

Online and Local Resources

Teen Girls Group (look on the Autism Society of Oregon website calendar)

<http://autismsocietyoregon.org/events/>

Autism Empowerment

Resources for Women and Girls on the autism spectrum

<https://www.autismempowerment.org/resource-center/resources-for-females-on-the-autism-spectrum/>

Spectra

Spectra is the only exclusively special needs gymnastics program in Oregon, and is carefully designed to support children and teens with Autism and related disorders.

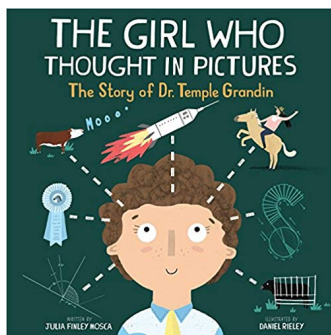
<http://spectrapdx.com/>

Rosi - Autism and Me

Rosi and others explain their autism and how it impacts them and makes her special

<https://www.youtube.com/watch?v=ejpWWP1HNGQ&t=94s>

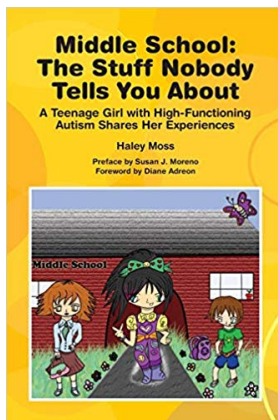
Books by Girls and Women On The Autism Spectrum



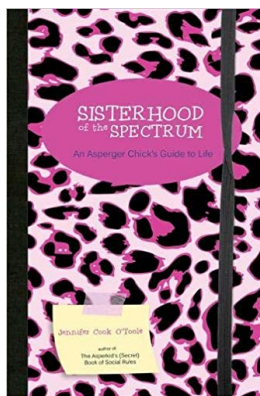
When young Temple was diagnosed with autism, no one expected her to talk, let alone become one of the most powerful voices in modern science. Yet, the determined visual thinker did just that. Her unique mind allowed her to connect with animals in a special way, helping her invent groundbreaking improvements for farms around the globe!



With powerful words and pictures Florida Frenz chronicles her journey figuring out how to read facial expressions, how to make friends, how to juggle all the social cues that make school feel like a complicated maze. Diagnosed with autism as a two-year-old, Florida is now an articulate 15-year-old whose explorations into how kids make friends, what popularity means, how to handle peer pressure will resonate with any preteen.



In Middle School - The Stuff Nobody Tells You About: A Teenage Girl With High-Functioning Autism Shares Her Experiences, a teenager with high-functioning autism relates her own experiences in middle school. Aimed at young teens, this resource tackles the issues that girls this age care about: fitting in, making friends, wearing the right clothes, succeeding academically and more. The book's for teens, by teens approach makes it an easy, fun read while giving readers practical tips that they can use in their everyday lives.

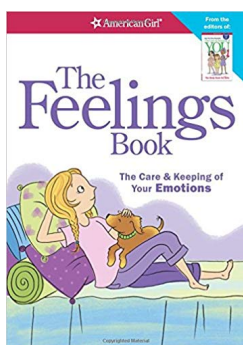


Jennifer Cook O'Toole provides just that with her inspirational guide to life for teenage girls with Asperger syndrome. Drawing on her own, real-life experiences rather than preaching from textbooks, she covers everything you need (and want!) to know, from body shapes and love interests to bullying, friendships and how to discover and celebrate your unique, beautiful self.

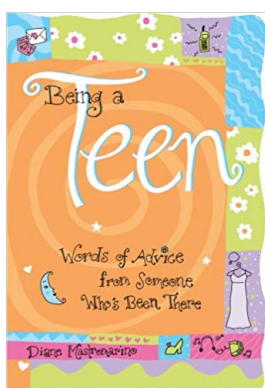
Advice Books



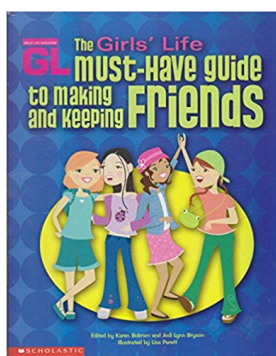
There's no better time to get up and get active than now! Exercise can lead to a strong, healthy body, a boost in self-confidence, and when you mix in your friends, a whole lot of fun. In this book, you'll find great ways to get your body going, including strength exercises, yoga poses, games to play, and ideas that you may have never thought of as fitness. You'll also find tips for achieving your goals, tasty snack ideas, and questions from girls just like you.

