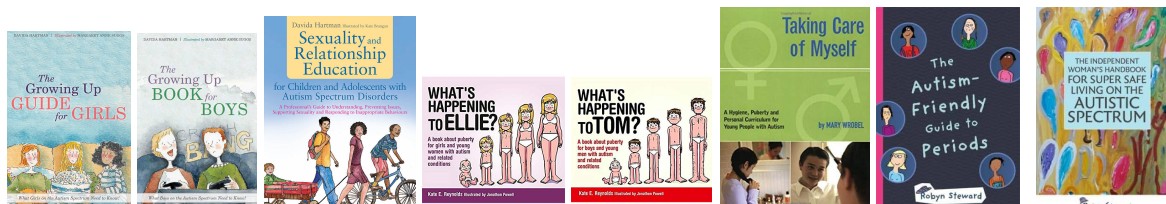


## Talk the Talk: Puberty, Sex and Relationships Resources

- Davida Hartman <http://www.autismsexeducation.com/about>
- Books by Davida Hartman “The growing up guide for boys” “The growing up guide for girls” “Sexuality and Relationships Education for Children and Adolescents with ASD”
- Books by Kate E Reynolds “What’s happening to Ellie and Tom”.
- Book by Mary Wrobel “Taking Care of Myself – a health, hygiene and puberty curriculum for ASD”
- Online leaflets and videos (easy read picture supported)  
<http://www.lanarkshiresexualhealth.org/resources/?category=31>
- Robyn Steward’s excellent books on periods and staying safe  
<https://www.robysteward.com/books-and-media>



Internet Safety is a priority for all pupils but pupils with ASC can be very vulnerable.

These are great resources developed for children with ASC:

<https://www.childnet.com/resources>

<http://www.childnet.com/resources/star-toolkit>

- TEACCH report “Sex education for people with autism” [www.autismuk.com](http://www.autismuk.com)
- National Autistic Society “Sex Education and children and young people with an ASD” The Danish Report [www.autism.org.uk](http://www.autism.org.uk)
- MENCAP resources and advice <https://www.mencap.org.uk/about-us/what-we-think/relationships-and-sex-what-we-think>
- Alex Kelly and Brian Sains (2009) Talkabout for Teenagers : Developing Social and Emotional Communication Skills.
- *The Autism Spectrum, Sexuality and the Law- What every parent and professional needs to know* - Tony Attwood, Isabelle Hénault and Nick Dubin
- *Girls Growing Up on the Autism Spectrum - What Parents and Professionals Should Know About the Pre-Teen and Teenage Years* by Shana Nichols
- Free download <http://www.rsehub.org.uk/resources/puberty-sexuality-for-children-young-people-with-a-disability/>

