

Resource List for Sexuality

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

12110 Clayton Road

St. Louis, MO 63131

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The Aspie Girl's Guide to Being Safe with Men: The Unwritten Safety Rules No-one is Telling You. Debi Brown.

Provides need-to-know facts and sensitively yet honestly describes the more subtle social, emotional and safety issues surrounding dating, relationships and sex.

Autism/Asperger's & Sexuality: Puberty & Beyond. Jerry Newport, Mary Newport & Teresa Bolick (2002)

Written by two adults diagnosed with Asperger's Syndrome, this, personal look at the sexual challenges of those diagnosed with autism or Asperger's includes advice on dating, sex, birth control, disease prevention, abuse, and personal responsibility.

Autism and Appropriate Touch: A Photocopiable Resource for Helping Children and Teens on the Autism Spectrum Understand the Complexities of Physical Interaction. Abigail Werner James. (2015)

Practical educational resource to help teach the social rules of touch and personal space to children and teens with Autism Spectrum Disorder with the aim of keeping them safe and helping them to understand what are appropriate interactions in family, educational and community situations.

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

Unravelling the complexities of relationships and sexuality, this straight-talking guide will help you to navigate the associated social, emotional and physical issues.

The Autism Spectrum, Sexuality and the Law: What Every Parent and Professional Needs to Know. Tony Attwood, Isabelle Henault & Nick Durbin. (2014)

Examines how the ASD profile typically affects sexuality and how sexual development differs between the general population and those with ASD. It explains the legalities of sexual behaviour, and the possibility for adjustment of existing laws as they are applied to the ASD population.

A Baby is Born. (DVD) (10 minutes)

Grades 3-5. Explains human reproduction, including information about conception, pregnancy, fetal growth and development, and genetics.

Becoming an Ally to the Gender-Expansive Child: A Guide for Parents and Carers. Anna Bianchi. (2018)

For anyone eager to understand their child's gender experience, or to learn how best to accept, support and protect them, this book will provide knowledge, reassurance and the confidence to do so.

The Birds, The Bees and Me. (2 videos - One for Boys, One for Girls) (DVD) (2003) (18 minutes)

Pre-teens. Each video (one version for girls and one for boys) will replace that awkward, embarrassing, task of introducing puberty, sex and childbirth to your pre-teen child.

The Boy's Body Book: Everything You Need to Know for Growing Up You. Kelli Dunham. (2013)

Ages 10 & Up. Expert advice, common sense tips, fast facts, and answers to all questions a boy might have. (112 pages)

A Boy's Guide to Growing Up (DVD) (2005) (15 min.)

Adolescents. Designed for boys with special needs, present straightforward information about puberty. Includes privacy and safety.

The Boy's Guide to Growing Up: Choices & Changes during Puberty. Terri Couwenhoven. (2012)

Ages 9-16. Matter-of-fact tone shows boys what changes--inside and out--to expect during puberty, and how to manage them. Written at a 3rd grade reading level.

A Boy's Guide to Puberty and Personal Safety. (DVD) (15 minutes)

Adolescents. Covers boy's bodies, girl's bodies, where do babies come from?, public or private?, staying safe.

Boyfriends + Girlfriends: A Guide to Dating for People with Disabilities. Terri Couwenhoven. (2015)

Explains the do's and don'ts of dating and validates their normal, age-appropriate desire for companionship and romance.

The Care & Keeping of You 1: The Body Book for Younger Girls. American Girl. (2012)

Ages 8 & Up. You'll find answers to questions about your changing body, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between. (102 pages)

The Care & Keeping of You 2: The Body Book for Older Girls. American Girl. (2012)

Ages 8 & Up. Covers new questions about periods, your growing body, peer pressure, personal care, and more! (102 pages)

Caught in the Web of the Criminal Justice System: Autism, Developmental Disabilities, and Sex Offenses. Lawrence Dubin & Emily Horowitz. (2017)

Drawing on research, empirical evidence and including case studies, experts from the fields of law, ethics, psychology and sociology explore what steps should be taken in order to ensure that laws are just and take into consideration factors such as the vulnerability of the perpetrators.

