

I Am An Aspie Girl A Book For Young Girls With Autism Spectrum Conditions

Tilly is a bit of a puzzle. She's struggling at school, she really doesn't like surprises, she isn't sure if she's a girl or a boy, and she just doesn't want to make new friends. Why is it such hard work to try and understand people, or for them to understand her? This poignant story maps the entire childhood of a bright young girl with autism. Growing up undiagnosed, she finds life increasingly difficult and confusing. Unable to communicate her thoughts and feelings, she retreats further into her own world while her family grows evermore perplexed and concerned. When a psychologist finally explains what makes her special, they can stop focusing on the problems and start to navigate a new way forward for Tilly. With vividly expressive illustrations and minimal words, this story is a valuable and accessible tool for helping children aged 7-13 and their families understand female autism, and will also be immensely helpful to readers interested in understanding better how autism manifests in girls. Honest, positive, and ultimately hopeful, it is inspired by the real childhood of Helen Bates's daughter Rachel, who also writes about her experiences on her blog www.agirlliketilly.com.

Introducing Adam, who has Asperger syndrome -- Reading feelings -- Tones of voice -- Playing with others -- Loud noises -- Confusing groups -- Unexpected change -- Motor skills -- Special interests -- What is Asperger syndrome? -- How to help -- How teachers can help.

SECOND EDITION - REVISED EDITION The Girl with the Curly Hair considers Social Energy to be an individual's capacity for social interactions. She thinks that every person has a different base amount of social energy and that social energy can go up and down. Autistic people have social impairments, which means they have less social energy than neurotypical people, and this can impact every aspect of their life. This book is all about how to manage your social energy to better cope with social interactions, and how to build better relationships. The Girl with the Curly Hair also answers the very important question - can your base social energy ever be increased?

2ND EDITION, NEW CONTENT Have you ever heard of Autism, Asperger's Syndrome and other Autism Spectrum Disorders (ASD) being described as "a different way of experiencing the world"? The Girl with the Curly Hair always found this phrase a bit confusing. "Different" how exactly? "Different" in what way?In this debut guide, The Girl with the Curly Hair covers the fundamentals of ASD with information that is relevant to children and adults.Discover how this complex condition affects people in a very clear, simple, accessible format.

Understanding Life Experiences from Early Childhood to Old Age

The Electricity of Every Living Thing

The Handbook of Not-So-Obvious Social Guidelines for Tweens and Teens with Asperger Syndrome

World-renowned Experts Join Those with Asperger's Syndrome to Resolve Issues that Girls and Women Face Every Day!

Overcoming the Challenges and Celebrating the Gifts

The Growing Up Guide for Girls

I Have Been Buried Under Years of Dust

Safety Skills for Asperger Women

A sensory portrait of an autistic mind From childhood, Laura James knew she was different. She struggled to cope in a world that often made no sense to her, as though her brain had its own operating system. It wasn't until she reached her forties that she found out why: Suddenly and surprisingly, she was diagnosed with autism. With a touching and searing honesty, Laura challenges everything we think we know about what it means to be autistic. Married with four children and a successful journalist, Laura examines the ways in which autism has shaped her career, her approach to motherhood, and her closest relationships. Laura's upbeat, witty writing offers new insight into the day-to-day struggles of living with autism, as her extreme attention to sensory detail--a common aspect of her autism--is fascinating to observe through her eyes. As Laura grapples with defining her own identity, she also looks at the unique benefits neurodiversity can bring. Lyrical and lush, Odd Girl Out shows how being different doesn't mean being less, and proves that it is never too late for any of us to find our rightful place in the world.

