

Suggested Books & Resources

Autism Spectrum Disorders

A Parent's Guide to Asperger Syndrome and High-Functioning Autism: How to Meet the Challenges and Help Your Child... by Sally Ozonoff, Geraldine Dawson and James McPartland (Jun 20, 2002)

Asperger Download: A guide to Help Teenage Males with Asperger Syndrome Trouble-Shoot Life's Challenges by Josie Santomauro and Damian Santyomauro (Oct 15, 2007)

Asperger Syndrome and Adolescence: Practical Solutions for School Success by Diane Adreon and Brenda Smith Myles (May 17, 2001)

Asperger Syndrome and Adolescence: Helping Preteens & Teens Get Ready for the Real World by Teresa Bolick (Jun 2004)

Asperger Syndrome and Anxiety: A Guide to Successful Stress Management by Nick Dubin (Mar 12, 2009)

Autism-Asperger's & Sexuality: Puberty and Beyond by Jerry Newport, Mary Newport and Teresa Bolick (Sep 1, 2002)

Come to Life! Your Guide to Self-Discovery by Thomas W. Iland and Emily D. Iland (2017)

Freaks, Geeks & Asperger Syndrome: A User Guide to Adolescence by Luke Jackson (Aug 15, 2002)

Hygiene and Related Behaviors for Children and Adolescents with Autism Spectrum Disorders by Kelly (April 1, 2009)

Intimate Relationships and Sexual Health: A Curriculum for Teaching Adolescents/Adults With High Functioning Autism Spectrum Disorders and Other Social Challenges by Catherine Davies, MEd, CPsychol, LMHC and Melissa Dubie, MS (Nov. 15, 2011)

Interoception: The Eighth Sensory System (Oct. 2015) and *The Interoception Curriculum* (2019) by Kelly Mahler

Living Well on the Spectrum: How to Use Your Strengths to Meet the Challenges of Asperger Syndrome/High-Functioning Autism by Valerie L. Gaus and Stephen Shore (Mar 15, 2011)

Out and About: Preparing Children with Autism Spectrum Disorders to Participate in Their Communities by Jill Hudson, Coffin and Amy Bixler (Jul 2, 2007)

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Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders: A Professional's Guide to Understanding, Preventing ... and Responding to Inappropriate Behaviours by Davida Hartman and Kate Brangan (Oct 21, 2013)

Social Behavior and Self-Management: 5-Point Scales for Adolescents and Adults by Kari Dunn Buron (Sep 15, 2012)

Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism by Mary Wrobel (Jan 1, 2003)

Taking Care of Myself 2: For Teenagers and Young Adults by Mary Wrobel (Feb 2017)

Tasks Galore For The Real World by Eckenrode, Laurie. Fennell, Pat. ; Hearsey, Kathy. (Jan 1, 2004)

The Autism-Friendly Guide to Periods by Robyn Steward (Feb 1, 2019)

The Comprehensive Autism Planning System (CAPS) for Individuals with Asperger Syndrome, Autism and Related Disabilities: Integrating Best Practices Throughout the Student's Day by Shawn Henry & Brenda Smith Myles (2011)

The Growing Up Book for Boys: What Boys on the Autism Spectrum Need to Know! by Davida Hartman and Margaret Anne Suggs (Mar 21, 2015)

The Growing Up Guide for Girls: What Girls on the Autism Spectrum Need to Know! by Davida Hartman and Margaret Anne Suggs (Mar 21, 2015)

The Hidden Curriculum for Understanding Unstated Rules in Social Situations for Adolescents and Young Adults by Brenda Smith Myles, PhD, Melissa L. Trautma and MsEd (Feb 28, 2013)

Uniquely Human: A Different Way of Seeing Autism by Barry M. Prizant (Jul 19, 2016)

What's Happening to Ellie?: A book about puberty for girls and young women with autism and related conditions, KE Reynolds - 2015 - books.google.com

What's Happening to Tom?: A book about puberty for boys and young men with autism and related conditions, KE Reynolds - 2014 - books.google.com

Ziggurat Model A Framework for Designing Comprehensive Interventions for Individuals with High-Functioning Autism and Asperger Syndrome Updated and Expanded Edition by Ruth Aspy , Barry Grossman, et al. (Jul 25, 2011)

22 Things a Woman Must Know If She Loves a Man with Asperger's by Rudy Simone (May 15, 2009)

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Developmental Disorders

Already Doing It by Michael Gill (Apr 1, 2015)

Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality: A Guide for Parents and Professionals by Terri Couwenhoven, M.S. (2007)

When Young People with Intellectual Disabilities and Autism Hit Puberty: A Parents' Q&A Guide to Health, Sexuality and Relationships by FJ Brown, S Brown (2016) - books.google.com

S.T.A.R.S.: Skills Training for Assertiveness, Relationship-Building, and Sexual Awareness by Susan Heighway and Susan Webster (Feb 26, 2007)

The Ultimate Guide to Sex and Disability by Miriam Kaufman, MD, Cory Silverberg and Fran Odette (2003)

Online Resources

Autism Speaks Autism Treatment Network

<http://www.asatn.org/node/1384>

Circles Curriculum

<http://www.stanfield.com/products/family-life-relationships/>

Common Sense Media

<https://www.common sense media.org/>

Cool Nurse

www.coolnurse.com

Columbia University's Health Question and Answer Site

www.goaskalice.com

Diverse-City

www.diverse-city.com

Finger Tips: Teaching Women with Disabilities About Masturbation Through Understanding and Video (Hingsburger & Haar, 2000)

Hand Made Love: A Guide for Teaching About Male Masturbation Through Understanding and Video (Hingsburger, 2000).

FLASH lesson plans for Special Education

<http://www.kingcounty.gov/depts/health/locations/family-planning/education/FLASH/special-education.aspx>

Healthy Bodies Toolkit

<http://kc.vanderbilt.edu/healthybodies/>

Heather Corinna- Sex Educator

www.scarleteen.com

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Online Resources (continued)

Jason's Private World

<http://www.youtube.com/watch?v=Jxge5Ggj7K8>

Kids Health

<http://kidshealth.org>

National Council on Independent Living, Sex Ed Curriculum for people with I/DD

<https://www.ncil.org/sex-ed-for-individuals-with-i-dd/>

National Sexuality Education Standards

<http://www.futureofsexed.org/nationalstandards.html>

Parents Sex Ed Center

www.advocatesforyouth.org

Relationships Decoded: Social-Sexual Education for People with Developmental Disabilities

www.relationshipsdecoded.com

Sex Ed for Self-Advocates (OAR)

<https://researchautism.org/sex-ed-guide/>

Sex Education Curriculum (Illinois Department of Human Services- Review of Sex Ed Curriculum & Resources)

<https://www.dhs.state.il.us/page.aspx?item=122403>

[Secret] Special Boy's/Girl's Business

<http://www.secretgb.com/products>

<http://www.secretgb.com/>

Sexuality & Down Syndrome

<http://www.ndss.org/Resources/Wellness/Sexuality/Sexuality-and-Down-Syndrome/>

Sexuality Education for Students with Disabilities

<http://www.parentcenterhub.org/repository/sexed/>

Top 10 Questions: on DOWN SYNDROME and SEXUALITY from expert TERRI COUWENHOVEN, M.S.

<http://www.woodbinehouse.com/DSandSexTop10questions.asp>

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