

# Autism, Adolescence and Puberty Resources

Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders: A Professional's Guide to Understanding, Preventing Issues, Supporting Sexuality and Responding to Inappropriate Behaviors, by Davida Hartman.

Taking Care of Myself: A Healthy Hygiene, Puberty and Personal Curriculum for Young People with Autism, Mary Wrobel. (younger children and teens, 5 to 13)

Taking Care of Myself 2: For Teenagers & Young Adults with ASD, Mary Wrobel, (older teenagers and adults).

Autism Spectrum Disorders: What Every Parent Needs to Know. American Academy of Pediatrics, Editors Alan I Rosenblatt, MD, FAAP, Paul S. Carbone, MD, FAAP with Winnie Yu.

Autism Life Skills: From Communication and Safety to Self Esteem and More, 10 Essential Abilities Every Child Needs and Deserves to Learn, by Chantal Sicile-Kira.

Sexuality and Severe Autism: A Practical Guide for Parents Caregivers and Health Educators, by Kate E. Reynolds.

Puberty and Adolescence Resource: A Guide for Parents of Adolescents with Autism Spectrum Disorder, Autism Speaks Treatment Network.

Autism-Asperger's & Sexuality: Puberty and Beyond by Jerry and Mary Newport.

Girls Growing up on the Autism on the Autism Spectrum: What Parents and Professionals Should Know About the Pre-teen and Teenage Years, by Shana Nichols.

Autism 100 and 200 Series: A series of 90 minute classes for parents and caregivers with autism. Classes are taught by faculty from Seattle Children's the University of Washington and community providers. These classes can be accessed at [www.seattlechildrens.org/autism100](http://www.seattlechildrens.org/autism100) (or 200).

Social Thinking is a curriculum for teaching social skills, as well as books for parents about the autism spectrum ([www.socialthinking.com](http://www.socialthinking.com)).

The Puberty Video for Boys with Asperger's Syndrome ([www.coultervideo.com](http://www.coultervideo.com)).

Managing Puberty, Social Challenges and Almost Everything: A Video Guide for Girls with Social Challenges ([www.coultervideo.com](http://www.coultervideo.com)).