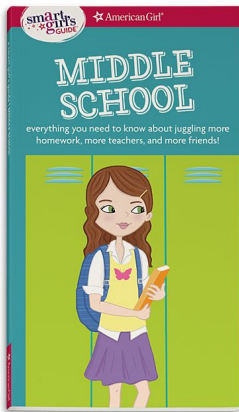


This invaluable companion to The Care & Keeping of You received its own fresh update! The Feelings Book will help you understand your emotions, and deal with them in positive ways. You'll get tips on how to express your feelings and stay in control, plus get sensitive advice on handling fear, anxiety, jealousy, and grief. Learn how to stay in the driver's seat of your own emotions!

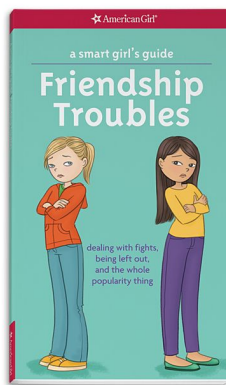


BEING A TEEN is one girl's account of her teen years that will help make your own experience a little bit easier. Young enough to remember all the gruesome and hilarious details, but old enough to reflect on those years with a bit of insight, author Diane Mastromarino has filled the pages of this book with her own teen tales, as well as poetry and quotations written by teens and famous authors. It is a book you will learn from, laugh at, and, without a doubt, relate to.

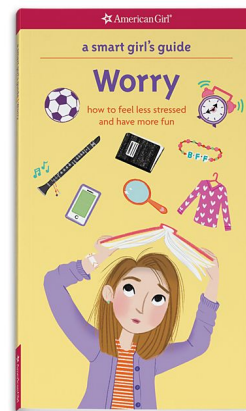




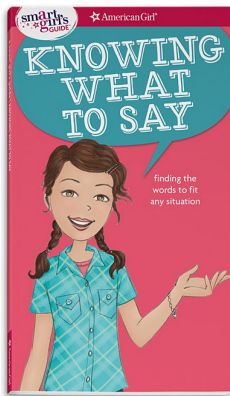
Starting middle school can be scary. But knowing what to expect will make girls feel more confident. Packed with tips and fun quizzes, this book gives her the inside scoop on topics like classes, lockers, homework, and getting involved in after-school activities.



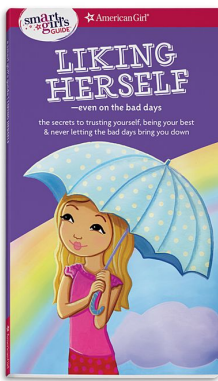
Friends are important to girls; they're the icing on their cake, the rainbow in their sky. But even best friends have trouble getting along sometimes. This guide will help girls deal with the pitfalls of interpersonal relationships, from backstabbing and triangles to other tough friendship problems. It features fun quizzes, practical tips, and stories from real girls who've been there—and are still friends.



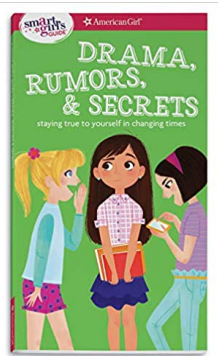
Every girl worries about something from time to time. Maybe it's an argument with a friend, or a big test, or a performance in front of a crowd. Maybe it's her body. Maybe it's even something fun, like a slumber party or overnight camp—or something *reallly* big, like moving away or her parents' divorce. For many girls, worries can get in the way of enjoying life. This book can help. In these pages, a girl can learn tried-and-true ways to overcome fears and create a sense of calm.



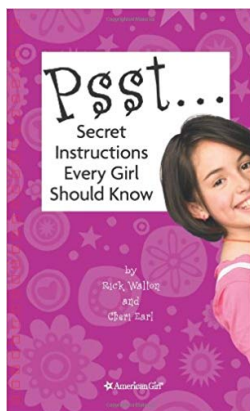
Help girls find the right words to fit more than 200 situations! With the advice in this latest addition to the Smart Girl's Guide series, girls will learn smart words to choose when stressed, shy, sad, or facing other awkward moments. Girls will find real-world ways to ask a teacher for help, stand up to a bully, or express sympathy for the loss of a loved one.



