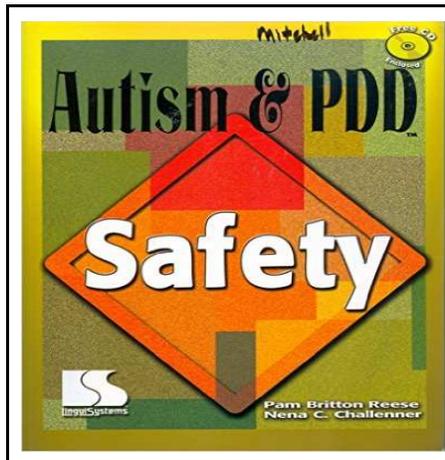


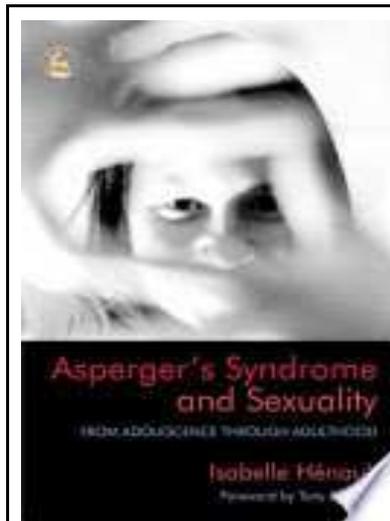
BOOKS ON HEALTH/SEXUALITY



Autism & PDD: Safety

Britton Reese, P., Challenner, N.C.

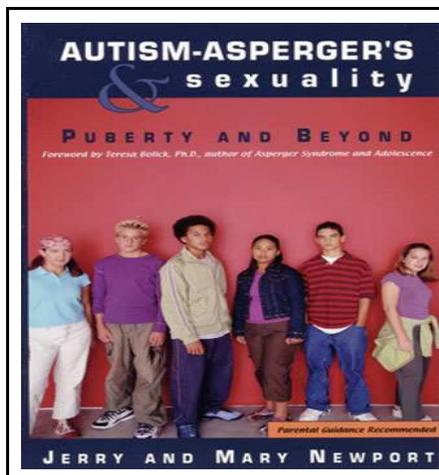
Strategies to keep your children with Autism Safe.
Ages: 3-18 Grades: PreK-Adult



Asperger's Syndrome and Sexuality

Henault, I.

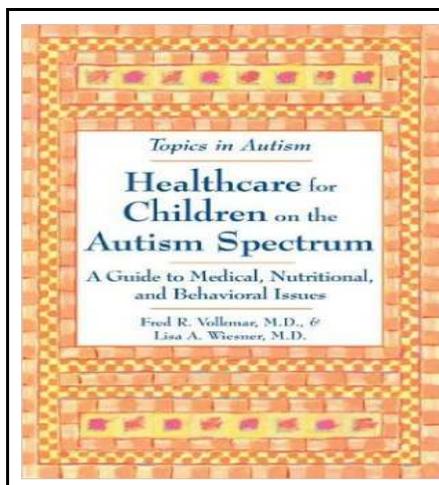
Playing the dating game is often tricky: all the more so for individuals with Asperger's Syndrome. How do AS adolescents and their families cope with sexual feelings and behaviour? What help can be given if a man with AS oversteps the mark in expressing his sexuality? How do people with AS deal with intimacy and communication in sexual relationships? In this comprehensive and unique guide, Isabelle Hénault delivers practical information and advice on issues ranging from puberty and sexual development, gender identity disorders, couples' therapy to guidelines for sex education programs and maintaining sexual boundaries. This book will prove indispensable to parents, teachers, counsellors and individuals with AS themselves.



Autism-Asperger's & Sexuality: Puberty and Beyond

Newport, J. & M.

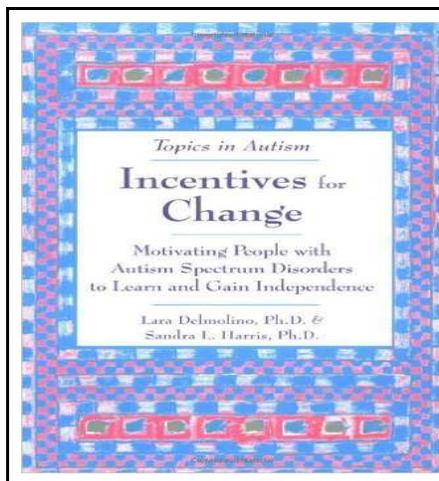
Written by two adults diagnosed with Asperger's Syndrome, this ground-breaking, personal look at the sexual challenges of those diagnosed with autism or Asperger's includes advice on dating, sex, birth control, disease prevention, abuse, and personal responsibility.



