

Puberty Resources

Books

1. **You-ology: A Puberty Guide for Every Body:**

https://www.amazon.com/dp/1610025695/ref=sspa_dk_detail_0?psc=1&pd_rd_i=1610025695&pd_rd_w=Tag05&content-id=amzn1.sym.eb7c1ac5-7c51-4df5-ba34-ca810f1f119a&pf_rd_p=eb7c1ac5-7c51-4df5-ba34-ca810f1f119a&pf_rd_r=VNVK0HHQT513T0WAVR0S&pd_rd_wg=UZWCS&pd_rd_r=a06151c8-5aa4-4d33-a8e7-09e5f42e36b3&s=books&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhaWw

You-ology embraces an inclusive approach that normalizes puberty for all kids. For curious kids and parents looking to talk about puberty in an inclusive way, You-ology offers fact-based, age-appropriate, and body positive information about the physical, social, and emotional changes ahead for all kids. Colorful illustrations keep the tone upbeat and engaging, while short stories featuring a cast of diverse characters add relatability and humor.

2. **Special Growing Girl: A guide to puberty for girls with special needs:**

<https://www.amazon.com/Special-Growing-Girl-puberty-special/dp/1721886125>

This book presents the developmental changes that occur during puberty using relatively easy-to-read language. It also contains realistic illustrations to help guide girls and their caregivers. The suggested age is from 8-12 years, and depending on levels can be read by the child or read with a caregiver.

Podcasts

1. **The Puberty Podcast:**

<https://open.spotify.com/episode/0BQiOXQ9frt3vtMRNn2DQ9?si=KrSlpXzCQCS0njAZdvUnfg>

Disability rights activist Emily Ladau describes her experience through puberty with a physical disability, sharing her own story in the most eye-opening, heartwarming conversation. If you've never thought about what it's like to transform physically and emotionally while managing physical limitations, this episode will open your mind.

2. **Puberty in Children with Autism and/or ADHD:**

<https://podcasts.apple.com/ie/podcast/puberty-in-children-with-autism-and-or-adhd/id1485255815?i=1000538446639>

This episode of the Autism ADHD podcast is presented by Dr. May Ng and Holly Blanc Moses.

Webinars

1. **OCALI Learn Strategies for Addressing Puberty and Sexuality:**

<https://www.ocali.org/project/TT-puberty>

The session will offer some basic information to help parents prepare for the teaching that must be done to prepare their child for the changes of puberty. I will also interview two mothers, one of a teenage girl and the other of a teenage boy, who have begun to face these challenges with their children. We will talk about issues such as hygiene, menstruation, masturbation, behavioral challenges and we will describe some teaching strategies parents can use to shape appropriate behavior. The session will also introduce parents to resources they can use to help them become informed and prepared.

2. SPARK- Preparing for Puberty in Children with Autism:

https://sparkforautism.org/discover_article/webinar-puberty-autism/

This webinar is presented through SPARK (Simons Powering Autism Research) by Cora Taylor Ph.D., a licensed clinical psychologist and researcher at Geisinger's Autism and Developmental Medicine Institute. Some of the topics covered by Taylor relate to boundaries, body changes, hygiene, and public vs. private behavior.

3. Parent to Parent- Sexuality and Disabilities: Growing Up is Natural:

<https://www.p2pga.org/webinars/sexuality/sexuality-and-disabilities-growing-up-is-natural/>

Presenters: Kathy Harwell and Margaret Spielman of Parent to Parent of Georgia. Do you find it difficult to talk about sexuality with your son or daughter with disabilities? Don't know how to start the conversation? Participants will learn some basic information about self-care skills and appropriate behaviors as well as ideas that can be used as part of everyday teachable moments to better prepare children with disabilities who are transitioning into puberty and on to adulthood.

4. Lifestart- "Let's talk about Puberty":

<https://www.facebook.com/lifestartcooperative/videos/lets-talk-about-puberty/778233302734418/>

Blogs

1. How to Discuss Puberty with Your Child who has Special Needs:

<http://www.friendshipcircle.org/blog/2013/11/18/how-to-discuss-puberty-with-your-child-who-has-special-needs>

This blog post from the Friendship Circle page shares some helpful suggestions on having the conversation about puberty with your child. The post shares several books that are helpful in guiding your child through puberty beyond the helpful tips shared within the post.

Information

1. Autism Speaks Resource

<https://www.autismspeaks.org/sites/default/files/2018-08/Puberty%20and%20Adolescence%20Resource.pdf>

This Puberty and Adolescence Resource, also known as the [P.A.R.] Tool Kit, represents a joint effort of Parents and Professionals from the U.S. and Canada, to create what we hope is an

intelligent, yet easy to read and share document for those who support an adolescent with an Autism Spectrum Disorder.