This practical teaching resource has been designed to give children aged 9-12 the basic tools required to challenge some of the conflicting information which they may encounter in everyday life. With increasing exposure to modern information technology and social media, amongst other things, children are increasingly exposed to misleading information that can seriously influence their worldview and self-esteem. The sooner they are helped to approach some of this material with a critical eye, the better they will be able to make independent judgements and resist undue persuasion. Key features of this book include:

- Short texts designed to give opportunities for critical examination, created to be points of discussion with individuals, groups or whole classes
- Topics covering seven areas of critical thought, ordered in level of difficulty, including finding contradictions, and detecting bias and fake news
- Supporting teacher prompts and questions, as well as photocopiable resources without prompts

The ability to question and evaluate information is an essential life skill, as well as a key skill for academic learning, yet it remains one of the most challenging aspects of comprehension to teach. This is a vital text for teachers, teaching assistants and other professionals looking to develop critical thinking skills in their students.

The New York Times bestselling author of Wintering writes a life-affirming exploration of wild landscapes, what it means to be different and, above all, how we can all learn to make peace with our own unquiet minds . . . In anticipation of her 38th birthday, Katherine May set out to walk the 630-mile South West Coast Path. She wanted time alone, in nature, to understand why she had stopped coping with everyday life; why motherhood had been so overwhelming and isolating; and why the world felt full of expectations she couldn't meet. She was also reeling from a chance encounter with a voice on the radio that sparked her realisation that she might be autistic. And so begins a trek along the ruggedly beautiful but difficult path by the sea that takes readers through the alternately frustrating, funny, and enlightening experience of re-awakening to the world around us... The Electricity of Every Living Thing sees Katherine come to terms with that diagnosis leading her to re-evaluate her life so far – with a much kinder, more forgiving eye. We bear witness to a new understanding that finally allows her to be different rather than simply awkward, arrogant or unfeeling. The physical and psychological journeys of this joyous and inspiring book become inextricably entwined, and as Katherine finds her way across the untameable coast, we learn alongside her how to find our way back to our own true selves.

@page { margin: 2cm } p { margin-bottom: 0.21cm } a:link { color: #0000ff } Through 150 entries, Samantha Craft presents a life of humorous faux pas, profound insights, and the everyday adventures of an autistic female. In her vivid world, nothing is simple and everything appears pertinent. Even an average trip to the grocery store is a feat and cause for reflection. From being a dyslexic cheerleader with dyspraxia going the wrong direction, to bathroom stalking, to figuring out if she can wear that panty-free dress, Craft explores the profoundness of daily living through hilarious anecdotes and heart-warming childhood memories. Ten years in the making, Craft's revealing memoir brings Asperger's Syndrome into a spectrum of brilliant light--exposing the day-to-day interactions and complex inner workings of an autistic female from childhood to midlife.

The 'Finding Kite' Teacher Guide

A Memoir of Autism and Hope

Shifting Perceptions

Asperger's and Girls

The Untold Story of a Female Life on the Spectrum

The Journal of Best Practices

Pearls of Wisdom from Inside the Bubble of Raising a Child with Asperger's

My Extraordinary Autistic Life

The difference that being female makes to the diagnosis, life and experiences of a person with an Autism Spectrum Disorder (ASD) has largely gone unresearched and unreported until recently. In this book Sarah Hendrickx has collected both academic research and personal stories about girls and women on the autism spectrum to present a picture of their feelings, thoughts and experiences at each stage of their lives. Outlining how autism presents differently and can hide itself in females and what the likely impact will be for them throughout their lifespan, the book looks at how females with ASD experience diagnosis, childhood, education, adolescence, friendships, sexuality, employment, pregnancy and parenting, and aging. It will provide invaluable guidance for the professionals who support these girls and women and it will offer women with autism a guiding light in interpreting and understanding their own life experiences through the experiences of others.

Life with Asperger's Syndrome can be a challenge at the best of times, and trials and tribulations that neurotypicals take in their stride can leave Aspies perplexed and unsure of how best to solve problems and keep themselves safe, both physically and emotionally. This book explores difficulties that those with AS may face, and suggests practical and helpful ways of overcoming them. Liane Holliday Willey's positive and encouraging advice teaches people with Asperger Syndrome how to appreciate their differences and work from their strengths, by being honest about and coping with challenges. By setting realistic expectations, she shows how it can be possible to live on your own and take care of yourself, touching upon everything from banking and housing to roommates, friendships, and relationships. Jobs and the workplace are explored as advice is given on interviewing, performance, and getting along with colleagues, and the importance of setting boundaries is explained.