Healthcare for Children on the Autism Spectrum

Volkmar, F.R., Wiesner, L.A.

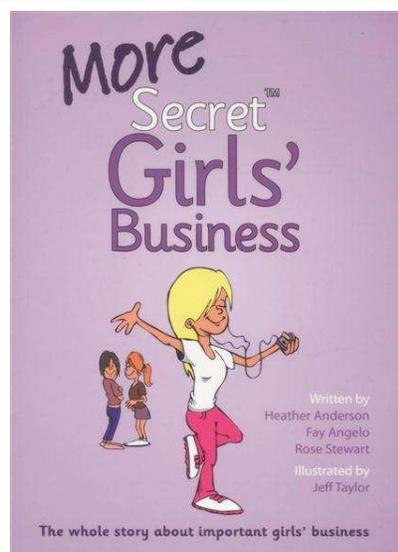
Families of children with an autism spectrum disorder (ASD) get advice from experts about the challenges of keeping their child healthy. Topics relate to medical, nutritional and behavioral issues. Parents can find answers to help them understand symptoms and behaviors, evaluate medications or alternative therapies, prepare for doctors visits and communicate with healthcare professionals, and deal with many other health care concerns. An essential reference for every family with a child with an ASD.



Incentives for Change

Delmolino, Dr. L., Harris, Dr. S.L.

As many parents and teachers know, people with autism spectrum disorders (ASD) can be difficult to motivate, especially when asked to learn something new. Finding the right incentives to support learning is one of the crucial first steps in teaching them new skills. Written by two autism specialists with nearly 50 years combined experience, INCENTIVES FOR CHANGE explores systems for determining what incentives children and adults with ASD will find rewarding, and ways to use motivation as a tool to affect their learning and behavior.



More Secret Girls' Business

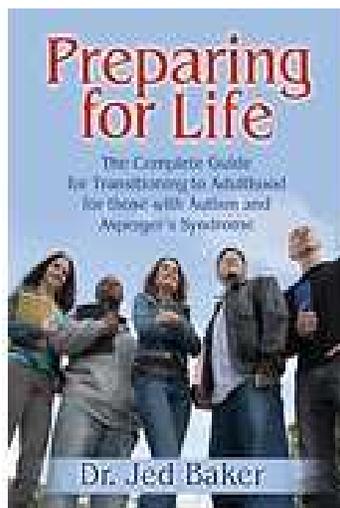
Stewart, R., Angelo, F., Anderson, H.

Everything a girl needs to know about puberty. *More Secret Girls' Business* is a companion volume to *Secret Girls' Business*. In addition to information about periods, *More Secret Girls' Business* includes details about physical and emotional changes. It will give girls greater understanding and deeper knowledge about puberty and sexuality.

Information is presented in a sensitive but open manner. It has simple language and fun illustrations which girls will enjoy.

This book aims to:

- Provide girls with a full understanding of the physical and emotional changes experienced at puberty.
- Celebrate changes to the female body.
- Enhance confidence and self-esteem.
- Acknowledge and affirm the development of sexual feelings in girls.
- Provides hints for parents, teachers and carers, with special hints for Dads.

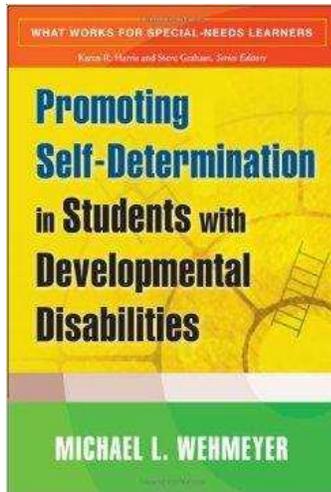


Preparing for Life

Baker, Dr. J.

