

Human Growth and Development Resources I/DD

[Teaching Children with Down syndrome about their Bodies, Boundaries, and Sexuality: A Guide for Parents and Professionals](#) by Terri Couwenhoven. 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. 2nd edition available soon on Amazon.

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

A Boy's Guide to Growing Up- A video series designed for students with mild to moderate disabilities. The teaching kit 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. Streaming opportunities available for a fee <http://www.marshmedia.com/>

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 by chapter format and includes topics on external anatomy, physical and emotional changes of puberty, health and hygiene, privacy and safety. Can be streamed for a small fee. www.marshmedia.com

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

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

Human Growth and Development Resources I/DD

Hygiene

[Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism](#) by Mary Wrobel. 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.

How to take a shower video - from the Autism Connection of Pennsylvania
<https://youtu.be/dcCVfaLkzJk>

[How to change a pad video](#)- This web site link changes often. If link doesn't work, Google "changing a pad autism" and it usually appears. If a quick review for changing a pad is needed, this is a great video.

Adult Down syndrome Center Resource library- <https://adsresources.advocatehealth.com/> has downloadable social stories and other tools for supporting hygiene and teaching showering.

Safety and Exploitation

A Boy's Guide to Puberty & Personal Safety- This video includes information about girl's bodies, more detail on male anatomy, 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) are included. Teaching guides include pre- and post-test measures designed to focus on the important ideas from each chapter. Streaming opportunities available for a fee <http://www.marshmedia.com/>

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. Streaming options available for a fee <http://www.marshmedia.com/>

Human Growth and Development Resources I/DD

Puberty resources not specific to individuals with I/DD (advanced reading levels)

Changing You: A Guide to Body Changes and Sexuality by Dr. Gail Saltz. 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. .

It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health by Robie Harris . 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.

The Care and Keeping of You: A Body Book for Girls by Valerie Lee Schaefer. 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.

www.Amaze.org - a wide selection of short, animated educational videos on a variety of sexuality topics, including puberty. These are designed for typical population but some may be appropriate for students with I/DD.

Helpful Resources Parents of Loved Ones with I/DD

[*Teaching Children with Down syndrome about their Bodies, Boundaries, and Sexuality: A Guide for Parents and Professionals*](#) by Terri Couwenhoven. 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 soon on Amazon.

<https://vkc.vumc.org/healthybodies/> - includes parental advice for education and teaching tools for sons or daughters with I/DD. Spanish page as well.

<https://www.planetpuberty.org.au/> - a wonderful site for parents of loved ones with intellectual disabilities that includes clear information, interactive games, and videos on a variety of issues and concerns that surface during the tween years.

Human Growth and Development Resources I/DD

Period Underwear Products- Some females these “period underwear” instead of pads or tampons or as back up to prevent accidents. These products are designed to catch menstrual flow *without pads or tampons*. An article that discussed [best period underwear products](#).