



Girls with Autism: Resource List



Disclaimer

The goal of this resource list is to provide a wide variety of information that demonstrates the landscape of research and unique lived experiences of girls and women with autism. This is meant to highlight areas of strength, encourage better supports, and promote greater awareness of autism in girls.

The resources come from various sources, ranging from scientific research to personal experiences. It is understood that some of these resources may reflect language, descriptors, and identifiers which are outdated or are personal to the individuals using them; however, it was determined that there remains valuable information within each of these sources. The following resources are organized by age based on descriptions by authors. While they have been previewed, not all resources included here have been read entirely by START staff and may or may not be suitable for some readers. START does not endorse particular individuals, networks, or the entities found here.

Table of Contents

[Resources by Type](#)

[Articles](#)

[Books](#)

[Websites](#)

[Online Networks](#)

[Videos and Interviews](#)

[Podcasts](#)

[Training Modules](#)

[Webinars](#)

[PowerPoints](#)

[Resources by Topic](#)

[Background Information](#)

[Diagnosis](#)

[Signs & Behaviors](#)

[Overview](#)

[Camouflaging](#)

[Health, Puberty, & Sexuality](#)

[Personal Experiences](#)

[Gender Identity](#)

[Interventions](#)

Resources by Type

Articles

General

- [In a World of Her Own... Re-presenting Alienation and Emotion in the Lives and Writings of Women with Autism](#) (2008)
- [Are Girls with Autism Hiding in Plain Sight?](#) (2015)
- [Autism—It's Different in Girls](#) (2016)
- [Invisible Girls](#) (2018)
- [Vanderbilt: Healthy Bodies for Girls](#)
- [Why it's Time to be Honest about Autistic Women and Sex](#)

Scientific

- [The Art of Camouflage: Gender Differences in the Social Behaviors of Girls and Boys with Autism Spectrum Disorder](#) (2016)
- [The Female Autism Phenotype and Camouflaging: A Narrative Review](#) (2020)
- [Barriers to Autism Spectrum Disorder Diagnosis for Young Women and Girls: A Systematic Review](#) (2020)

Books

- [START Girls with Autism: Book List](#)

Websites

- [Autistic Girls May Experience More Emotional Challenges than Autistic Boys Do](#)
- [Autistic Girls: Periods](#)
- [Autism in Adult Women: "You don't seem autistic to me"](#)
- [The Costs of Camouflaging](#)
- [Gender Identity and Autism](#)
- [Girls and Autism: Overcoming the Gender Gap to Ensure Best Outcomes](#)
- [Girls on the Autism Spectrum are Being Overlooked](#)
- [Interventions for Girls and Women on the Autism Spectrum](#)
- [The Invisible Girls on the Autism Spectrum](#)
- [OAR: New TV Shows Feature Women with Autism](#)
- [OCALI: Girls and Women on the Autism Spectrum](#)
- [Social Camouflage May Lead to Underdiagnosis of Autism in Girls](#)
- [START Sexual Health and Puberty Resources](#)

- [Spectrum News: The Lost Girls](#)
-

Online Networks

- [Autistic Women and Nonbinary Network \(AWN\)](#)
-

Videos and Interviews

- [The Chameleons: Women with Autism](#) (8:50)
 - [Changing the Face of Autism: Autism in Females](#) (25:23)
 - [OCALI: Autism and Girls-- What's the Difference?](#) (54:46)
 - [Sexuality Education Shorts: Consent](#)
 - [Being a girl with autism](#) (2:50)
 - [TEDTalk: How Autism Freed Me to Be Myself](#) (6:12)
 - [TEDTalk: Hidden Asperger's—Girls with Asperger's](#) (10:04)
 - [TEDTalk: Invisible Diversity: A Story of Undiagnosed Autism](#) (17:11)
-

Podcasts

- [Autism POVs: Gender and Autism](#) (20:21)
 - [OCALI: Girls and Women on the Autism Spectrum](#)
 - Females on the autism spectrum are 4 times less likely to be diagnosed with autism than males. But why? (1:01)
 - Why are girls often overlooked or diagnosed later in life and why does their road to diagnosis often take detours along the way? (4:49)
 - Do you really have autism? A familiar question asked of many autistic women. (6:47)
 - Camouflaging: What is it? What are its benefits? What are the costs of camouflaging? (5:18)
 - What are some of the differences in characteristics between females and males with autism? (2:07)
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Training Modules

- [Autism Internet Modules \(AIM\): Girls on the Autism Spectrum](#) (Requires free account setup)
-

Webinars

- [Autism 208: Hiding in Plain Sight—Girls with Autism Spectrum Disorder](#)
-

PowerPoints

- [Autism and Girls: Closing the Gender Gap](#)
- [Girls with ASD](#)
- [Menstruation Social Story](#)

Resources by Topic

Background Information

Articles

- [Are Girls with Autism Hiding in Plain Sight?](#) (2015)
- [Autism—It's Different in Girls](#)
- [Invisible Girls](#) (2018)

Podcasts

- [OCALI: Girls and Women on the Autism Spectrum](#)
 - Do you really have autism? A familiar question asked of many autistic women (6:47)

Websites

- [A Brief Overview of Autism Spectrum Disorder in Girls](#)
- [OAR: New TV Shows Feature Women with Autism](#)
- [OCALI: Girls and Women on the Autism Spectrum](#)
- [Spectrum News: The Lost Girls](#)

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Diagnosis

Articles

- [Barriers to Autism Spectrum Disorder Diagnosis for Young Women and Girls: A Systematic Review](#)

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- [Autistic Girls May Experience More Emotional Challenges than Autistic Boys Do](#)
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Signs & Behaviors

Overview

Websites

- [Autism in Girls Checklist](#)

Camouflaging

Articles

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- [Vanderbilt: Healthy Bodies for Girls](#)
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Websites

- [Autistic Girls: Periods](#)
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- [Sexuality Education Shorts: Consent](#)
- [Being a girl with autism](#) (2:50)

Books

- [A Guide to Mental Health Issues in Girls and Young Women on the Autism Spectrum](#), by Dr. Judy Eaton
- *The Aspie Girl's guide to Being Safe with Men*, by Debi Brown
- *The Autism Friendly Guide to Periods*, by Robyn Steward
- *The Growing Up Guide for Girls: What Girls on the Autism Spectrum Need to Know!*, by Davida Hartman
- *Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life*, by Liane Holliday Willey

PowerPoints

- [Menstruation Social Story](#)

Personal Experiences

Articles

- [In a World of Her Own... Re-presenting Alienation and Emotion in the Lives and Writings of Women with Autism](#) (2008)
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