Typically, ASD high school graduates are unprepared for the transition to independence. Early, ongoing, training in the social skills is crucial to establishing successful adult relationships—in college, vocational school, residential living, or on the job—can help. He also guides readers through the legal, financial, educational, vocational, and community resources available after graduation. The essence of the book lies in the 73 “Skill Lessons” targeting:

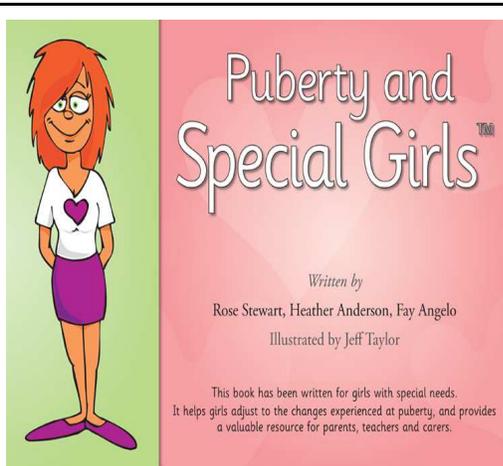
- nonverbal communication
- empathy
- anger/anxiety management
- conversational skills
- employment-related skills



Promoting Self-Determination in Students with developmental Disabilities

Wehmeyer, M.L.

Growing evidence suggests that self-determination is a significant factor in improving educational and transition outcomes in students with intellectual and developmental disabilities. This volume reviews the breadth of available methods for teaching components of self-determination--including choice making, problem solving, decision making, goal setting, self-advocacy, and self-regulated learning--and provides best-practice recommendations that teachers can put to immediate use in the classroom.



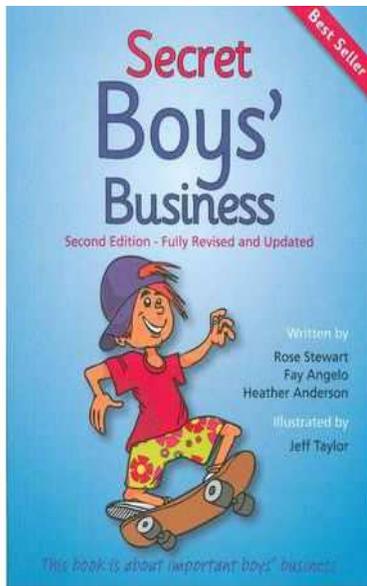
Puberty and Special Girls

Stewart, R., Angelo, F., Anderson, H.

Puberty and Special Girls™ provides practical information about growing up which will help girls understand the changes experienced at puberty. This puberty book has simple text and colourful, fun illustrations. It provides age-appropriate information presented in a friendly, inclusive manner which is ideal for girls with special needs.

This is a puberty book for girls with learning disabilities. It includes additional information to the content of Special Girls' Business™, including:

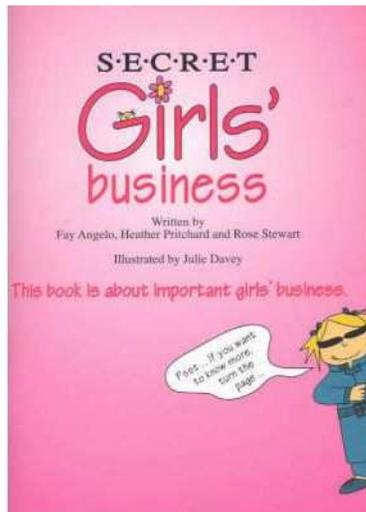
- Information needed to develop a greater understanding about puberty and sexuality.
- Management of periods using pads or tampons.
- Hints on personal hygiene.
- Strategies for coping with mood changes.
- Information about emerging sexuality.
- Protective behaviours.
- Practical hints for parents, teachers and carers.



Secret Boys Business

Stewart, R., Angelo, F., Anderson, H.

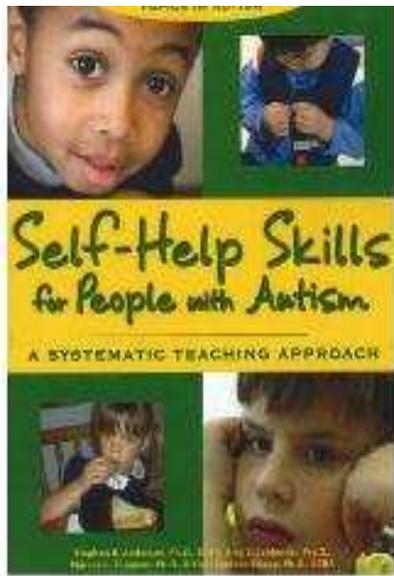
Here is a book to help boys understand the changes they go through when reaching puberty. Secret Boys' Business assists boys to understand the changes that occur in their bodies during puberty and beyond. This book aims to: Present a simple brief account of changes boys experience at puberty. Celebrate changes to the male body. Dispel myths, legends and fears by presenting accurate information in a colourful, friendly format. Promote comfortable discussion. Enhance confidence and self-esteem of boys. Provide hints for parents, teachers and carers. This 2nd edition includes details about the physical and emotional changes of puberty. It will give boys a greater understanding and deeper knowledge about puberty and sexuality. Information is presented in a sensitive but open manner. It has simple language and fun illustrations which boys will enjoy.



