



Books

Asperger's Syndrome and Sexuality by Isabelle Henault

This book provides helpful background information with helpful checklists and handouts.

Sexuality by Karen Melberg Schwier and Dave Hingsburger

This is book gives a great overview, with examples and suggestions. It is an easy read, for families and professionals alike.

Socialization and Sexuality-A Comprehensive Training Guide by Winifred Kempton

A good guide for long term staff training. This guide includes interactive tools and surveys.

Teaching Children with Downs Syndrome about Their Bodies, Boundaries and Sexuality by Terri Couwenhoven

Helpful visuals and step by step directions on how to teach the skills necessary for sexuality discussions.

The Coping Skills Workbook by Lisa Schab

Worksheets based on problem solving through a variety of scenarios. Some themes include dealing with your feelings, adjusting your attitude, asking for help, planning ahead and taking care of yourself.

American Girl Books

A smart girl's guide to sticky situations

A smart girls's guide to friendship troubles

The Care and Keeping of You - The Body Book for Girls

These books have great factual information. The language is in a concrete format that is helpful in navigating some of the gray areas of life.



Curriculums and other Resources

- Family Life and Sexual Health Curriculum by King County Public Health, Washington
<http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx>
Special Education section and appendices with comprehensive downloadable free lesson plans
- Healthy Relationship Bingo and Stress Bingo By Enasco.com
These are classic bingo games with that address the topics above. They are a favorite of our participants.
- Sexuality Education for children and adolescents with developmental disabilities, Sexuality across the Lifespan
By the Florida Developmental Disabilities Council Inc.
<http://www.albany.edu/aging/IDD/documents/parentworkbook.pdf>
This has some helpful visuals, it is a comprehensive curriculum.