The focus throughout is on keeping yourself safe, and this extends to travel, cultural awareness, and generally organising yourself. Personal hygiene and the body are also covered, along with nutrition and illness. The advice all adds up to show that people with AS can safeguard themselves from emotional and physical harm and live happy and independent lives, as long as the right guidance is available. This book will be of interest to people with Asperger Syndrome, their friends and families, and professionals working alongside ASDs.

Caitlin misses her brother every day. Since his death in a school shooting, she has no one to explain the world to her. And for Caitlin, the world is a confusing place. She hates it when colours get mixed up, prefers everything to be black-and-white, and needs to check her Facial Expressions Chart to understand emotions. So when Caitlin reads the definition of "closure", she decides that 's what she needs. And as she struggles to find it, a world of colour begins to enter her black-and-white life...

This teacher resource is filled with worksheets, tasks and activities focused on developing the social skills of autistic children aged 8-12. It has been created to be used alongside the story Finding Kite: An Interactive Tudor Mystery, although activities can stand alone as a programme of intervention. Each task encourages young people to think about their own experiences, challenges and goals, building self-esteem and confidence along the way. Suitable for use in small groups or 1:1, the worksheets are flexible in design, allowing the facilitator to respond to the needs of each child. Key features of this resource include: Engaging activities divided into sections focused on 'Making Sense of my World' and 'Connecting with Others' Photocopiable and downloadable worksheets, filled with opportunities for reflection and discussion The option to use it alongside the engaging, choose your own adventure story, Finding Kite, which immerses the reader in a sensory adventure Designed for students aged 8-12, this resource provides an invaluable opportunity to build an understanding of the complexities of social dynamics. Although created with autistic girls in mind, it can be used with students of different genders and adapted for their needs.

I am an Aspie Girl

The Unwritten Safety Rules No-one is Telling You

Pretending to be Normal

The Asperkid's (Secret) Book of Social Rules

Parenting Girls on the Autism Spectrum

Sisterhood of the Spectrum

Empowering Females with Asperger Syndrome

By the Girl with the Curly Hair

Being a teen or tween isn't easy for anyone but it can be especially tough for Asperkids. Jennifer O'Toole knows; she was one! This book is a top secret guide to all of the hidden social rules in life that often seem strange and confusing to young people with Asperger syndrome. The Asperkid's (Secret) Book of Social Rules offers witty and wise insights into baffling social codes such as making and keeping friends, blending in versus standing out from the crowd, and common conversation pitfalls. Chock full of illustrations, logical explanations, and comic strip practice sessions, this is the handbook that every adult Aspie wishes they'd had growing up. Ideal for all 10-17 year olds with Asperger syndrome, this book provides inside information on over thirty social rules in bite-sized chunks that older children will enjoy, understand, and most importantly use daily to navigate the mysterious world around them.

Offers information and insight on sex, intimacy, and relationships to girls with Asperger's syndrome.

World-renowned experts join those with Asperger's Syndrome to resolve issues that girls and women face every day!

Riley-Hall is the mother of two teenage girls, one with Asperger's syndrome and the other with autism. She offers encouragement and guidance on issues, as well as practical advice and support.

