

OCALI Family Center: Third Thursday Resources

Topic: Addressing Puberty and Sexuality for Individuals
with Developmental Disabilities

Books:

Hygiene and Related Behaviors for Children and Adolescents with Autism Spectrum Disorders, by Kelly J. Mahler. This book provides a curriculum and activities to help teach hygiene from oral hygiene to farting and burping and picking—from picking noses to picking at acne or scabs.

Taking Care of Myself, by Mary Wroble. This is another curriculum covering topics such as Being Naked, Needing Deodorant, Menstruation, Masturbation and other issues to be addressed with your child entering puberty.

Care and Keeping of You-The Body Book for Girls, by Mary Lee Schaefer published through American Girl. There is also a *Care and Keeping of You--The Body Book for Boys*. Both are available on Amazon.com. Some youngsters may be able to read these books themselves, but the books can also be read to those who are unable to read them alone.

Personal Hygiene: What's That Got to Do with Me? by Pat Chrissey. This book was written to be read to your child, and it has questions and vocabulary to help check for understanding.

Susan's Growing Up (Books Beyond Words) by Sheila Hollins and Valerie Sinason. This book uses a story with drawings to explain what it is like for a young woman to have her first period. It is easy to understand and can be read alone or together with the parent as a helper.

Bob Tells All (Books Beyond Words), a book about sexual abuse by Sheila Hollins and Valerie Sinason. This book uses a story with drawings to explain sexual abuse and how it hurts men. It is easy to understand and can be read with a parent or helper.

Asperger's Syndrome and Sexuality from Adolescence Through Adulthood. by Isabelle Henault. This resource includes background information on sexual development, inappropriate sexual behavior, and relationships as well as therapist-type activities to do with individuals.

Making Sense of Sex: A Forthright Guide to Puberty, Sex and Relationships for People with Asperger's Syndrome by Sarah Atwood. This book is ideal for those who need clear, detailed explanations and direct answers to the many questions raised by puberty and sexual maturity.

Helpful Websites

Managing Puberty, Social Challenges, and (Almost) Everything - A Video Guide for Girls and A Boy's Puberty Video. You can find more articles and information on this website developed by the father of a young man with autism spectrum disorder:

coultervideo.com.

Supporting the Sexual and Social Development of Individuals with Intellectual Disability

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Indiana Resource Center for Autism. The article, *The "M" Word*, written specifically for parents of children with disabilities, provides helpful information about masturbation.

<http://www.iidc.indiana.edu/?pageId=474>