <http://www.brook.org.uk/index.php/more/brook-videos>
- <http://familylives.org.uk/gotateenager>
- <http://www.fpa.org.uk> Practical tips and information - useful downloads
- http://raisingchildren.net.au/articles/asd_adolescence_video.html/context/1369
- <https://www.lgbtyouth.org.uk/>
- <http://www.latrobe.edu.au/health/downloads/autism-spectrum-disorder.pdf> - Puberty - a guide for teenagers with ASD and their parents
- www.dsscotland.org.uk/publications/learning-disability/talk-about-puberty.pdf
- Lawson, W., *Sex, Sexuality and the Autism Spectrum*
- <http://www.visualaidsforlearning.com/school-learning.htm>
- <http://www.imageinaction.org/parents.php>
- <http://www.joaniblack.com/Playbook.pdf>
- Hartman, D., *Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders*
- Wrobel, M., *Taking Care of Myself: A Healthy Hygiene, Puberty and Personal Curriculum for Young People with Autism*
- Harris, R., *It's Not The Stork! A Book About Girls, Boys, Babies, Bodies, Families and Friends*
- Harris, R., *It's So Amazing: A Book About Eggs, Sperm, Birth, Babies and Families*

- Harris, R., *It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health*
- Books Beyond Words - www.booksbeyondwords.co.uk/home
- <http://www.brook.org.uk/index.php/traffic-lights>
- <http://www.theguardian.com/social-care-network/2013/sep/17/sex-education-young-people-learning-disabilities> - Article by Emma Sterland from Netbuddy
- www.netbuddy.org.uk - An excellent resource where parents can get practical tips from people with first hand experience of learning disability, autism and special needs. There is a forum where you can ask a sex and relationships expert specific questions about your child.

Girls

- http://msnbcmedia.msn.com/i/msnbc/Components/Interactives/Health/WomensHealth/zFlashAssets/menstrual_cycle_dw2%5B1%5D.swf
- <http://www.wikihow.com/Survive-Your-First-Period> - how to survive your first period with pictures
- <http://www.beinggirl.co.uk>
- http://www.teachers.ubykotex.com.au/section/Home/Teachers_Resources - teaching resources and information for girls
- http://raisingchildren.net.au/articles/autism_spectrum_disorder_periods.html/context/1360 - A video on preparing girls with ASD for their periods
- <http://www.brook.org.uk/index.php/my-body/everybody/body-image>
- <http://kidshealth.org/>
- Life Support Productions, *Kylie's Private World*, video and support notes (#2352)
- Angelo, F., Pritchard, H., and Stewart, R., *Secret Girls' Business* (#2745)
- Angelo, F., Pritchard, H., and Stewart, R. *Special Girls' Business*
- Schaefer, V., *The Care and Keeping of You: The Body Book for Younger Girls*
- Madison, L., *The Feelings Book: The Care and Keeping of Your Emotions*

Boys

- <http://www.avert.org/condom.htm> - how to use a condom
- <http://www.wikihow.com/Shave> - How to shave with pictures
- <http://www.brook.org.uk/index.php/my-body/everybody/body-image>
- <http://kidshealth.org/k>
- Life Support Productions, *Jason's Private World*, video and support notes
- Angelo, F., Pritchard, H., and Stewart, R., *Secret Boys' Business*