An Introduction for Children Aged 9-12

A Memoir of Marriage, Asperger Syndrome, and One Man's Quest to Be a Better Husband

Autism in Heels

Growing up with Autism

Teaching Critical Thinking Skills

My Social Stories Book

I Am Aspien Woman

What Parents and Professionals Should Know About the Pre-Teen and Teenage Years

2ND EDITION, REVISED EDITION - NEW CONTENT! The Girl with the Curly Hair looks back to when she was at secondary school. The 12-16 year old age range was one of the most terrifying and isolating phases in her whole life. She felt so different from everyone and had lots of very scary thoughts and feelings. The Girl with the Curly Hair hopes that teenage autistic girls who read this book will feel much less alone. She hopes this book will help any neurotypical people who love or work with teenage autistic girls, in developing more understanding and empathy for how a child might be experiencing a very, very overwhelming time of life.

Six-Word Lessons on Female Asperger Syndrome gives you 100 honest, pointed lessons written by a woman with Asperger syndrome. Under the radar well into her thirties, the author illustrates little-known behavioral differences indicative of male and female Asperger syndrome, early signs for detection, coping strategies, diagnosis and more. Created for individuals, families and professionals alike, readers will come away inspired and reassured having gained practical knowledge to understand and enable successful aspie living in our complex neurotypical dominated world.

Spectrum gals, ever wished you had a handbook to help navigate the confusing world of teenage girlhood? Look no further! Aspie-in-the-know, Jennifer Cook O'Toole provides just that with her inspirational guide to life for teenage girls with Asperger syndrome. Drawing on her own, real-life experiences rather than preaching from textbooks, she covers everything you need (and want!) to know, from body shapes and love interests to bullying, friendships and how to discover and celebrate your unique, beautiful self. With illustrations by an Aspie teen and inspirational quotes from well-known, female Aspie voices, including Temple Grandin, Rudy Simone, Robyn Steward, and Haley Moss, Sisterhood of the Spectrum is your perfect companion on the "yellow brick road" to womanhood. It will leave you empowered, informed and excited to be different.

Rudy Simone covers 22 common areas of confusion for someone dating a female with AS, including advice from her own experience and that of other couples. She talks with humour and honesty about the little things that might be different from a relationship with a neurotypical woman and discusses first dates, sex, and even having children.

Everyday Aspergers

Asperger's Syndrome and Puberty

100 Lessons to Understand and Support Girls and Women with Asperger's

Girls Growing Up on the Autism Spectrum

I Am Aspiengirl

What Every Autistic Girl Wishes Her Parents Knew

Women and Girls with Autism Spectrum Disorder

Asperger's Syndrome

*I am an Aspie Girl*A book for young girls with autism spectrum conditionsJessica Kingsley Publishers

Takes autistic children step by step through such activities as using the toilet, brushing their teeth, and wearing a safety belt in the car.

Provides advice for parents, educators, and children dealing with Asperger's syndrome, including diagnosis, school challenges, and the day-to-day issues at home.

'This book is not only reassuring; it is inspiring, and bursting with ideas and achievable strategies. The authors write with authority and conviction, and tackle even the most difficult and delicate of topics. If ever you needed to be convinced that girls with ASD can overcome the difficulties and challenges of puberty and adolescence, have successful friendships and relationships and enjoy a healthy sexuality, then take the time to read this book - it is a must-have for families, teachers and therapists alike.' -Sarah Attwood, author of *Making Sense of Sex: A Forthright Guide to Puberty, Sex and Relationships for People with Asperger's Syndrome Growing up isn't easy, and the trials and tribulations of being a teenager can be particularly confusing for girls with Autism Spectrum Disorders (ASDs). This book covers all the concerns commonly faced by girls with ASDs and their parents, from periods and puberty to worries over friendships and 'fitting in'. Taking a good look at these adolescent issues, and many more, within the context of specific areas of difficulty for girls with ASDs, the authors provide families with the knowledge and advice they need to help their daughters - and the whole family - through the teenage years. This book addresses core issues such as cognition, communication, behavior, sensory sensitivities, and social difficulties; it gives candid and realistic advice on a wide range of important teenage topics. Providing professional perspectives alongside personal experiences from mothers, daughters and educators, this is a unique and indispensable guide for families and their daughters with ASDs, as well as the teachers and professionals who work with them.*

