

Puberty and Sexuality Education Resources for Youth with Autism

Books, videos and articles

Adolescents on the Autism Spectrum: A Parent's Guide to the Cognitive, Social, Physical, and Transition Needs of Teenagers with Autism Spectrum Disorders

C. Sicile-Kira and T. Grandin, 2006

Guide to the cognitive, emotional, social and physical needs of preteens and teenagers with autistic disorders, ranging from Asperger's syndrome to more severe ability impairment.

Dude That's Rude

P. Espeland and E. Verdick, 2007

Cartoons and kid-friendly text teach the basics of polite behavior for home, school, in the bathroom, on the phone, at the mall and more.

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

S. Nichols, 2009

Covers issues of girls and puberty including pelvic exams, periods, eating disorders, healthy sexuality and self-perception.

The Healthy Bodies Toolkit: A Parent's Guidebook on Puberty for Boys and Girls with Disabilities

Vanderbilt University

vkc.mc.vanderbilt.edu/healthybodies

Topics include hygiene, puberty, staying active, public and private behaviors, masturbation, peers and hormones. Provides storyboards and social story visuals.

Healthy Relationships, Sexuality and Disability

mass.gov/files/documents/2016/07/xs/hrhs-sexuality-and-disability-resource-guide.pdf

Covers talking tips, puberty and development, social skills, sexuality education, social skills, sexual orientation and sexual abuse prevention.

Puberty and Adolescence Resource: A Guide for Parents of Adolescents with Autism Spectrum Disorder

Autism Speaks, 2014

autismspeaks.org/tool-kit/atnair-p-puberty-and-adolescence-resource

Sections include body changes, self-care and hygiene, privacy, safety, elopement and internet safety.

To Learn More

- Autism Center
206-987-8080
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Self-Help Skills for People with Autism

S. Anderson, 2007

A systematic approach to teaching individuals self-care tasks including hygiene.

Sexuality and Safety Books with Tom and Ellie

K. Reynolds

jkp.com/uk/series/sexuality-and-safety-with-tom-and-ellie.html

Series of illustrated books for boys, girls and young adults with autism and related conditions. Topics include how to use public toilets, puberty, sexuality and masturbation.

Sexuality and Severe Autism: A Practical Guide for Parents, Caregivers and Health Educators

K.E. Reynolds, 2013

Guide to the process of teaching about sex and sexuality, answering crucial questions, including: Why, how and when should I teach this subject to my child? How detailed and explicit should I be?

Social-Sexuality Education for Young People with Autism Spectrum-Autism Autism 200 Video Series, Seattle Children's Hospital

youtube.com/watch?v=NxAFLsVohVg&list=PLjvfRtcMhn4PBONTW0RlvsMJGu1Csnn5s&index=40&t=0s

The Social Skills Picture Book for High School and Beyond

J. Baker, 2006

Photo book of students demonstrating social skills in the correct and incorrect way. Thought bubbles show what people may be thinking during the interactions.

Social Stories: Appropriate Behaviors

Livingwellwithautism.com

livingwellwithautism.com/how_to_use_social_stories/social_stories-behaviors

Social stories for teaching about private body parts, personal space, coping with feelings, hugging, kissing and sex talk in public.

Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism

M. Wrobel, 2003

Uses simple stories for parents to use to teach hygiene, modesty, body growth and development, menstruation, touching, personal safety and more.

Taking Care of Myself 2: for Teenagers and Young Adults with ASD

M. Wrobel, 2017

Written for teens and young adults, covers dressing for different events, feeling anxious, public versus private behaviors, staying healthy, depression, sexual harassment, finding and keeping friends (including a boyfriend or girlfriend) and safe and responsible sex.

Down Syndrome

Teaching Children with Down Syndrome About Their Bodies, Boundaries and Sexuality

T. Couwenhoven, 2007

Provides ideas for teaching children with Down syndrome about their bodies, puberty and sexuality. Topics include labeling body parts, personal space, self-care and hygiene, gender identity, showing appropriate levels of affection, menstruation, bras, wet dreams, sexual relationships and more.

