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)


*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)


*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


*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.

FJ Brown, S Brown - 2016 - books.google.com

S.T.A.R.S.: Skills Training for Assertiveness, Relationship-Building, and Sexual Awareness by Susan Heighway 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

Common Sense Media
https://www.commonsensemedia.org/