

## Further Sources of Information

### Websites:

- **Aspect (Autism Spectrum Australia):** [autismspectrum.org.au](http://autismspectrum.org.au).

This website contains a number of free **fact sheets** that provide some very helpful information about ASD/Aspergers, including plenty of information that is relevant for teenagers with ASD/Aspergers. I would recommend these fact sheets for parents seeking to educate themselves in order to be better able to support their teenagers with ASD/Aspergers.

- **The Alert Program:** [alertprogram.com](http://alertprogram.com).

The Alert Program has been designed to support parents, teachers, therapists and children to learn the importance of self-regulation. This is especially important for children/teenagers with ASD/Aspergers, as they often have difficulty with self-regulation, due to their sensory processing issues and emotional issues.

The Alert Program website provides the following online courses for the Alert Program, for which you would need to pay to access:

- **Your Best Self The Alert Program For All Online Course.** This seems to be an introductory course that is suitable for any adults who are new to the Alert Program, including parents of teenagers with ASD/Aspergers.
- **Alert Program Online Course.** This seems to be a more in depth course, suitable for therapists who are already familiar with the relevant theory, and for parents and teachers who have already taken the above introductory course.

- ***The Art of Autism:*** [the-art-of-autism.com](http://the-art-of-autism.com)

This website contains a lot of free information that I think could be very helpful for people with ASD/Aspergers, and their families, including plenty of information that I think is relevant for teenagers with ASD/Aspergers, and their parents.

If you scroll down to the black section at the bottom of this website, on the right hand side, under the heading “Categories” is a list of links to the various sections on this website. From this list, you can choose topics that look to be relevant or of interest to you. The link called **“ActuallyAutistic Perspective”** takes you to content created/presented by bloggers who are autistic. In this section, I particularly recommend **“Understanding the Spectrum - A Comic Strip Explanation”** by Rebecca Burgess, which provides an excellent visual explanation on how ASD is not a linear ‘range’ from low to high.

On the left hand side of the black section at the bottom of this website, under the heading “Popular Tags” are links to popular topics in relation to ASD/Aspergers, from which you can choose topics that look to be relevant or of interest to you.

- ***The Autisticats:*** [theautisticats.weebly.com](http://theautisticats.weebly.com)

This website is a blog by four autistic young adults. It’s not being updated any more, but it’s quite recent (2021). It contains free information that I think is relevant for teenagers with ASD/Aspergers, and their parents, although I note that the four autistic young adults who created the website were all diagnosed before they were teenagers.

When trying to support teenagers with ASD/Aspergers, I think it’s important to listen to the points of view of young autistic people themselves. If you scroll down to the bottom of the main page of this website, you will find helpful, informative **essays written by one of the bloggers**, Eden, which you can download. You will also find links to other blogs, websites and articles that you might find helpful and informative.

If you click on the heading called ‘Useful Links’ in the top toolbar of the main page of this website, it will take you to a new page, where you will find links to the following **essays and Ted Talk**, which I think are very helpful and informative:

**Essay:** “Understanding Autism, Aggression, and Self-Injury: Medical Approaches and Best Support Practices” by Clarissa Kripke, MD, FAAFP, Clinical Professor UCSF Family and Community Medicine – posted 17.8.2016.

**Essay:** “If Not ABA Therapy, Then What?” by Maxfield Sparrow, an ABD\* political scientist, who is autistic – posted 7.4.2017 (\*ABD stands for “all but dissertation”).

**Ted Talk:** “Autistic Thriving” by Dawn-Joy Leong.

Dr Leong has a Masters of Philosophy in music composition, and a PhD in Autism, Neurodiversity and Multi-Art Praxis. She is a researcher and multi-artist who is autistic.

#### **Online Articles (free to access):**

- The Asperger/Autism Network (AANE), 2021, *Asperger and Autism Spectrum: Women and Girls (by AANE Staff)*, 25 September 2021, <[aane.org/women-asperger-profiles/](http://aane.org/women-asperger-profiles/)>.
- Spectrum, 10 August 2016, *Deep Dive – The Controversy Over Autism’s Most Common Therapy (by Elizabeth Devita-Raeburn)*, 18 February 2022, <[spectrumnews.org/features/deep-dive/controversy-autisms-common-therapy/](http://spectrumnews.org/features/deep-dive/controversy-autisms-common-therapy/)>.

#### **Books:**

- Attwood, T., Grandin, T. et al, 2016. *Asperger’s and Girls*. 2<sup>nd</sup> ed. Arlington, Texas: Future Horizons, Inc. (1<sup>st</sup> ed. was published in 2006).
- Cohen, T., 2015. *Six-Word Lessons on Female Asperger Syndrome: 100 Lessons to Understand and Support Girls and Women with Asperger’s (The Six-Word Lessons Series)*. Washington: Pacelli Publishing.
- Simone, R., 2010. *Aspergirls: Empowering Females with Asperger Syndrome*. London, UK: Jessica Kingsley Publishers.

- Simone, R., 2012. *22 Things a Woman with Asperger's Syndrome Wants Her Partner to Know*. London, UK: Jessica Kingsley Publishers.
- Willey, L.H., 2015. *Pretending to be Normal: Living with Asperger's Syndrome (Autism Spectrum Disorder) Expanded Edition*. 2<sup>nd</sup> ed. London, UK: Jessica Kingsley Publishers. (1<sup>st</sup> ed. was published in 1999).
- Willey, L.H., 2012. *Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life*. London, UK: Jessica Kingsley Publishers.
- Hendrickx, S., 2015. *Women and Girls with Autism Spectrum Disorder: Understanding Life Experiences from Early Childhood to Old Age*. London, UK: Jessica Kingsley Publishers.

You will notice that the books listed above all relate to females with ASD/Aspergers. That is because, in creating this website, and my Handbook, I was particularly thinking of girls with ASD/Aspergers, given my experiences in relation to myself and my daughter. Many of these books are available in **Autism SA's Resource Library** (either in hard copy, or eBooks, or both).

Besides the books listed above, Autism SA's Resource Library contains many other books that are relevant and helpful for teenagers with ASD/Aspergers, including more books by the above authors, some of which relate to males with ASD/Aspergers, and also many other books by other authors. You might find the books listed above to be helpful, but, since each teenager with ASD/Aspergers is different, you might find that Autism SA's Resource Library contains other books that are more helpful to you and your particular teenager with ASD/Aspergers.

**If you are eligible to register with Autism SA as an Ordinary Member, you can access Autism SA's Resource Library for free.**

My website contains a section called "So, you've obtained a diagnosis of ASD for your teenager – what next?" Under that section, is a segment called "**Register with Autism SA**", where I explain who is eligible to register with Autism SA as an Ordinary Member, and how to register.

If you are not eligible to register as an Ordinary Member with Autism SA, you can apply to become an Associate Member of Autism SA, for an annual fee of \$66.00, which would entitle you to access Autism SA's Resources Library.