

Resource List of Materials and Websites for Working with Individuals with ASD on Sexuality, Gender Identity, and Relationships

Sexuality Education Guidelines—Not ASD Specific

- Future of Sex Education Initiative National Sexuality Education Standards--
<http://www.futureofsexed.org/documents/josh-fose-standards-web.pdf>
- Sexuality Information and Education Council of the United States Guidelines for Comprehensive Sexuality Education: 3rd Edition--
<http://www.siecus.org/index.cfm?pageId=516>

Women and Girls

- The Aspie Girl's Guide to Being Safe with Men-- (Brown D. , 2013)
- Aspergirls: Empowering Females with Asperger Syndrome—(Simone, 2010)
- Educating and Supporting Girls with Asperger's and Autism—(Honeybourne, 2016)
- The Independent Woman's Handbook for Super Safe Living on the Autistic Spectrum—(Steward, 2014)
- Life on the Spectrum: A Guide for Girls and Women—(McKibbin, 2016)
- Nerdy, Shy, and Socially Inappropriate: A User Guide to an Asperger Life—(Kim, 2015)
- Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life-- (Willey, 2012)
- Sisterhood of the Spectrum: An Asperger Chick's Guide to Life—(O'Toole, 2015)
- Women and Girls with Autism Spectrum Disorder: Understanding Life Experiences from Early Childhood to Old Age—(Hendrickx, 2015)

Dating and Relationships

- The Asperger Couple's Workbook: Practical Advice and Activities for Couples and Counsellors—(Aston, 2009)
- Asperger Syndrome and Long-Term Relationships—(Stanford, 2015)
- Autistics' Guide to Dating: A Book by Autistics, for Autistics and Those Who Love Them or Who Are in Love with Them-- (Ramey & Ramey, 2008)
- Boyfriends & Girlfriends: A Guide to Dating for People with Disabilities—(Couwenhoven, 2015)
- Counseling for Asperger Couples—(Thompson, 2008)

- Decoding Dating: A Guide to the Unwritten Rules of Dating for Men with Asperger Syndrome-- (Miller, 2015)
- The Guide to Dating for Teenagers with Asperger Syndrome-- (Uhlenkamp, 2009)
- Healthy Relationships: Build relationships the right way so you can avoid all that drama and pain, not to mention the gossip! (Sondoozi, Loiewski, & Tompkins, 2013)
- Mike's Crush: Understanding High School Relationships for Youth with Autism and Learning Disabilities-- <http://www.dibbleinstitute.org/mikes-crush/>
- The Other Half of Asperger Syndrome (Autism Spectrum Disorder): A Guide to Living in an Intimate Relationship with a Partner Who is on the Spectrum—(Aston, 2014)
- Reading Body Language: Flirting Cards-- <https://www.teacherspayteachers.com/Product/Reading-Body-Language-Flirting-Cards-809195>
- Troubleshooting Relationships on the Autism Spectrum: A User's Guide to Resolving Relationship Problems-- (Stanford, 2013)
- What Men with Asperger Syndrome Want to Know About Women, Dating and Relationships-- (Aston, 2012)
- Healthy Relationships and Autism-- <http://healthyrelationshipscurriculum.org/>

Gender Identity

- Gender Identity and Autism Spectrum Disorders: journal article
- Gender Quest Workbook: A guide for Teens and Young Adults Exploring Gender Identity-- (Testa, Coolhart, & Peta, 2015)
- relationships & sexuality: A Handbook For and By Autistic People: <http://autismnow.org/wp-content/uploads/2013/02/Relationships-and-Sexuality-Tool.pdf>
- The Transgender Child: A Handbook for Families and Professionals—(Brill & Pepper, 2008)
- Transitioning Together: One Couple's Journey of Gender and Identity Discovery— (Lawson & Lawson, 2017)

