

# Sexuality and Puberty Resources

## Guides

- Sexuality Across the Lifespan for Children and Adolescents with Developmental Disabilities (Educators)  
<http://flfcic.fmhi.usf.edu/Content/Educator%20Low%20Res.English.pdf>
- Sexuality Across the Lifespan for Children and Adolescents with Developmental Disabilities (Parents/Caregivers)  
<http://flfcic.fmhi.usf.edu/Content/Parent%20Low%20Res,%20English.pdf>
- Sexuality and Developmental Disability: A Guide for Parents  
[http://www.teachingsexualhealth.ca/media/pdf/Sexuality\\_Developmental\\_Disability.pdf](http://www.teachingsexualhealth.ca/media/pdf/Sexuality_Developmental_Disability.pdf)
- Sexuality and Developmental Disability: A Guide for Parents  
[http://cpri.ca/uploads/section000033/20101209120903\\_668p\\_Sexuality%20and%20Developmental%20Disability.pdf](http://cpri.ca/uploads/section000033/20101209120903_668p_Sexuality%20and%20Developmental%20Disability.pdf)
- The Big Sex Talk Resource Guide  
[http://www.yac-yac.info/uploads/Sex\\_Ed\\_Guide\\_-\\_abridged.pdf](http://www.yac-yac.info/uploads/Sex_Ed_Guide_-_abridged.pdf)

## Websites

- Public Health - Seattle & King County  
<http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/SpecialEducation.aspx>
- Susan's Sex Support Site  
<http://www.sexsupport.org/>

## Books

- Adolescents on the Autism Spectrum: A Parent's Guide to the Cognitive, Social, Physical, and Transition Needs of Teenagers with Autism Spectrum Disorders, by Chantal Sicile-Kira
- Autism Life Skills: From Communication and Safety to Self-Esteem and More, by Chantal Sicile-Kira
- Girls Growing Up on the Autism Spectrum: What Parents and Professionals Should Know About the Pre-teen and Teenage Years, by Shana Nichols
- Sexuality: Your Sons and Daughters With Intellectual Disabilities, by Karin Melberg Schwier
- Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism, by Mary Wrobel
- Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality, by Terri Couwenhoven
- The Facts of Life and More: Sexuality and Intimacy for People with Intellectual Disabilities, by Leslie Walker-Hirsch
- The Guide to Good Health for Teens & Adults With Down Syndrome, by Brian Chicoine

### Quincy Parent Advisory Council to Special Education (QPAC)

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