



5 WAYS to support **Autistic Females**

Every child diagnosed with Autism Spectrum Disorder is unique. The following are considerations for anyone supporting an autistic female, at home, in the school setting, or in the community.

1. FOSTER **SENSE OF IDENTITY**



- Help autistic girls develop a strong sense of identity by providing opportunities to explore how autism affects them, thereby supporting them in becoming more self-aware of strengths and challenges

2. PROVIDE OPPORTUNITIES TO **CONNECT TO OTHERS WITH SIMILAR EXPERIENCES**

- Connect to community of Autistic girls and women
 - Help people build networks that promote resilience, wellbeing, and stigma-resistance
 - BC Girls Club – <https://www.ingirlsclub.com/>



3. PROVIDE OPPORTUNITIES TO **CONNECT TO OTHERS** **WITH SIMILAR INTERESTS**

- Based on recreation or interests
 - In schools, often implemented by Teachers or Educational Assistants
 - In community, may be offered by community centers, sports clubs, recreation clubs, or organizations such as:
 - AutismBC – <https://www.autismbc.ca/programs/connection/social-clubs/>
 - Canucks Autism Network – <https://www.canucksautism.ca/>
 - BCEdAccess Society – <https://bcedaccess.com/>
 - Co Make Do – <https://www.comakedo.ca/>



4. SUPPORT **MENTAL WELLNESS**

- Because girls and women on the spectrum often have challenges recognizing and expressing emotions, they may require more support or benefit from different types of strategies when compared to their neurotypical peers



- Beginning September 1, 2020: Family Counselling/Therapy returns as an eligible program expense for those over 6 years old accessing the Autism Funding program
- For more information on mental wellness:
 - “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>
 - Keltly Mental Health Resources for ASD: <https://keltymentalhealth.ca/collection/keltys-recommended-resources-autism-spectrum-disorder>

5. TEACH SOCIAL SAFETY



- Help girls and women with ASD learn ways to stay safe in relationships
 - Girls can benefit from learning how to manage a range of social situations, and be explicitly taught topics such as consent, healthy and unhealthy relationships, appropriate touch and feelings
 - Where possible, teach girls to be assertive and question action of others

FURTHER RESOURCES & INFORMATION

VIDEOS

“Ask an Autistic” Series” – Amythest Schaber

<https://www.youtube.com/user/neurowonderful>

Women & Girls with Autism – Video Learning Series – Autism Community Training (ACT)

<https://www.actcommunity.ca/education/videos/women-and-girls-with-autism>

“Girls Have Autism Too – Social Skills” – AutismBC Talk

<https://www.youtube.com/watch?v=byUzLZ4Ykpo&list=PLxecJeyoH5n2Y8q3PedM3WVPbRAjThrwv&index=7&t=1403s>

AUDIO PODCAST

“Different Brains® Spectrumly Speaking” – Haley Moss & Dr. Lori Butts

<https://www.differentbrains.org/category/spectrumly-speaking/>

ONLINE INFORMATION

“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>

BLOGS

"Actually Autistic Blogs List"

<https://anautismobserver.wordpress.com/>

TED TALKS AND TEDX 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 AND 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

FOR GIRLS

"The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic" – [Siena Castellon](#)

"I am an Aspie Girl" – [Danuta Bulhak-Paterson](#)

"Aspergirls" – [Rudy Simone](#)

"Autism and Girls" – [Tony Attwood](#), [Temple Grandin](#), [Catherine Faherty](#)

FICTION BOOKS FOR KIDS

"A Different Way of Thinking – 30 Books About Autistic Mighty Girls"

<https://www.amightygirl.com/blog?p=14948>

FOR PARENTS

"Parenting Girls on the Autism Spectrum" – [Eileen Riley-Hall](#)

"Girls Growing Up on the Autism Spectrum" – [Shana Nichols](#)

"What Every Autistic Girl Wishes Her Parents Knew" – [Emily Paige Balliou](#), [Kristina Thomas](#) & [Sharon daVanport](#)

FOR WOMEN

"Odd Girl Out" – [Laura James](#)

"Spectrum Women – Walking to the Beat of Autism" – [Barb Cook](#) & [Dr. Michelle Garnett](#)

"Camouflage: The Hidden Lives of Autistic Women" – [Dr. Sarah Bargiela](#)

"Autism in Heels: The Untold Story of a Female Life on the Spectrum" – [Jennifer Cook O-Toole](#)