Secret Girls' Business

Angelo, F., Pritchard, H., Stewart R.

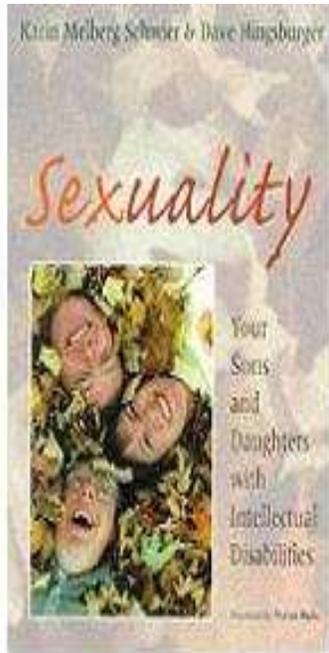
Book intended for young children (8 years +) that explains the changes girls undergo at puberty, using simple text and colour illustrations. Focuses particularly on periods. Includes further reading list, as well as notes for parents, teachers and others careers, and specific hints for fathers. Authors work in education, student welfare, health nursing, sexuality education, and psychology. A very accessible and well-illustrated book to help young girls understand the changes they go through when reaching puberty. Provides easy-to-understand information about growing up and the changes that happen to their bodies such as the advent of periods. Will enable girls to face this important transition without fear



Self-Help skills for People with Autism

Anderson, S., Jablonsky, A.,

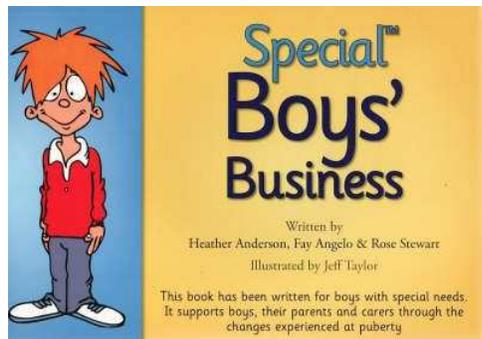
Thoroughly describes a systematic, practical approach that parents (and educators) can use to teach basic self-care ? eating, dressing, toileting and personal hygiene -- to children with autism ages 24 months into early teens. With an encouraging tone, the author's behavior analysts and psychologists emphasize that it's important to begin teaching these skills as early as possible so children and young adults gain as much independence as soon as possible. Many case studies help to illustrate the process of teaching tasks: prioritizing self-care tasks, breaking down tasks into achievable goals, monitoring progress, and modifying the approach as needed to reach a goal. Parents also learn about the variety of proven methods available to teach children with autism and how to select among them. These methods include: verbal prompting, physical guidance modeling, chaining, picture schedules among others.



Sexuality: Yours Sons and Daughters With Intellectual Disabilities

Schwier, K.M, Hingburger, D.

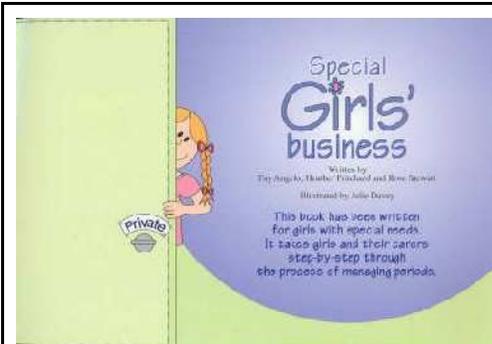
This warm and sympathetic book is designed to help parents build their children's self-esteem (whether their children are prepubescent or already adults) and educate them about sexuality and safety. It explains what to teach, when to teach and how to teach. It addresses issues such as self-acceptance, values, parallel talk, privacy, appropriate behaviour, abuse, physical and emotional development in the teen years, relationships, marriage and parenting. The authors introduce "guides" - individuals with disabilities and their parents - whose experiences serve as examples throughout the book. These guides, as well as the authors' anecdotes and conversational tone, make information that is often presented awkwardly (or not at all) easily accessible to parents. The information and the stories that show how much is possible for young people, regardless of their disabilities, will help parents to accept their children's sexual development and to interact with their children in ways that will allow them to develop into confident, aware adults. The authors also include answers to frequently asked questions and sections for parents to reflect and plan how to broach different issues with their children.



