

Adolescence: A Discussion about Puberty, Relationships and Sexuality
Amanda Tipkemper, M.Ed. and T.J. Nestheide, Psy.D.

Recommended Books (alphabetical by author)

Autism Spectrum Disorders

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)

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

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

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

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

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

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)

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

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)

[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](#)

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

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

Developmental Disorders

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

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

[FJ Brown, S Brown - 2016 - books.google.com](#)

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

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

Online Resources

Circles Curriculum

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

Healthy Bodies Toolkit

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

Puberty, Sex, and Sexuality

<https://vkc.vumc.org/assets/files/resources/sexedtoolkit.pdf>

Jason's Private World

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

[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>

FLASH lesson plans for Special Education

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

Common Sense Media

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