Adventures in Social Skills

Walking to the Beat of Autism

The Aspie Girl's Guide to Being Safe with Men

A Journey on the Autism Spectrum

The Art of Autism

Six-Word Lessons on Female Asperger's Syndrome

The Unique Characteristics, Traits, and Gifts of Adult Females on the Autism Spectrum

The Growing Up Guide for Girls is a one-stop guide for young girls on the autism spectrum explaining all they need to know about puberty and adolescence. The pre-teen and teenage years are a bumpy time when bodies change, emotions are high and peers are developing at different paces. Using simple, literal language and delightful colour illustrations, this book explains the facts about body changes such as growing hair in new places, periods, wearing a bra and keeping spots away! It gives cool tips on what makes a real friend, what it means to have a crush on somebody, and how to stay safe online. Most importantly, it explains that every body is beautiful and unique and encourages young girls with autism to celebrate difference! Perfect preparation for the teenage years for girls aged 9-14.

Often thought of as a predominantly 'male' disorder, autism has long gone unidentified, unnoticed and unsupported in girls – sometimes with devastating consequences for their social and mental well-being. As current research reveals a much more balanced male-to-female ratio in autism, this book provides crucial insight into autistic girls' experiences, helping professionals to recognize, understand, support and teach them effectively. Drawing on the latest research

findings, chapters consider why girls have historically been overlooked by traditional diagnostic approaches, identifying behaviours that may be particular to girls, and exploring the ‘camouflaging’ that can make the diagnosis of autistic girls more difficult. Chapters emphasize both the challenges and advantages of autism and take a multidisciplinary approach to encompass contributions from autistic girls and women, their family members, teachers, psychologists and other professionals. The result is an invaluable source of first-hand insights, knowledge and strategies, which will enable those living or working with girls on the autism spectrum to provide more informed and effective support. Giving voice to the experiences, concerns, needs and hopes of girls on the autism spectrum, this much-needed text will provide parents, teachers and other professionals with essential information to help them support and teach autistic girls more effectively.

The warm and hilarious bestselling memoir by a man diagnosed with Asperger syndrome who sets out to save his marriage. At some point in nearly every marriage, a wife finds herself asking, What the @#!% is wrong with my husband?! In David Finch’s case, this turns out to be an apt question. Five years after he married Kristen, the love of his life, they learn that he has Asperger syndrome. The diagnosis explains David’s ever-growing list of quirks and compulsions, but it doesn’t make him any easier to live with. Determined to change, David sets out to understand Asperger syndrome and learn to be a better husband with an endearing yet hilarious zeal. His methods for improving his marriage involve excessive note-taking, performance reviews, and most of all, the Journal of Best Practices: a collection of hundreds of maxims and hard-won epiphanies, including “Don’t change the radio station when she’s singing along” and “Apologies do not count when you shout them.” Over the course of two years, David transforms himself from the world’s most trying husband to the husband who tries the hardest. He becomes the husband he’d always meant to be. Filled with humor and surprising wisdom, The Journal of Best Practices is a candid story of ruthless self-improvement, a unique window into living with an autism spectrum condition, and proof that a true heart can conquer all.

Compelling and witty, Liane Holliday Willey's account of growing to adulthood as an undiagnosed 'Aspie' has been read by thousands of people on and off the autism spectrum since it was first published in 1999. Bringing her story up to date, including her diagnosis as an adult, and reflecting on the changes in attitude over 15 years, this expanded edition will continue to entertain (and inform) all those who would like to know a little more about how it feels to spend your life `pretending to be normal'.