Puberty

- Autism-Asperger's & Sexuality: Puberty and Beyond--(Newport & Newport, 2002)
- The Boy's Guide to Growing Up and Choices and Changes During Puberty— (Couwenhoven, 2012)

- Exploring Friendships, Puberty and Relationships: A Programme to Help Children and Young People on the Autism Spectrum to Cope with the Challenges of Adolescence-- (Ripley, 2014)
- The Girl's Guide to Growing Up and Choices & Changes in the Tween Years— (Couwenhoven, 2012)
- The Growing Up Book for Boys: What Boys on the Autism Spectrum Need to Know!—(Hartman, 2015)
- The Growing Up Guide for Girls: What Girls on the Autism Spectrum Need to Know!—(Hartman, 2015)
- Healthy Bodies Toolkit: A Parent's Guide on Puberty for Boys and Girls with Disabilities--<http://vkc.mc.vanderbilt.edu/healthybodies/>
- Puberty: A Guide for Teenagers with an Autism Spectrum Disorder and Their Parents--<http://autismsocietyoregon.org/files/9114/2230/9538/autism-spectrum-disorder.184122715.pdf>
- Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism—(Wrobel, 2003)
- What's Happening to Ellie?: A book about puberty for girls and young women with autism and related conditions—(Reynolds, 2015)
- What's Happening to Tom?: A book about puberty for boys and young men with autism and related conditions—(Reynolds, 2015)
- When Young People with Intellectual Disabilities and Autism Hit Puberty: A Parents' Q&A Guide to Health, Sexuality and Relationships-- (Brown & Brown, 2016)

For Parents and Professionals

- asdsexed.org: website with comprehensive list of free and paid resources for teaching socio-sexual education
- Asperger's Syndrome and Sexuality: From Adolescence Through Adulthood— (Henault, 2006)
- The Autism Spectrum, Sexuality and the Law: What every parent and professional needs to know-- (Attwood, Henault, & Dubin, The Autism Spectrum, Sexuality and the Law: What every parent and professional needs to know, 2014)
- Exploring Sexual and Social Understanding: an illustrated pack designed for working with people with learning disabilities-- <http://www.bild.org.uk/our-services/books/practical-support-for-better-lives/exploring-sexual-and-social-understanding/>

- The Facts of Life...and More: Sexuality and Intimacy for People with Developmental Disabilities—(Walker-Hirsch, 2007)
- Family Therapy and the Autism Spectrum: Autism Conversations in Narrative Practice—(Monteiro, 2016)
- <http://www.guidetogettingiton.com/sex-aspergers-autism/>--an extensive list of books, articles and websites compiled on sex, Asperger's and autism.
- How to Talk with Your Kids about Pornography—Educate and Empower Kids
- I Openers: parents ask questions about sexuality and children with developmental disabilities--(Hingsburger, 1993)
- Sexuality in Adolescent Boys with Autism Spectrum Disorder--
https://www.researchgate.net/publication/265642448_Sexuality_in_Adolescent_Boys_with_Autism_Spectrum_Disorder_Self-reported_Behaviours_and_Attitudes
- Sexuality and Severe Autism: A Practical Guide for Parents, Caregivers and Health Educators-- (Reynolds, 2014)
- Sexuality: Your Sons and Daughters with Intellectual Disabilities—(Schwier & Hingsburger, 2000)
- <http://www.steegepublications.com/>--website contains a number of different publications including: Sex Education for Parents of Children with Autism Spectrum Disorders, Social Skills & Sex Education, and A Training Manual for Direct Care Staff.
- The Ethics of Touch-- Establishing and maintaining appropriate boundaries with people with developmental disabilities. Two videos and manual. <http://diverse-city.com/product/the-ethics-of-touch/>

Touch/Boundaries

- All About Boundaries: Teaching Children about "Drawing the Line"-- (Caselman & Cohen, 2008)
- Autism and Appropriate Touch: A Photocopiable Resource for Helping Children and Teens on the Autism Spectrum Understand the Complexities of Physical Interaction-- (James, 2015)
- An Exceptional Children's Guide to Touch: Teaching Social and Physical Boundaries to Kids-- (Manasco, 2012)