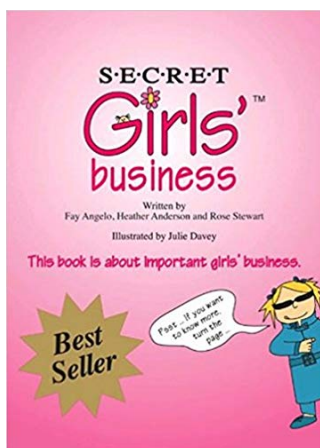
Has a bad day got her down? In this advice-packed book, girls will learn how high self-esteem can turn a good day into a great day, while low self-esteem can make a bad day even worse. She'll learn tips for trusting herself, ideas for boosting her self-esteem (or for keeping it up), and how to feel her best in all kinds of situations.



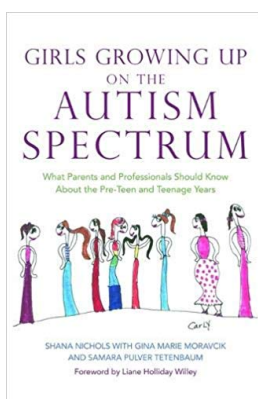
Watch out for the drama trap! This book offers expert insight into drama, from jealousy to gossip to cyberbullying, and how to deal with it. You'll learn why drama exists, how it starts, what keeps it going, and how to cool it down. You'll find quotes and advice from real girls like you, plus tips and quizzes to help you rise above the drama game and keep yourself safe.



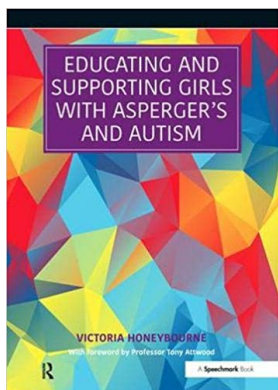
How do you deal with a bad gift? What makes a girl a great party hostess? How do you make friends laugh...or yawn? What's the secret to winning a writing contest? How do you make sure you'll get paid for babysitting? What's the easiest way to remember information for a test? These questions and more are answered in Psst . . . Secret Instructions Every Girl Should Know. Packed with advice, activities, tips, tricks, and humor, girls will love exploring and sharing nearly 100 female-focused "secrets" with friends and family.



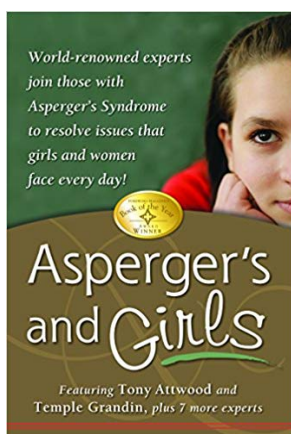
Parent and Teacher Resources



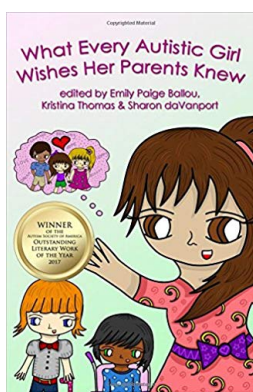
Growing up isn't easy, and the trials and tribulations of being a teenager can be particularly confusing for girls with Autism Spectrum Disorders (ASDs). This book covers all the concerns commonly faced by girls with ASDs and their parents, from periods and puberty to worries over friendships and "fitting in".



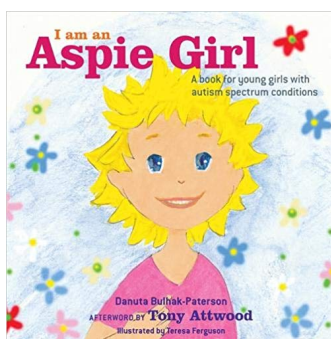
As well as providing background information and theory, the resource offers practical strategies for working with girls with autism spectrum conditions. The resource contains a broad range of worksheets and activities on key issues: self-awareness; preparing for school life; learning; wider school life; preparing for employment; and preparing for further study.



This groundbreaking book describes the unique challenges of women and girls with Asperger's Syndrome. In it, you'll read candid stories written by the indomitable women who have lived them. You'll also hear from experts who discuss whether "Aspie girls" are slipping under the radar, undiagnosed; why many AS women feel like a minority within a minority (outnumbered by men 4:1); practical solutions school systems can implement for girls; social tips for teenage girls, navigating puberty, the transition to work or university, and the importance of careers.

