**‘Girls with ASD’ Resources**

**Link to our POPARD Handout:**

* <https://autismoutreach.ca/learningportal-autism101-girls-on-the-autism-spectrum/>

**PDF (‘Autism, Girls, and Keeping it all Inside’) written by Autistic Girls Network:**

* <https://autisticgirlsnetwork.org/keeping-it-all-inside.pdf>

**Websites:**

* [*https://www.hopkinsallchildrens.org/Patients-Families/Health-Library/HealthDocNew/Taking-Care-of-Your-Body-Answers-for-Girls-With-A*](https://www.hopkinsallchildrens.org/Patients-Families/Health-Library/HealthDocNew/Taking-Care-of-Your-Body-Answers-for-Girls-With-A)
* [*https://autismawarenesscentre.com/prepare-girl-autism-menstruation/*](https://autismawarenesscentre.com/prepare-girl-autism-menstruation/)
* [*https://www.autismspeaks.org/sites/default/files/2018-08/Puberty%20and%20Adolescence%20Resource.pdf*](https://www.autismspeaks.org/sites/default/files/2018-08/Puberty%20and%20Adolescence%20Resource.pdf)
* Kelty Mental Health Resources for ASD  
  <https://keltymentalhealth.ca/collection/keltys-recommended-resources-autism-spectrum-disorder>

**Videos:**

* **“Ask an Autistic” Series** – Amythest Schaber  
  <https://www.youtube.com/user/neurowonderful>
* **Women & Girls with Autism – Video Learning Series** – Autism Community Training (ACT), 2018  
  <https://www.actcommunity.ca/education/videos/women-and-girls-with-autism>
* **“Girls Have Autism Too – Social Skills” –** AutismBC Talk, 2020  
  <https://www.youtube.com/watch?v=byUzLZ4Ykpo&list=PLxecJeyoH5n2Y8q3PedM3WVPbRAjThrwv&index=7&t=1403s>
* **“Practical Strategies for Supporting Mental Wellness of Teenage Girls and Women with ASD” – Dori Zener via Autism Community Network (ACT) Video Series**  
  <https://www.actcommunity.ca/education/videos/practical-strategies-for-supporting-mental-wellness-of-teenage-girls-and-women-with-asd>

**Audio Podcast:**

* **“Different Brains® Spectrumly Speaking”** – Haley Moss & Dr. Lori Butts  
  <https://www.differentbrains.org/category/spectrumly-speaking/>

**Blogs:**

* **“Actually Autistic Blogs List”**   
  <https://anautismobserver.wordpress.com/>

**Online Learning:**

* **“Girls on the Autism Spectrum”** – Autism Internet Modules  
  <https://autisminternetmodules.org/mod_intro.php?mod_id=205>
* **“Camouflaging in Autism”** – Frontiers for Young Minds  
  <https://kids.frontiersin.org/article/10.3389/frym.2019.00129>

**TED Talks:**

* **“Women and autism: towards a better understanding”** – Sarai Pahla  
   <https://www.youtube.com/watch?v=_MA7o6FgPRU>
* **“Invisible diversity: A story of undiagnosed autism”** – Carrie Beckwith-Fellows  
   <https://www.youtube.com/watch?v=cF2dhWWUyQ4>
* **“Copy & Paste – Hidden Asperger’s – Girls with Aspergers”** – Niamh McCann  
   <https://www.youtube.com/watch?v=QY2ctCuTWPw>
* **“Neurodiversity – the key that unlocked my world”** – Elisabeth Wiklander  
   <https://www.youtube.com/watch?v=Qvvrme5WIwA&t=47s>
* **“How I learned to communicate my inner life with Asperger’s”** – Alix Generous  
   <https://www.youtube.com/watch?v=3yfFwDq4R5M>
* **“How autism freed me to be myself”** – Rosie King  
   <https://www.youtube.com/watch?v=jQ95xlZeHo8>
* **“The world needs all kinds of minds”** – Temple Grandin  
   <https://www.youtube.com/watch?v=UKhg68QJlo0>
* **“Autism: A quick trip to my home planet”** – Monique Botha  
   <https://www.youtube.com/watch?v=NCAErePScO0&t=438s>
* **“My brain isn’t broken”** – Tashi Baiguerra   
   <https://www.youtube.com/watch?v=D8j1fcQiyBU&t=76s>

**Organizations/Networks**

* **Aspire: The Female Autism Network**  
  <https://aspirefemaleautismnetwork.wordpress.com/>
* **Autistic Women and Nonbinary Network**  
  <https://awnnetwork.org/about/>
* **Autistic Women’s Association**  
  <https://www.facebook.com/autisticwomensassociation/>
* **Good Company – An Autistic Women & Nonbinary Support Group**  
  <https://dorizener.com/good-company/>

**Books:**

* **A Different Way of Thinking – 30 Books About Autistic Mighty Girls”** <https://www.amightygirl.com/blog?p=14948>
* **Borrow Books from BC Childrens Hospital:** <https://bcch.andornot.com/en/list?q=autism&p=1&ps=20>

**Gender Identity & ASD:**

* **LGBTQ2S+ Toolkit, Celebrating Neurodiversity, Gender Diversity and the Community** <https://aidecanada.ca/resources/learn/education/lgbtq-toolkit>
* **I CAN network:** <https://icannetwork.online/autistic-lgbtqia/>
* **The MIND institute** (Uni of California) has the **Neurodivergent Girls and Nonbinary Teen Group (virtual)** Info: <https://health.ucdavis.edu/news/headlines/new-virtual-support-group-for-neurodivergent-girls-nonbinary-teens-/2021/10>