22 Things a Woman with Asperger's Syndrome Wants Her Partner to Know

The Spectrum Girl's Survival Guide

Asperger's in Pink

A Guide for Friends and Family

Asperger's Syndrome (1)

A book for young girls with autism spectrum conditions

How to Save a Perfectly Good Female Life

The Unique Characteristics, Traits and Gifts of Females on the Autism Spectrum

A remarkable memoir by a mother and her autistic daughter who'd long been unable to communicate—until a miraculous breakthrough revealed a young woman with a rich and creative interior life, a poet, who'd been trapped inside for more than two decades. "I have been buried so much to say." These were the first words twenty-five-year-old Emily Grodin ever wrote. Born with nonverbal autism, Emily's only means of communicating for a quarter of a century had been only one-word responses or physical gestures. That Emily was intelligent had never been shown clear signs that she understood what was going on though she could not express herself. Her parents, Valerie and Tom, sought every therapy possible in the hope that Emily would one day be able to reveal herself. When this miraculous breakthrough occurred, Emily was frustrated, and joys of a person with autism. She could tell her parents what her younger years had been like and reveal all the emotions and intelligence residing within her; she became their guide into the autistic experience. Told by Valerie, with insights and stories and poet Years of Dust highlights key moments of Emily's childhood that led to her communication awakening—and how her ability rapidly accelerated after she wrote that first sentence. As Valerie tells her family's story, she shares the knowledge she's gained from working as a legal and other neurological disorders. A story of unconditional love, faith in the face of difficulty, and the grace of perseverance and acceptance, I Have Been Buried Under Years of Dust is an evocative and affecting mother-daughter memoir of learning to see each other for who they are. The face of autism is changing. And more often than we realize, that face is wearing lipstick. Autism in Heels, an intimate memoir, reveals the woman inside one of autism's most prominent figures, Jennifer O'Toole. At the age of thirty-five, Jennifer was diagnosed with Asperger's life, things made sense. Now, Jennifer exposes the constant struggle between carefully crafted persona and authentic existence, editing the autism script with wit, candor, passion, and power. Her journey is one of reverse-self-discovery not only as an Aspie but--more important being a memoir, Autism in Heels is a love letter to all women. It's a conversation starter. A game changer. And a firsthand account of what it is to walk in Jennifer's shoes (especially those iconic red stilettos). Whether it's bad perms or body image, sexuality or self-esteem, Jennifer the spectrum. Because autism "looks a bit different in pink," most girls and women who fit the profile are not identified, facing years of avoidable anxiety, eating disorders, volatile relationships, self-harm, and stunted independence. Jennifer has been there, too. Autism in Heels ta

From her own struggles and self-discovery, she has built an empire of empowerment, inspiring women the world over to realize they aren't mistakes. They are misunderstood miracles.

Subject: Girls with Asperger's Syndrome are less frequently diagnosed than boys, & even once symptoms have been recognized, help is often not readily available. The image of coping well presented by AS females can often mask difficulties, deficits, challenges, & loneliness.

This updated edition of the bestselling All Cats Have Asperger Syndrome provides an engaging, gentle introduction to autism. All-new cats take a playful look at the world of autism, and these fun feline friends will strike a chord with all those who are familiar with typical autistic characteristics such as sensory sensitivities, social issues and communication difficulties. Touching, humorous and insightful, this book evokes all the joys and challenges of being on the autism spectrum, leaving the reader with a sense of the dignity, individuality and the potential

