

Puberty and Autism Resources

What's Happening to Tom?

Kate Reynolds. ASD and Sexuality, puberty and autism, puberty for boys.

A book about puberty for boys and young men with autism and related conditions

Following Tom as he begins to notice changes to his body, this simple resource helps parents and carers teach boys with autism or other special needs about puberty. It covers all the changes that they will experience, both emotional such as new feelings and physical such as wet dreams. This fully illustrated positive and entertaining book provides the perfect opportunity to talk about puberty with boys and young men with autism or special needs.

What's Happening to Ellie?

Kate Reynolds. ASD and Sexuality, puberty and autism, puberty for girls.

A book about puberty for girls and young women with autism and related conditions

The story follows Ellie as she begins to notice changes to her body, this simple resource helps parents and carers teach girls with autism and related conditions about puberty. It covers all the changes that they will experience, both emotional such as new feelings and physical such as periods. This fully illustrated positive and entertaining book provides the perfect opportunity to talk about puberty with girls and young women with autism or related conditions.

The Growing Up Guide for Boys: What Girls on the Autism Spectrum Need to Know!

David Hartman. Suitable for 9-14-year-olds.

The book uses direct literal language and cool colour illustrations, this book tells boys all they need to know about growing hair in new places, shaving, wet dreams and unexpected erections. It's full of great advice on what makes a real friend, how to keep spots away, and how to stay safe online. Most importantly, it explains that everybody is amazing and unique and encourages young boys with autism to celebrate difference!

The Growing Up Guide for Girls: What Girls on the Autism Spectrum Need to Know!

David Hartman. Suitable for 9-14-year-olds.

Uses simple, literal language and delightful colour illustrations, this book explains the facts about body changes such as growing hair in new places, periods, wearing a bra and keeping spots away! It gives cool tips on what makes a real friend, what it means to have a crush on somebody, and how to stay safe online. Most importantly, it explains that everybody is beautiful and unique and encourages young girls with autism to celebrate difference!

When Young People with Intellectual Disabilities and Autism Hit Puberty: A Parents' Q&A Guide to Health, Sexuality and Relationships

Freddy Jackson Brown and Sarah Brown.

Preparing for Puberty: Autistic Children

Suitable for 9-15-years. Raisingchildren.net.au The Australian Parenting Website

<https://raisingchildren.net.au/autism/development/physical-development/preparing-for-puberty-asd>

Provides parents with advice as to when to start preparing their child for puberty, how to talk about puberty with an autistic child, the language to use, and tips on dealing with tricky questions.