Safety

A Guide to Safety

Organization for Autism Research (OAR)

researchautism.org/resources/a-guide-to-safety

Educates parents about how to prevent and mitigate emergency events and how to teach safety habits for adulthood. Includes section on relationship, physical and sexual safety.

Combating Violence and Abuse of People With Disabilities

N. Fitzsimons and D. Sobsey, 2009

Provides advice and guidance on how to stop abuse and violence before it starts. Topics include helping individuals learn concrete ways to protect themselves, identifying vulnerable situations, signs of physical or sexual abuse.

Know the Signs: Abuse, Neglect and Exploitation

Informing Families

informingfamilies.org/know-the-signs-abuse-neglect-exploitation

List of possible signs that someone is being abused, neglected or exploited.

Sexuality and Safety Books with Tom and Ellie

K. Reynolds.

jkp.com/uk/series/sexuality-and-safety-with-tom-and-ellie.html

Series of illustrated books for boys and girls about using public toilets, puberty, sexuality and masturbation.

Masturbation

Social Story: Female Masturbation

[erinoakkids.ca/ErinoakKids/media/EOK_Documents/Autism_Resources/2-Social-Narrative-Touching-Myself-\(female-masturbation\).pdf](https://erinoakkids.ca/ErinoakKids/media/EOK_Documents/Autism_Resources/2-Social-Narrative-Touching-Myself-(female-masturbation).pdf)

Social Story: Male Masturbation

livingwellwithautism.com/yahoo_site_admin/assets/docs/masturbation_social_story.184124213.pdf

Curriculum

FLASH. Public Health – Seattle & King County

kingcounty.gov/depts/health/locations/family-planning/education/FLASH/special-education.aspx

Lesson plans for special education from the sexual health education curriculum FLASH. Developed by Public Health – Seattle & King County for elementary, middle, high school and special education classrooms. For more information visit website above.

Intimate Relationships and Sexual Health: A Curriculum for Teaching Adolescents/Adults with High-Functioning Autism Spectrum Disorders and Other Social Challenges

C. Davies and M. Dubie, 2011

Includes lessons, activities, handouts, resources, and more. Handouts, which are available from the AAPC publishing website, were created for easy individualization.

Program Development Associates

disabilitytraining.com

Disability and diversity curriculum resources for teaching about sexuality and relationships.

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

D. Hartman, 2013

Assists professionals in developing their own individualized and developmentally appropriate curricula. Covers issues of gender, public and private, puberty, hygiene, emotions, and sex. Includes discussion and activity ideas, handouts, stories and illustrations.

Websites

Sexuality Education Resources

respectability.org

Resources on sexual education, puberty, dating, hygiene, exploitation and sexual abuse prevention for individuals with developmental disabilities.

Relationships, Sexuality and Gender Resource Guide

The Arc of King County

arcofkingcounty.org/resource-guide/relationships-and-sexuality/relationships-and-sexuality-overview.html

Information on teaching sexuality education to people with disabilities for families and professionals. Also has information geared to people with disabilities.

Sexuality Education for Students with Disabilities

Center for Parent Information and Resources

parentcenterhub.org/sexed

Collection of articles, websites and books on sexuality education, the parent's role and curriculum resources.

teach-a-bodies.com

Anatomically correct dolls used for education about sexual abuse.

Sexual Health Education for Young People with Disabilities: Research and Resources for Parents and Guardians

advocatesforyouth.org/resources/fact-sheets/sexual-health-education-for-young-people-with-disabilities-2/

Sexuality, disability and human rights.

Disclaimer: The inclusion of any website link, or resource accessed through a link, does not imply endorsement by Seattle Children's. Please seek the advice of your child's healthcare provider before you act or rely upon any information from these resources.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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