How to Grow Up Awesome and Autistic

Girls and Autism

A Girl Like Tilly

How to Talk to Your Aspie Large Print

Living with Asperger's Syndrome (Autism Spectrum Disorder) Expanded Edition

All Cats Are on the Autism Spectrum

A Woman's Walk In The Wild To Find Her Way Home

Mockingbird

Have you ever wondered why she says she feels different to her peers? Wondered why life seems challenging for her? Her peers seem to gracefully and naturally meet their milestones, yet she has reached some developmental milestones early and some late. She may have spoken and read early, asking an endless array of questions. Maybe at age four she was teaching herself to read as you drove down the road by reading street signs. She may have been an overly active child, had sensory issues, or had a speech delay. You knew she was bright from early on, with a sprinkle of some anxiety, social and eating issues, yet the professionals just cannot find an explanation that completely fits her. She may be very artistic, whether she sings, draws, paints, or writes, at times, too mature for her age. Yet, she struggles socially and emotionally, acting and appearing younger than her peers. She may be ten years old now, yet none of your research completely fits her or maybe you have just now come across some information on females that completely makes sense to you. Maybe she is "Aspie," a young female with Asperger Syndrome or High-Functioning Autism. She has a unique constellation of super-abilities, strengths and challenges. She may feel or say that she is from another Planet, Planet Aspie(r). If you are looking for a book on the often perplexing and unique female Autism Spectrum traits, then this is the book for you. Watch for "I am AspieWoman," coming soon.

Barb Cook and 14 other autistic women describe life from a female autistic perspective, and present empowering, helpful and supportive insights from their personal experience for fellow autistic women. Michelle Garnett's comments validate and expand the experiences described from a clinician's perspective, and provide extensive recommendations. Autistic advocates including Liane Holliday Willey, Anita Lesko, Jeanette Purkis, Artemisia and Samantha Craft offer their personal guidance on significant issues that particularly affect women, as well as those that are more general to autism. Contributors cover issues including growing up, identity, diversity, parenting, independence and self-care amongst many others. With great contributions from exceptional women, this is a truly well-rounded collection of knowledge and sage advice for any woman with autism.

"What Every Autistic Girl Wishes Her Parents Knew" is the book that many of us wish our parents would have had access to when we were growing up. In this first book release from the Autism Women's Network, the autistic contributors write with honesty and generosity about the emotional needs, sensitivity, and vibrancy of autistic girls.

Lizzie is an Aspie Girl - she has Asperger's Syndrome, which means that her brain works differently to her friends, and even to boys with Asperger Syndrome. In this book, Lizzie explains what it's like to be an Aspie Girl, including how she has a special talent for blending in with her friends, how she gets really tired after being at school all day, how she worries about making mistakes, and how she finds it hard to understand how she is feeling. By simply, clearly and positively explaining the social differences associated with Asperger's Syndrome, or Autism Spectrum Disorder, in young girls, this book will help Aspie Girls aged 5 years and over to understand their diagnosis, recognise their unique strengths and celebrate their differences, and find ways of coping with difficulties. This positive and celebratory book also contains helpful discussion points for parents and professionals to explore further with the girls in their care.

Odd Girl Out

Educational, Family and Personal Perspectives

Spectrum Women

Asperger's Syndrome in 12-16 Year Old Girls

Can I Tell You about Asperger Syndrome?

An Asperger Chick's Guide to Life

Aspergirls

What Girls on the Autism Spectrum Need to Know!

Puberty is a challenging time for everyone but possibly even more so for children with Autism Spectrum Disorders (ASD). This guide gives real life insight and experiences from the popular character, the girl with the curly hair. Topics covered include: physical changes associated with puberty, periods, sexuality and dating. The guide is intended to be read by girls on the autistic spectrum and their parents.

Have you ever wondered about a friend, a partner, a mother, sister or daughter? Wondered why she says she feels 'different'? Maybe she is a woman on the Autism spectrum, with a unique constellation of super-abilities, strengths and challenges?

"Never be ashamed of being different: it is this difference that makes you extraordinary and unique." This essential go-to guide gives you all the advice and tools you'll need to help you flourish and achieve what you want in life. From the answers to everyday questions such as 'Am I using appropriate body language?' and 'Did I say the wrong thing?', through to discussing the importance of understanding your emotions, looking after your physical and mental health and coping with anxiety and sensory overloads, award-winning neurodiversity campaigner Siena Castellon uses her own experiences to provide you with the skills to overcome any challenge. With practical tips on friendships, dating, body image, consent and appearance, as well as how to survive school and bullying, The Spectrum Girl's Survival Guide gives you the power to embrace who you are, reminding you that even during the toughest of teen moments, you are never alone.

Socialising and Social Energy: By the Girl with the Curly Hair