Caution: Do Not Open Until Puberty! An Introduction to Sexuality for Young Adults with Disabilities. Rick Enright (1995)

Young adults. Recommended for parents and professionals looking for a non-threatening and humorous way to discuss sexuality with children and adolescents (37 pages)

Changes in You for Boys. Peggy C. Siegel (1992)

Grades 4-8. This book explains changes of puberty in a simple, positive manner. It covers such topics as physical development, erections, masturbation, wet dreams and sexual abuse prevention (41 pages)

Changes in You for Girls. Peggy C. Siegel (1992)

Grades 4-8. This popular book explains changes of puberty in a simple, positive manner. It covers such topics as physical development, masturbation, and sexual abuse prevention (47 pages)

Child Sexual Abuse: A Solution. (3DVDs) (1985)

Provides all you need to implement a child protection program in your school.

Circles: Aids - Safer Ways, Part 1 (DVD kit) {Please note the material content includes nudity and graphic illustrations. Please review material before showing the DVD to your child/student/family member. Check out of this DVD is restricted to Family members and the community}

Covers communicable diseases and casual contact.

Circles: Aids - Safer Ways, Part 2 (DVD kit) {Please note the material content includes nudity and graphic illustrations. Please review material before showing the DVD to your child/student/family member. Check out of this DVD is restricted to Family members and the community}

Covers STDs, AIDS and intimate contact

Circles I: Intimacy and Relationships – Part Two - Relationships. (6 VHS set) (1989)

Helps your students to recognize exploitative relationships as well as develop mutually respectful ones.

Circles II: Stop Abuse. (3 DVDs and workbook) (1986)

Your students are prime targets for abuse. Teach them how to recognize and avoid sexually threatening or abusive situations.

Circles: Level 2: Intimacy and Relationships. 2 part set. (4 DVD set and 1 teacher guide)

Many teachers currently using Circles: Intimacy & Relationships requested this "second" program that would illustrate the application of the Circles' Rules of Social Intimacy in more complex social settings.

Dating Games: An Introduction to Human Sexuality. University of Minnesota (2002)

This training module seeks to supply people with a starting point for providing or seeking supports in sexuality for people who have developmental disabilities.

Doing What Comes Naturally: Dispelling Myths and Fallacies About Sexuality and People with Developmental Disabilities. Orieda Horn Anderson (2000)

Book not just about intercourse and genitalia, but about engaging in relationships and is about self-esteem. Addresses topics such as signs of sexual abuse, sexual incident reporting and counseling techniques.

Don't Sweat It! Every BODY'S Answers to Questions You Don't Want to Ask: A Guide for Young People. Marguerite Crump (2002)

Ages 9-12. Covers self-care from head to toe, from dandruff to breakouts, bad breath to germ hands, body odor to the parts "down there," and finally, smelly feet. (118 pages)

The Ethics of Touch. Dave Hingsburger & Mary Harber. (DVD) (2010) (3 hours)

Establishing and maintaining appropriate boundaries in service to people with developmental disabilities. Includes a lecture on touch, privacy and boundaries.

Exploring Friendships, Puberty and Relationships: A Programme to Help Children and Young People on the Autism Spectrum to Cope with the Challenges of Adolescence. Kate Ripley. (2014)

This evidence-based program is designed to help young people with autism spectrum disorders (ASDs) to cope with the challenges and confusion of the adolescent years.

The Facts of Life...and More: Sexuality and Intimacy for People with Intellectual Disabilities. Leslie Walker-Hirsch (2007)

Comprehensive information they need to educate people with disabilities about sexuality and help them make the best possible choices across the lifespan.

