



*Center for Autism & Related Disabilities*  
UNIVERSITY OF SOUTH FLORIDA

# WOMEN ON THE SPECTRUM

Resources for women  
and girls with ASD.



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# General Resources

Check out the 'Women on the Spectrum' collection in our FREE eLibrary! It contains a custom curated list of ebooks and audiobooks that explore the unique experiences of women and girls on the autism spectrum.



- Autistic Women and Nonbinary Network
  - New diagnosis guide
- Autism in Women and Girls - AANE
- Temple Grandin's Official Autism Website
- Resources for Women and Girls - Autism Empowerment
- PEPSA Supporting The Mental Health of Female Adolescents and Adults with ASD (Video)
- Supporting Females with Autism Spectrum Disorder within the School Setting (Video)
- Olivia Hops YouTube Channel

# Female Diagnosis & Masking

## **Navigating a Later Diagnosis of ASD in Female Adolescents & Young Adults** (Video)

This presentation will provide parents tools to move forward after a late diagnosis by creating a plan that addresses common female-specific treatment needs, interventions, accessing services and other important resources.

## **Behind the Mask: Supporting Girls and Women with ASD and Mental Health Struggles** (Video)

This presentation will cover the differences in ASD characteristics and the common cooccurring mental health diagnoses commonly seen in girls and women with autism spectrum disorder

## **Katie's Personal Journey To An Autism Diagnosis** (Video)

## **Understanding Autism in Girls: Missed and Misunderstood** (Video)

This presentation will review our growing understanding of how the presentation of symptoms and life experiences of girls with ASD may be different from boys.

# Puberty, Menstruation, & Sexual Health

**Girls on the Spectrum – Preparing for Puberty – Practical Tips from A Mom Who Has Been There!** (Video)

**Menstruation and Autism** (Video)

**What I Should Know About Going To My Gynecologist!** - FCIC

**Taking Care of Your Body: Answers for Girls With Autism**  
- Nemours

## **Autism Parenting Magazine:**

- 10 Ways to prepare to help your child on the Autism spectrum prepare for periods
- Girls with Autism and their menstrual cycle: A social Story

## **ASERT:**

- What is Menstruation?
- Pelvic Exam Social Story

**Autistic Girls: Periods** - Raising Children (AUS)

# Relationships, Dating, & Sex

**Autism in Girls and Women: Developing Social and Personal Relationships** - AANE

**Making friends - a guide for autistic adults** -  
National Autistic Society (UK)

**What I Should Know About Healthy Relationships!** -  
FCIC

**Sex-Ed for Self-Advocates** - OAR

**The Birds and the Bees (Sex Education Curriculum for ASD and DD)** - University of Delaware

**Love on the Spectrum** - Adulting on the Spectrum  
(Podcast)

**Autism Dating: An Honest Dating Guide for Autistic People** - Autism Parenting Magazine

**Romance 101: Dating for Autistic Adults** - CHOP  
Research Institute

# Skincare & Makeup

**Sunscreen for People with Sensory Issues Exists – Try These** – USA Today Reviewed

**Expert Sunscreen Tips for People with Disabilities** - AmeriDisability

**Sensory-friendly Sunscreen for Tactile-sensitive Kids** - NESCA

**Sensory Friendly Skincare** - #ASDNext (an ASERT project)

**Autism and make up** - Ambitious About Autism

**Sensory-Friendly Makeup** - AutismBC

**You Can't Be Autistic Because. . . You Wear Makeup** - Neurodivergent Rebel

**Unmasking Autistic Beauty: How Makeup Empowers Autistic Women to Navigate a Neurotypical World** - U Don't Seem Autistic