Sexuality Curriculum and Materials

- The Autism Spectrum Guide to Sexuality and Relationships: Understand Yourself and Make Choices that are Right for You-- (Goodall, 2016)

- Circles Curriculum: <https://www.stanfield.com/product/circles-curriculum-bundle-w1037-3/>
 - Level 1: Intimacy and Relationships
 - Level 2: Intimacy and Relationships
 - Circles: Stop Abuse
- Differing Abilities Lesson Plans: <https://teachingsexualhealth.ca/>
- FLASH Lesson Plans for Special Education: <http://www.kingcounty.gov/depts/health/locations/family-planning/education/FLASH/special-education.aspx>
- Freaks, Geeks, & Asperger Syndrome: a user guide to adolescence—(Jackson, 2002)
- Going Further: Sex and Relationships Education Course for Learners with Additional Needs at Colleges of Further Education--
http://www.imageinaction.org/pdf/GF_SREcourse-6.12.10-1.pdf
- Healthy Relationships Curriculum: A Guide into Adulthood--
<https://www.wesleyspectrum.org/autism/hrc/>
- Hygiene and Related Behaviors for Children and Adolescents with Autism Spectrum and Related Disorders: A Fun Curriculum with a Focus on Social Understanding— (Mahler, 2009)
- Intimate Relationships and Sexual Health: A Curriculum for Teaching Adolescents/Adults with High-Functioning Autism Spectrum Disorders and Other Social Challenge-- (Davies & Dubie, 2012)
- LifeFacts: Sexuality-- <https://www.stanfield.com/product/lifefacts-sexuality-w1070/>
- Making Sense of Sex: A Forthright Guide to Puberty, Sex and Relationships for people with Asperger's Syndrome-- (Attwood S. , 2008)
- Managing Menstruation: Queensland Centre for Intellectual and Developmental Disability
- Personal Hygiene? What's that Got to Do with Me?—(Crissey, 2004)
- relationships & sexuality: A Handbook For and By Autistic People--free online handbook-- (Ashkenazy & Yergeau, 2013)
- Relationship Building & Sexual Awareness for Kids with Autism: S.T.A.R.S 2-- (Heighway & Webster, 2015)
- Relationships, Sexual Health and Parenthood Resource for Young People with Autism Spectrum Disorder:
http://www.educationscotland.gov.uk/resources/r/genericresource_tcm4587661.aspx
- Rights, Respect, Responsibility: A K-12 Sexuality Education Curriculum:
<http://www.advocatesforyouth.org/3rs-curriculum>

- Sex, Drugs and Asperger's Syndrome: A User Guide to Adulthood—(Jackson, 2017)
- Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders—(Hartman, 2013)
- Sexuality Education for People with Developmental Disabilities: sexuality curriculum offered by Sexuality and Developmental Disabilities Workshops--
<http://disabilityworkshops.com/>
- S.T.A.R.S.: Skills Training for Assertiveness, Relationship-Building, and Sexual Awareness-- (Heighway & Webster, 2008)
- Take Charge!: A Reproductive Health Guide for Women with Disabilities:
<https://www.accessliving.org/1410ga304>
- Taking Care of Myself for Teenagers & Adults with ASD, 2: (Wrobel, 2017)
- Things Ellie Likes: A book about sexuality and masturbation for girls and young women with autism and related conditions—(Reynolds, 2015)
- Things Tom Likes: A book about sexuality and masturbation for boys and young men with autism and related conditions—(Reynolds, 2015)

Resources for Individuals with Significant Cognitive Disabilities

- Communicating About Sexuality: <http://www.mayer-johnson.com/communicating-about-sexuality>
- SAFESECS Curriculum: <https://www.teacherspayteachers.com/Product/SAFE-SECS-Curriculum-2237249>
- Visual Aids for learning: <http://www.visualaidsforlearning.com/free-packs.html>