First Impressions Can Make the Difference: Male Hygiene (DVD kit) {Please note the material content includes nudity and graphic illustrations. Please review material before showing the DVD to your child/student/family member. Check out of this DVD is restricted to Family members and the community}

With the help of VideoModeling and our on-screen medical experts, the Hygiene module in First Impressions will teach your male students with developmental disabilities, intellectual disabilities, and emotional challenges, the basics of male hygiene, as well as the specifics of our culture's concept of cleanliness.

A Five is Against the Law! Social Boundaries: Straight Up! An Honest Guide for Teens and Young Adults. Kari Dunn Buron (2007)

Young Adult. Takes a narrower look at challenging behavior with a particular focus on behaviors that can spell trouble for adolescents and young adults who have difficulty understanding and maintaining social boundaries. (47 pages)

A Girl's Guide to Growing Up (DVD) (2005) (15 minutes)

Adolescents. Designed for girls with special needs, present straightforward information about puberty.

The Girls' Guide to Growing Up: Choices & Changes in the Tween Years. Terri Couwenhoven. (2012)

Adolescents. Easy-to-follow guide for girls with intellectual disabilities is an introduction to the physical and emotional changes they'll encounter during puberty.

A Girl's Guide to Puberty and Personal Safety. (DVD) (15 minutes)

Adolescents. Covers boy's bodies, girl's bodies, where do babies come from?, public or private?, staying safe.

Girl Stuff (DVD) (20 minutes)

Sensible, straightforward explanation of changes of puberty and tips about hygiene.

The Growing Up Book for Boys: What Boys on the Autism Spectrum Need to Know. Davida Hartman. (2015)

Ages 9-14. Explains the facts behind the growth spurts, body changes and mood swings of adolescence for boys on the autism spectrum.

Growing Up! For Boys. (DVD) (12 minutes)

Grades 4-6. Eases the growing pains as boys try to cope with physical and psychological changes that are a normal part of growing up.

Growing Up! For Girls (DVD) (15 minutes)

Grades 4-6. Promotes self-confidence as girls face the challenges of change and growth.

The Growing Up Guide for Girls: What Girls on the Autism Spectrum Need to Know. Davida Hartman. (2015)

Ages 9-14. One-stop guide for young girls on the autism spectrum explaining all they need to know about puberty and adolescence.

Guide to Dating for Teenagers with Asperger Syndrome. Jeannie Uhlenkamp (2009)

Teens. A dating and relationship guide that provides answers to questions that teens have about developing relationships with others. (129 pages)

The Hidden Curriculum and Other Everyday Challenges for Elementary-Age Children with High Functioning Autism. Haley Morgan Myles & Annelise Kolar. (2013)

Simple, no-nonsense advice on how to handle everyday occurrences that can be challenging for children on the autism spectrum.

The Hidden Curriculum: Practical Solutions for Understanding Unstated Rules in Social Situations. Brenda Smith Myles, et al (book and DVD) (2004)

This book offers practical suggestions and advice for how to teach and learn those subtle messages that most people seem to pick up almost automatically but that have to be directly taught to individuals with social-cognitive challenges.

Intimate Relationships and Sexual Health: A Curriculum for Teaching Adolescents/Adults with High-Functioning Autism Spectrum Disorders and Other Social Challenges. Catherine Davies Melissa Dubie. (2012)

Provides a structured curriculum for teaching human sexuality and relationships to young adults and adolescents with high-functioning autism spectrum disorders.

It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health. Robie Harris (1994)

Ages 9-12. From conception and puberty to birth control and AIDS, thorough presentation of the facts of sex, both biological and psychological. (89 pages)

It's So Amazing! A Book About Eggs, Sperm, Birth, Babies and Families. Robie Harris (1999)

Ages 7 and up. Specific topics covered include changes in boys' and girls' bodies during puberty, intercourse, birth control, chromosomes and genes, adoption and adjusting to a newborn sibling. (88 pages)

Just Say Know! Dave Hingsburger (1995)

This book explores the victimization of people with disabilities and helps reduce the risk of sexual assault. The ring of safety presents the skills to teach people with disabilities to enable them to protect themselves.

Making Sense of Sex: A Forthright Guide to Puberty, Sex and Relationships for People with Asperger Syndrome. Sarah Attwood. (2008)

Detailed explanations and direct answers to the many questions raised by puberty and sexual maturity.

Managing Puberty, Social Challenges, and (Almost) Everything: A Video Guide for Girls. (DVD) (80 minutes)

Ages 10 and up. For girls nearing or going through puberty focuses on building girls' knowledge, confidence and self-esteem.

Me Too 2: Real Talk about Sexuality for Young People of All Abilities. Dr. Mary Jo Podgurski. (2017)

Focuses on young people, from middle to high school level.

Meet the New You: For Girls. (DVD) (18 minutes)

Adolescents. Introduction to puberty includes new music and a fresh, new take on the changes coming soon for girls.

Mike's Crush for Families: Teaching Relationship Skills to Adolescents with Autism, Asperger's or Intellectual Disabilities. Nancy Nowell. (video) (2011)

Video and booklet designed to help adolescents understand the social signals and skills necessary to have healthy friendships and safe intimate relationships. (DVD)

My Autism Sexuality. Tom Jacibons (2015)

Tom talks about his sexuality and how he has learned to express himself in appropriate ways as he gets older.

My Body Is Mine, My Feelings Are Mine: A Storybook About Body Safety for Young Children with an Adult Guide Book. Susan Hoke (1995)

Ages 3-8. Teaches young children the most important information about protecting themselves from the possibility of sexual abuse. (78 pages)

My Body is Private. Linda Walvoord Girard. (1984)

Ages 6-10. A mother-child conversation introduces the topic of sexual abuse and ways to keep one's body private (23 pages)

Navigating the Social World. Jeanette McAfee, M.D. (2001)

This book offers professionals and parents a thorough and definitive program with forms, exercises and visual guides for students with Asperger's Syndrome and High Functioning Autism related disorders.

Navigating the Social World. Jeanette McAfee, MD. (DVD) (2003) (3 hours)

Through fun skits, audience participation and presentations, this video offers ideas that will give the viewer easy-to-follow strategies to teach social skills and increase social awareness.

The New Social Story Book. Carol Gray (1994) & (2000)

Contains her groundbreaking concepts that are being used all over the world to teach vital social and functional skills to children with autism.

No B.O.: The Head-to-Toe Book of Hygiene for Preteens. Marguerite Crump. (2005)

Adolescents. This frank, reassuring, humorous book covers the physical changes boys and girls experience during puberty and offers tips on caring for oneself from head to toe.

A Nurse's Guide to Puberty in Education for Special Needs: In-Service Training. (DVD) (22 minutes)

Includes case studies, hands-on activities, and effective techniques for teaching human sexuality education to students with special needs.

100 Things Guys Need to Know. Bill Zimmerman. (2005)

Ages 9-13. Graphic-novel-style illustrations, quotes from real boys, results from genuine surveys, inspiring stories, and facts to keep boys interested and give them the info and advice they're looking for.

The Period Book: Everything You Don't Want to Ask (But Need to Know). Karen & Jennifer Gravelle (1996)

Ages 9-12. Book about menstruation and puberty doesn't just give the facts, ma'am: it addresses many private worries that girls may have a hard time talking about and offers truly practical tips that most girls have had to figure out for themselves -- the hard way. (126 pages)

Puberty: A Boy's Journey Through the Physical, Emotional and Social Changes (DVD) (20 minutes)

Grades 4-6. Puberty education Part 1-Physical Changes/Part 2-Emotional and Social Changes.

Puberty: A Girl's Journey Through the Physical, Emotional and Social Changes. (video) (25 minutes)

Grades 4-6. Puberty education Part 1-Physical Changes/Part 2-Emotional and Social Changes.