Special" Boys' Business

Anderson, H., Angelo, F. Anderson, H.

This book has been written for boys with special needs, including intellectual disability, physical disability, communication disorder and autism. It supports boys their parents and carers through the changes experienced at puberty. Information is presented simply, with clear pictures and limited text.



Special" Girls' Business

Angelo, F., Pritchard, H.

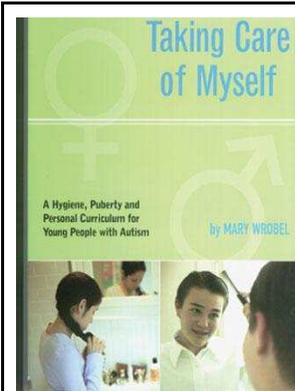
This book has been written for girls with special needs including: intellectual and physical disability, communication disorder and autism. It takes a girl and her carer step by step through the process of managing periods. Information is presented simply, with clear pictures and limited text.



Survival Signs-Indoor and Outdoor

Haugen J.

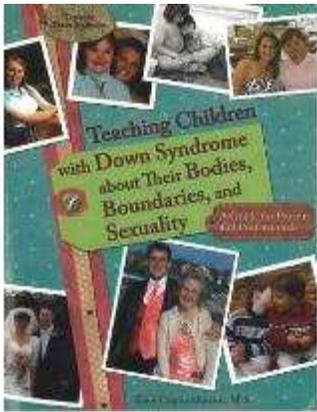
SURVIVAL SIGNS POSTERS sets are double-sided posters covering 80 common signs found both inside and on the outside of buildings such as schools, workplaces, stores, malls, office complexes, private homes, hospitals, and doctors' offices. PCI has authentically reproduced these signs to represent as closely as possible the actual signs found in the community. Many of the signs reflect the colors individuals need to know for safety reasons (e.g., red for danger, yellow for caution, etc.). The large (9" x 12"), full-color signs are printed on heavy card stock and are ideal for inclusive teaching settings and peer-buddy groups. They feature international graphic symbols to assist individuals who have limited reading skills in learning to identify them.



Taking Care of Myself

Wrobel, M.

Puberty can be especially tough when young people have autism or other special needs. Through simple stories similar to Carol Gray's *Social Stories*, author Mary Wrobel teaches caregivers exactly what to say and not say, and shows how you can create helpful stories of your own. Mary addresses hygiene, modesty, body growth and development, menstruation, touching, personal safety, and more.

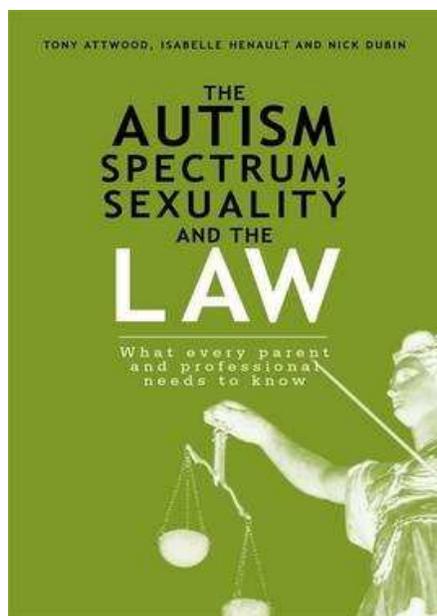


Teaching children with Down Syndrome about Their Bodies, Boundaries, and Sexuality

Couwenhoven, T. (M.S.)