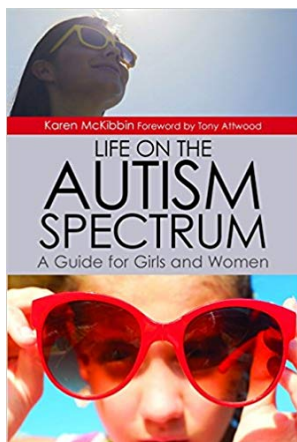


"What Every Autistic Girl Wishes Her Parents Knew" is the book that many of us wish our parents would have had access to when we were growing up. In this first book release from the Autism Women's Network, the autistic contributors write with honesty and generosity about the emotional needs, sensitivity, and vibrancy of autistic girls.

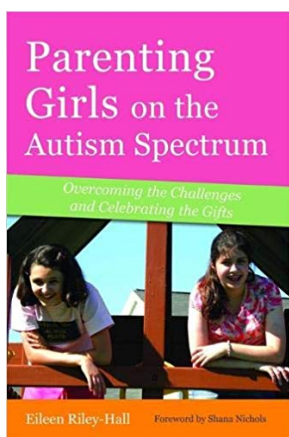


By simply, clearly and positively explaining the social differences associated with Asperger's Syndrome, or Autism Spectrum Disorder, in young girls, this book will help Aspie Girls aged 5 years and over to understand their diagnosis, recognise their unique strengths and celebrate their differences, and find ways of coping with difficulties. This positive and celebratory book also contains helpful discussion points for parents and professionals to explore further

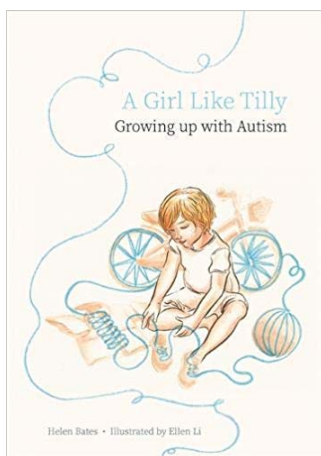
	with the girls in their care.
	<p>High on energy and imagination, this ode to self-esteem encourages kids to appreciate everything about themselves--inside and out. Messy hair? Beaver breath? So what! Here's a little girl who knows what really matters. At once silly and serious, Karen Beaumont's joyous rhyming text and David Catrow's wild illustrations unite in a book that is sassy, soulful--and straight from the heart.</p>
	<p>The difference that being female makes to the diagnosis, life and experiences of a person with an Autism Spectrum Disorder (ASD) has largely gone unresearched and unreported until recently. In this book Sarah Hendrickx has collected both academic research and personal stories about girls and women on the autism spectrum to present a picture of their feelings, thoughts and experiences at each stage of their lives.</p>
	<p>Describing the current assessment process for autism diagnosis, the book explains why girls are under- or mis-diagnosed, leading to later mental health issues. It outlines the types of intervention that are particularly helpful for working with girls to reduce anxiety, improve social interaction skills, and manage self-harm. The book also covers how to manage eating disorders and feeding difficulties, focusing on working with girls with sensory processing difficulties. There is advice on how to deal with the emotional impact on parents, carers and families, and the challenges they face when negotiating appropriate psychological and educational support.</p>



This practical guide explains the unique issues that affect females with autism and provides tools and strategies that girls, women and their families can use in day-to-day life.



This book is a celebration of all the wonderful and unexpected gifts that having daughters on the autism spectrum can bring to your life. Each chapter explores a topic of concern, offering encouragement and guidance on common issues such as school, friendships, meltdowns, special gifts, family relationships, therapies and interventions. Having daughters on the spectrum presents unique and rewarding challenges and this book is packed with friendly advice and real life examples from a mother who has experienced it all first hand.



With vividly expressive illustrations and minimal words, this story is a valuable and accessible tool for helping children aged 7-13 and their families understand female autism, and will also be immensely helpful to readers interested in understanding better how autism manifests in girls. Honest, positive, and ultimately hopeful, it is inspired by the real childhood of Helen Bates's daughter Rachel, who also writes about her experiences on her blog www.agirlliketilly.com.