

Helpful Resources for Parents/Professionals Supporting Pre-adolescents with I/DD

A Girl's Guide to Growing Up A video series and teaching kit designed for students with mild to moderate disabilities this resource includes teaching guide and packets of 10 student booklets. The instructional material is organized in chapter format, allowing for lesson breaks, instructional focus and revision. Topics include external anatomy, physical and emotional changes of puberty, health and hygiene and privacy and safety. Parent teaching materials are available for purchase separately. Available from <http://www.marshmedia.com/> \$149.95

A Girl's Guide to Puberty & Personal Safety- This video builds on the above video but also includes information about boy's bodies, more detail on female anatomy and functions of sexual organs, a definition of sexual intercourse with an emphasis on privacy and maturity, societal behavior related to public & private, as well as safety information (touching, secrets and strangers). Teaching guides include pre- and post-test measures designed to focus on the important ideas from each chapter. Parent teaching materials are available for purchase separately. Available from <http://www.marshmedia.com/> \$149.95

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All Women Have Periods – An *old* (emphasis on old- 1979) but repetitive video that is extremely helpful for young girls with moderate to severe developmental disabilities who need concrete instruction on how to change a pad. In the video, Jill (who has Down syndrome) learns from her sister how to change a pad. Can be viewed at <https://www.youtube.com/watch?v=qEx2Y5NMJHU> but is rather poor quality.

Changes in You by Peggy Siegel. Published by James Stanfield Company - \$299.00. www.stanfield.com . 800-421-6534. A visual program for teaching pre-adolescents about physical, emotional and social changes that accompany puberty. Includes laminated drawings with

optional teaching scripts on the back of each picture. Comes with teacher's guide and male and female student copies of *Changes in You* books.

First Impressions Can Make a Difference (Module 1- Hygiene)- Published by James Stanfield Company. www.stanfield.com. Includes a "how to take a shower" video using humor and exaggeration. Male and female video \$399. Grooming, dress, and attitude modules also available.

Managing Puberty, Social Challenges, and (almost) Everything- Coulter video 2013. <http://coultervideo.com/> This video, designed for females with autism, includes chapters on puberty, the body, the mind, being social, fashion sense, dating, understanding sexuality, and staying safe. Mainly a teen-aged girl "talking head" explaining concepts with some picture and mini-video examples thrown in.

Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism by Mary Wrobel Published by Future Horizons ISBN: 1-885477-94-5 www.futurehorizons-autism.com . This book contains already developed social stories for teaching about body changes, appropriate sexual behavior, and encouraging independence with hygiene and self care. Great ideas for creating teaching tools using Boardmaker © and Picture This © picture symbol programs.

Teaching Children with Down syndrome about their Bodies, Boundaries, and Sexuality: A Guide for Parents and Professionals by Terri Couwenhoven (2007). A comprehensive "how-to teach" guide that offers practical information and ideas for addressing sexuality issues across the life span. The book includes loads of "use at home" activities that are useful for teaching about the body changes, privacy, and hygiene. Detailed and realistic drawings included in the appendices. Available at www.woodbinehouse.com

<http://kc.vanderbilt.edu/healthybodies/> - includes parental advice for education and teaching tools for sons and daughters with I/DD. Spanish page as well.

Puberty Resources Designed for Individuals with Intellectual Disabilities

The Boy's Guide to Growing Up: Choices & Changes During Puberty by Terri Couwenhoven . A book designed specifically for puberty-aged males with more moderate developmental disabilities (3rd grade reading level). Content includes information about body changes, handling sexual feelings, all with an emphasis on social appropriateness. Available at www.woodbinehouse.com or on Amazon.com

A Girl's Guide to Growing Up: Choices and Changes in the Tween Years by Terri Couwenhoven (2011). A book designed for girls with more moderate intellectual disabilities (3rd grade reading level) about changes that happen during puberty. Content addresses body changes, periods, managing menstruation, handling sexual feelings, and being social appropriate. Includes fun activities to check understanding. Available at www.woodbinehouse.com or on Amazon.com

Changes in You by Peggy Siegel.