Drawing on her unique background as both a sexual educator and mother of a child with Down syndrome, author Terri Couwenhoven 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. It also explains why it's so important to begin early in the life of a child to deal with issues such as hygiene, emotional and physical boundaries, privacy, and what makes for healthy relationships. In a friendly conversational style, the author covers relevant issues and concerns for children of all ages, such as:

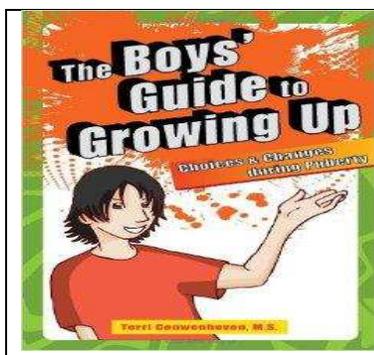
- Labeling & explaining private body parts
- Identifying & expressing emotions
- Respecting personal space
- Teaching self-care & hygiene
- Understanding norms of privacy
- Understanding gender identity
- Showing appropriate levels of affection.



The Autism Spectrum, Sexuality and the Law

Henault, I., Dubin, N., Attwood, T.

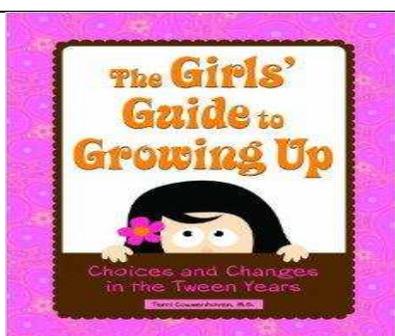
Based on Nick Dubin's own experience, and drawing on the extensive knowledge of Dr Tony Attwood and Dr Isabelle Henault, this important book addresses the issues surrounding the autism spectrum, sexuality and the law. The complex world of sex and appropriate sexual behaviour can be extremely challenging for people with autism spectrum disorder (ASD) and, without guidance, many find themselves in vulnerable situations. This book 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, how laws differ from country to country, and the possibility for adjustment of existing laws as they are applied to the ASD population. With advice on how to help people with autism spectrum disorder gain a better understanding of sexuality and a comprehensive list of resources, the book highlights the need for a more informed societal approach to the psychosexual development of people with ASD.



The Boy's Guide to Growing Up

Couwenhoven, T. (M.S.)

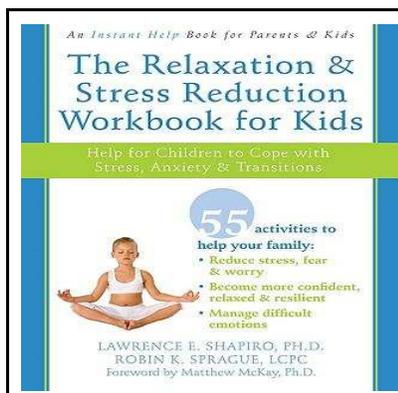
The Boys' Guide to Growing Up gives boys with intellectual disabilities the facts they need to navigate puberty. Written at a third-grade reading level for boys aged 9-16 with Down syndrome, autism, cerebral palsy, mental retardation, fragile X, or other special needs, this book is the companion to The Girl's Guide to Growing Up (2011), also by Terri Couwenhoven.



The Girls Guide to Growing Up

Couwenhoven, T. (M.S.)

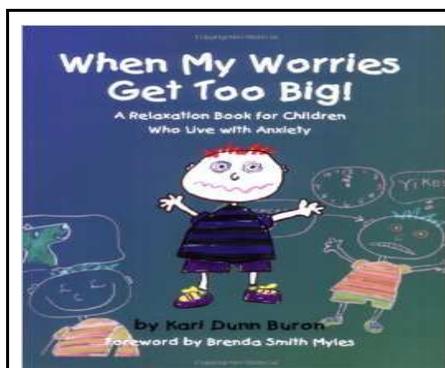
Here's a book just for girls beginning a new phase of their lives! This appealing and easy-to-follow guide for girls with intellectual disabilities is an introduction to the physical and emotional changes they'll encounter during puberty. Written on a third-grade reading level for preteens or young teenaged girls to read by themselves or with a parent, it's filled with age-appropriate facts, realistic illustrations and photos, icons, and a Q&A.



The Relaxation & Stress Reduction Workbook for Kids

Shapiro, L.E., Sprague, R.K.

The Relaxation & Stress Reduction Workbook for Kids, written by two child therapists, offers more than fifty activities you can do together as a family to help you and your child replace stressful and anxious feelings with feelings of optimism, confidence, and joy.



When my worries get too big

Dunn Buron, K.

With a special section on evidence-based teaching activities for parents and teachers alike, this best selling children's classic just became even better and more relevant. Engaging and easy to read, this illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies.