

Suggested Reading and Resource List June 2021 – Landa Fox (Positive Connections)

For Autism Community Training – Autism & Sexual Health: Access, Education, and Intervention

BOOKS

- Adams, Noah & Liang, Bridget (2020) Trans and Autistic: Stories from Life at the Intersection
 - A variety of first-person accounts from trans and neurodiverse individuals
- Attwood, Sarah (2008). Making Sense of Sex: A Forthright Guide to Puberty, Sex, and Relationships for People with Asperger's Syndrome.
 - Review of important topics in puberty; some good visuals; better to take information from to create programs/supports versus give to a child directly
- Corinna, Heather (2016). S.e.x.: The All-you-need-to-know Sexuality Guide to get you Through Your Teens and Twenties.
 - Not disability specific; excellent resource of scientifically accurate and relevant info
- Corinna, Heather & Rotman, Isabel (2019). Wait, What? A comic book guide to relationships, bodies, and growing up.
- Couwenhoven, Teri (2007). Teaching Children with Down Syndrome About Their Bodies, Boundaries, and Sexuality.
 - Appendix with visuals and teaching materials
- Ekins, Erin (2021) Queerly Autistic
 - Book exploring intersections fo LGBTQIA+ identities and neurodiversity
- Gratton, Finn (2020) Supporting Transgender Autistic Youth and Adults
 - Guide for professionals and families to help support trans and autistic loved ones
- Harris, Robie (2011) Who Has What: All About Girls' Bodies and Boys' Bodies
 - Pre-school age book for learning body parts
- Hartman, Davida (2014). Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders
 - Uses Functional Behaviour Assessment approach
 - Skills checklists and visual resources
- Isham, Kerri (2016). Body Smart Right From the Start & Isham, Kerri (2016) Puberty: Coming to a Body Near You & Isham, Kerri (2019) Beyond Puberty
 - Simple activities that can be easily adapted for those with unique learning needs
 - Parent/Teacher/Caregiver resource section
 - Available for PDF download at powerupeducation.com
- James, Abigail Werner (2015).
 - Autism and Appropriate Touch

- Workbook style with photocopiable resources and breakdown of teaching body boundaries
- Moen, Erika & Nolan, Matthew (2020). Let's Talk About It: The teen's guide to sex, relationships, and being a human.
 - Comic book with excellent information on a wide range of topics
 - These authors have two other books that are for more mature audiences (~18+) called "Drawn to Sex: The Basics" and "Drawn to Sex: Bodies & Health")
- Noon, Saleema & Hickling, Meg. (2016). Talk Sex Today: What Kids Need to Know and How Adults Can Teach Them.
 - Excellent resource looking at knowledge needed across a variety of ages; great tips on how to respond to questions about sexuality
- Pintor Carnagey, Melissa (2020) Sex Positive Talks to have with Kids: A Guide to Raising sexually healthy, informed, empowered young people.
 - Conversation starter ideas for a variety of ages and topics
 - Purchase via website: sexpositivefamilies.com
- Reynolds, Kate (2015)
 - What's Happening to Ellie/What's Happening to Tom
 - Social story style book about puberty in both sexes
 - Things Ellie Likes/Things Tom Likes
 - Social story style book about masturbation and pleasure in both sexes
- Saltz, Gail (2005) Amazing You
 - Pre-school age book for learning body parts
- Simon, Rachel E. (2020). The Every Body Book
 - Excellent, inclusive book to help teach bodies, boundaries, puberty, and more

WEBSITES & PHONE RESOURCES

- Amaze.org
 - Animated videos for teens/tweens about a wide variety of sexual health topics
- Teachingsexualhealth.ca
 - Resource for what children should know when; typical behaviours for a variety of age groups
 - Section specific to special needs
- Organization for Autism Research – Sex-Ed for Self-Advocates
 - Online, interactive guide for self-advocates, but also helpful for families
 - <https://researchautism.org/sex-ed-guide/>
- Scarleteen.com
 - Excellent resource with scientifically accurate information about a wide variety of sexual health topics; geared to teens and young adults but very helpful to gather accurate information for supporting adults
- 1-800-sex-sense
 - number run by Options for Sexual Health; nurses or sexual health educators answer any question about sexual health

- sexpositivefamilies.com
 - Including a great reading and book list: <https://sexpositivefamilies.com/sex-positive-families-reading-list/>
 - Follow on Instagram for excellent information
- SIECAN – Sex Information & Education Council of Canada
 - Excellent resource portal connecting to Canada-wide resources: <https://sieccan.org/promising-practices-portal>
- Sexual Behavior Research & Practice – Special Interest Group of Association for Behavior Analysis International (ABAI) - Resources page:
 - <https://sbrpsig.org/resources-2/>

OTHER

- SexEdCareCon
 - Upcoming conference (July 9th 2021) centering on support and education for families supporting disabled love ones with safe and healthy sexual expression
 - <https://www.sexedcarecon.com>
- Hikki – Autism Dating & Friendship App
 - <https://www.hikiapp.com>

As always, please contact me for any consultation, parent training, school staff training, or one-on-one teaching sessions.