Written specifically for girls and boys with cognitive disabilities, this book uses realistic drawings and straightforward language (5th grade reading level) to explain the physical, emotional, and social changes of puberty. Books for males and females are available for purchase separately at [Amazon.com](https://www.amazon.com)

The Growing Up Guide for Boys: What Boys on the Autism Spectrum Need to Know! By Davida Hartman (2015). A compilation of social stories related to a whole range of topics relevant to puberty. Available on Amazon.

The Growing Up Guide for Girls: What Girls on the Autism Spectrum Need to Know! By Davida Hartman (2015). A compilation of social stories related to a whole range of topics relevant to puberty. Available on Amazon.

Video self modeling- changing a pad- This web site link changes often. Google "changing a pad autism" and it usually appears. If your daughter needs a quick review for changing a pad (and she will) find this link on the web. From Hands in Autism®
https://handsinautism.iupui.edu/livingSkills_changingPad.html#.VYn9hE3bldU

Resources on Puberty for the general population that might also work for individuals w/DD:

Changing You: A Guide to Body Changes and Sexuality by Dr. Gail Saltz (2007). Using a direct approach and colorful illustrations of the body this book helps pre-adolescents understand the changes that will happen during puberty, male and female reproductive anatomy (internal and external), pregnancy and birth. Some illustrations may be confusing and abstract for pre-teens with intellectual disabilities. Available on www.amazon.com.

It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health by Robie Harris (1996). Published by Candlewick Press ISBN: 1564021599. A comprehensive book that uses colored, animated illustrations to address male and female puberty, reproduction, birth, sexual orientation, decision making, and staying healthy. This book is a bit more advanced so parents may want to read this with their child. For sale at www.amazon.com

The Care and Keeping of You: A Body Book for Girls by Valerie Lee Schaefer (1998). Published by Pleasant Company Publications, this American Girl "head-to-toe" advice book addresses female puberty changes, hygiene issues, self esteem, fitness, sleep and emotions. Lots of colored pictures (animated) and easier text makes it fun reading for girls with lower reading levels. Includes empowering messages about the body. Available at www.americangirlstore.com

The Period Book: Everything You Don't Want to Ask but Need to Know by Karen & Jennifer Gravelle (1996). This more advanced book for females covers "changes you can see" and "changes you

can't see" but includes information on tampon use, first pelvic exams, and how to handle common problems. Available at www.amazon.com

The Period Diaries (on youtube.com)- This series of videos is archived on YouTube from the www.beinggirl.com web site. Designed for puberty-aged, typically developing females who are about to, or already have their periods, the videos address numerous topics. These short videos are *fast moving* and don't always provide visuals to illustrate what Sarah (the main character) is discussing but for *some girls* these *might* work. Episode 3- Protect those panties, illustrates how to insert a pad into panties and can reinforce the importance of pad usage. Other episodes include:

Episode 1- Period 101

Episode 2- Know your cycle

Episode 3- Protect those panties (using a pad)

Episode 4- Pads vs. liners

Episode 5- Fact or fiction

Episode 6- Acne

And more.....

Period Underwear Products

Period Underwear- Use these instead of pad or tampons or as back up to prevent accidents. These products are designed to catch menstrual flow *without pads or tampons*.

Thinx brand- <https://www.shethinx.com/products/hiphugger-panties>

Modibodi brand- available on Amazon.

Knixteen Underwear are designed to prevent leaks and unwanted smells *while using menstrual products*. Think of them as a backup in case of accidents <https://www.knixteen.com/pages/how-it-works>

Lunapads underwear with removable inserts. www.lunapads.com

Dear Kates- Dear Kate underwear and apparel are include a wick away lining to absorb fluids in case of accidents. www.DearKates.com

Apps

Flo Period Tracker- Helps you remember your last period and when your next one is due. Accurately and reliably helps predict menstruation, log symptoms, and flow.

Clue- Period and ovulation tracking app. Requires inputting of data.