

## Navigating the Unique Experiences & Needs of Autistic Girls & Women: Resource List

### Autism Ontario Webinars and Resources

- [A Focus on Autistic Girls](#) with Stephanie Moeser, Webinar Series.
- [Ask the Doctor: Healthy Sexuality, from Puberty to Adulthood](#) with Dr. Isabelle Hénault, Webinar.
- [FAQ: Getting a Diagnosis of Autism in Adolescence or Adulthood](#), Guidebook.
- [Understanding Autistic Burnout, Inertia, Meltdown & Shutdown](#) with Dr. Christie Welch, Webinar.

### Online Resources

- [Autistic Girls Network](#)
- [Clinical Assessment: Diagnosis guidelines with a focus on the feminine profile](#), Dr. Isabelle Hénault.
- [Fact Sheets & Tips for Teenagers and Parents](#) (see downloads, [Limpsfield Grange Outreach](#)).
- [A Parent's Handbook to Supporting Newly Diagnosed Teens and Pre-Teens](#) – Autistic Girls Network.
- [The Testing Psychologist Podcast. Episode #119: Autism in Girls & Women with Dr. Donna Henderson.](#)
- [Spectrum Women Magazine](#)
- [The Pulse Podcast](#), hosted by the Voices of Autism. This show features news stories, opinions, amazing guests and (almost) all topics are on the table. The Pulse is your source for what's happening in the world right now through a different lens. Available on [Spotify](#) and [YouTube](#).

### AIDE Canada Resources

Autism Ontario has partnered with AIDE Canada to create many toolkits, webinars and infographics covering a wide range of topics. See [AIDE Canada Learning Resources](#) for the entire collection.

- [Alexithymia & Autism](#): When you don't know what emotion(s) you are feeling, Toolkit.
- [Autism & Menopause](#), Toolkit.
- [Healthy Relationships & Sexuality Collection](#), introducing healthy relationships and what it takes to create them. We discuss everything from setting boundaries and healthy communication to pronouns and gender diversity in a Neurodiverse world.
- [Women & Girls Collection](#), featuring information on parenting autistic girls, menstruation, pregnancy, women's stories, and diagnosis.

### Books

*The following books are available to borrow at [AIDE Canada Library](#). AIDE Canada Library is a free service for all Canadians. Their goal is to provide credible, high-quality information on autism and related disabilities.*

- [The Awesome Autistic Go-To-Guide](#), Yenn Purkis and Tanya Masterman.
- [Being Julia](#): A personal account of living with pathological demand avoidance, Ruth Fidler and Julia Daunt.
- [A Different Kind of Normal](#): My real-life, completely true story about being unique, Abigail Balfe.
- [The Educator's Experience of Pathological Demand Avoidance](#), Eliza Fricker.
- [A Guide to Mental Health Issues in Girls and Young Women](#), Dr. Judy Eaton.
- [Nurturing Your Autistic Young Person](#), Cathy Wassell.
- [Odd Girl Out](#): My extraordinary autistic life, Laura James.
- [The Parent's Guide to Managing Anxiety in Children with Autism](#), Raelene Dundon.
- [The Spectrum Girls Survival Guide](#): How to grow up awesome and autistic, Siena Castellon.
- [Tips for parents of girls with autism](#), Tony Lyons and Kim Stagliano Rossi.
- [Unmasking Autism](#): Discovering the new faces of neurodiversity, Devon Price.
- [What's Happening to Ellie?](#) A book about puberty for girls with autism, Kate Reynolds
- [Women & Girls with Autism Spectrum Disorder](#): Understanding life experience from early childhood to old age, Sarah Hendrickx.