Related Resources

- A 5 Is Against the Law! Social Boundaries: Straight Up! An honest guide for teens and young adults—(Dunn-Buron, 2007)
- Books Beyond Words: materials created by professionals in the mental health field for individuals who find pictures easier to understand than words. Based in the UK, their books are innovative tools for addressing a number of areas related to relationships, sexual health, sexual assault, and relationship violence. <https://booksbeyondwords.co.uk/>
 - Falling in Love
 - Susan's Growing Up
 - Looking After My Breasts
 - Keeping Healthy 'Down Below'
 - Looking After My Balls
 - Making Friends

- Hug Me, Touch Me
- Loving Each Other Safely
- Bob Tells All
- Jenny Speaks Out
- I Can Get Through It
- Finding a Safe Place From Abuse
- FBA to Z: Functional Behavior and Intervention Plans for Individuals with ASD—(Aspy, Grossman, Myles, & Henry; 2016)
- The Hidden Curriculum for Understanding Unstated Rules in Social Situations for Adolescents and Young Adults—(Myles, Trautman, Schelvan; 2013)
- Lights! Camera! Autism! 2: Using Video Technology to Support New Behavior; (McGinnity, Hammer, & Ladson, 2013)
- The New Social Story Book—(Gray, 2015)
- PEERS for Young Adults: Social Skills Training for Adults with Autism Spectrum Disorder and Other Social Challenges—(Laugeson, 2017)—sections on dating
- The Power Card Strategy 2.0: An Evidence Based Practice Using Special Interests to Motivate Children and Youth with Autism Spectrum Disorder—(Gagnon & Myles, 2016)
- Seeing is Believing: Video Self-Modeling for People with Autism and Other Developmental Disabilities—(Buggey, 2009)
- Social Behavior Mapping—(Winner, 2007)

Addressing Risks of Victimization

- Child Sexual Abuse Curriculum for the Developmentally Disabled—(Rappaport, Burkhardt, & Rotatori, 1997)
- Just Say Know! Understanding and Reducing the Risk of Sexual Victimization of People with Developmental Disabilities—(Hingsburger, 1995)
- Unmasking Sexual Con Games, 3rd Edition: Helping Teens Avoid Emotional Grooming and Dating Violence-- (McGee & Buddenberg, 2003)

Responding to Problematic Sexual Behaviors

- Assessment and Treatment of Adolescents with Intellectual Disabilities Who Exhibit Sexual Problems or Offending Behaviors: a resource for those working with individuals with Intellectual Disabilities who are at risk of, or are, exhibiting problematic sexual behaviors and/or sexual offending behaviors--
http://www.atsa.com/pdfs/ATSA_Adolescent_IDSPOB_packet.pdf
- The Autism Spectrum, Sexuality and the Law: What every parent and professional needs to know-- (Attwood, Henault, & Dubin, The Autism Spectrum, Sexuality and the Law: What every parent and professional needs to know, 2014)

- Avoiding and responding to sexualised behaviours of concern in young people with intellectual disability and autism spectrum disorder: A guide for disability service providers--http://www.dhs.vic.gov.au/__data/assets/pdf_file/0016/970000/SBoC-Practice-Guide-100616.pdf
- Blasingame: An Introduction to Autism Spectrum Disorders, Sexual Behaviors, & Therapeutic Interventions-- (Blasingame G. D., 2011)
- Footprints: Steps to a Healthy Life, Second Edition-- (Hansen & Kahn, 2012)
- Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders--short book chapter on "Responding to 'Inappropriate' Behaviours in the Area of Sexuality and Relationships"
- Working with People with Challenging Behavior-- (Ory, 2007)

Links to each of these resources can be found on my website at: flexiblemindtherapy.com