The Puberty Video for Boys with Asperger Syndrome (and Autism Spectrum Disorder - Level 1). Coulter Video (DVD) (2014) (48 minutes)

More than just a male and female anatomy lesson, this DVD also helps young men with social challenges understand how to interact positively with girls and women. Most importantly, it puts sex into perspective, revealing the truth behind the myths boys may see in the media.

Relationship Building & Sexual Awareness for Kids with Autism: S.T.A.R.S 2. Susan Heighway & Susan Kidd Webster. (2015)

The STARS 2 model concentrates on four areas: Understanding Relationships, Social Skills Training, Sexual Awareness, and Assertiveness with the goals of promoting positive sexuality and preventing sexual abuse.

Relationship series series II: Boyfriend/ Girlfriend. (DVD)

Video series of relationships for people with ID/DD (intellectual & developmental disabilities)

A Risk Reduction Workbook for Parents and Service Providers: Policies and Practices to Reduce the Risk of Abuse, Including Sexual Violence, Against People with Intellectual and Developmental Disabilities. Dr. Nora Baladerian

Helps parents and service providers reduce the risk of abuse to children and adults with developmental disabilities. The book also provides advice on how to recognize signs of abuse and how to effectively respond if and when it occurs.

Safe Beginnings: Protecting Our Children from Sexual Abuse. Orieda Horn Anderson & Shirley Pacey. (2003)

Healthy, affirming how-to book which can reduce the risk of sexual abuse of children with and without disabilities.

Sex, Sexuality and the Autism Spectrum. Wendy Lawson (2005)

Wendy is an insider', an openly gay adult woman with autism. Here she writes frankly about autism, sex, sexuality and relationships.

Sexuality, Disability, and the Law: Beyond the Last Frontier? Michale Perlin & Alison Lynch. (2016)

Approaches issues of sexual autonomy and disability from multiple perspectives, including constitutional law, international human rights, therapeutic jurisprudence, history, cognitive psychology, dignity studies, and theories and findings on gender constructs and societal norms.

Sexual Harassment and Teens: A Program for Positive Change. Susan Strauss (1992)

Grades 7-12. This curriculum gives adolescents a safe, supervised opportunity to examine their own attitudes and behaviors regarding gender roles and sexual harassment.

Sexuality and Intellectual Disabilities: A Guide for Professionals. Andrew Maxwell Triska. (2018)

Provides a concise overview of sexuality and gender identity in clients with intellectual disabilities for therapists, social workers, educators, and healthcare providers.

Sexuality and People With Intellectual Disabilities. Lydia Fegan & Anne Rauch (1993)

Equips parents and caregivers with candid, accurate information about all aspects of sexual development.

Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders: A Professional's Guide to Understanding, Preventing Issues, Supporting Sexuality and Responding to Inappropriate Behaviours. David Hartman. (2013)

Covering issues of gender, public and private, puberty, hygiene, emotions, sex and more, each topic provides an overview of the difficulties that children with autism might experience, discussion and activity ideas and photocopiable resources including instructional stories, checklists and illustrations.

Sexuality and Severe Autism: A Practical Guide for Parents, Caregivers and Health Educators. Kate E Reynolds.

Guides you through the process of teaching about sex and sexuality, answering all of the most crucial questions, including: Why is it necessary to teach this subject to my severely autistic child? When is the right time to start talking about these issues? How detailed and explicit should I be? What methods are most appropriate?

Sexuality: Your Sons and Daughters with Intellectual Disabilities. David Melberg Schwier (2000)

Parents share the joys and challenges of raising a child with an intellectual disability as they offer you helpful advice and practical strategies. Individuals with intellectual disabilities explain what's important to them.

So That's How I Was Born! Dr. Robert Brooks (2003)

Pre-K. When Joey's friend Lisa tells him how babies are born, he asks his mother and father to tell him how he was really born (35 pages)

Straight Talk About Sexual Choices and Consequences. (DVD) (2007) (19 minutes)

Featuring a show within a show, this title is designed to help young people resolve important growing up issues. After a brief overview of the male and female reproductive systems, the host asks students to think about the responsibility of decision-making; discussing STD's, pregnancy, what makes a healthy relationship and more.

Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism. Mary Wrobel (2003)

Ages 8 and up. Through a combination of Social Stories and easy to understand activities, this unique book offer a curriculum that guides the child and caregiver on issues of health, hygiene and the challenges of puberty. (270 pages)

Taking Care of Myself 2 for Teenagers & Young Adults with ASD: Personal Health, Grooming, Relationships & Sex

Written for teenagers and young adults with Autism Spectrum Disorders (ASD), this instructional book is also for parents, instructors, and therapists to help teens on the autism spectrum.

Teaching Children with Down Syndrome About Their Bodies, Boundaries and Sexuality. Terri Couwenhoven (2007)

Blends factual information and practical ideas for teaching children with Down syndrome about their bodies, puberty, and sexuality. This book gives parents the confidence to speak comfortably about these sometimes difficult subjects.

Things Ellie Likes: A Book About Sexuality and Masturbation for Girls and Young Women with Autism and Related Conditions. Kate E Reynolds. (2015)

This accessible and positive resource helps parents and carers teach girls and young women with autism or related conditions about masturbation.

Things Tom Likes: A Book About Sexuality and Masturbation for Boys and Young Men with Autism and Related Conditions. Kate E Reynolds. (2014)

Accessible and positive resource helps parents teach boys with autism or other special needs about masturbation.

This Stinks: A Hygiene Workbook Dana Kirk (2016)

Workbook to help teens and adults with developmental disabilities understand the importance of hygiene.

Too Old for This, Too Young for That: Your Survival Guide for the Middle School Years. Harriet S Mosatche, PhD & Karen Unger. (2010)

Ages 10 and up. Practical tips and tools for all kinds of situations—getting settled in at middle school, making friends, handling peer pressure, setting and reaching goals, and dealing with body changes and getting along better with family and adults.

Understanding and Expressing Sexuality. R.K. Monat-Haller (1992)

One of the authoritative works on sexuality and people with developmental disabilities.

Unwritten Rules of Social Relationships. Temple Grandin & Sean Barron (2005)

Explains the unwritten rules and patterns of social relationships.

What's the Big Secret? Talking About Sex with Girls and Boy. Laura Krasny Brown (2000)

Ages 4-8. Present answers to tough questions. An introduction to sex along with the ways girls and boys differ...and are the same. (32 pages)

What's Going On Down There? Answers to Questions Boys Find Hard To Ask. Karen Gravelle, et al. (1998)

Grades 5-10. Facts about puberty, sex, and sexually transmitted diseases, and also what happens to girls during puberty are presented clearly and completely, along with answers to an assortment of related questions. (150 pages)

What's Happening to Ellie? A Book About Puberty for Girls and Young Women with Autism and Related Conditions. Kate E Reynolds. (2015)

Following Ellie as she begins to notice changes to her body, this simple resource helps parents and carers teach girls with autism and related conditions about puberty.

What's Happening to Tom? A Book About Puberty for Boys and Young Men with Autism and Related Conditions. Kate E Reynolds. (2014)

Follow Tom as he begins to notice changes to his body. This simple resource helps parents and carers teach boys with autism or other special needs about puberty

When Young People with Intellectual Disabilities and Autism Hit Puberty: A Parents' Q&A Guide to Health, Sexuality and Relationships. Freddy Jackson Brown & Sarah Brown. (2016)

Structured around issues related to puberty and emerging sexuality in children with disabilities or autism, such as physical changes, mood swings and sexual behaviour, the book presents case studies alongside practical guidance on how to overcome problems that commonly arise.

You're Not a Little Kid Anymore: Personal Hygiene. (DVD) (18 minutes)

Grades 3-5. Topics explored include bathing, hand washing, care of teeth, hair and nails and the importance of clothes that are clean and neat.