

Puberty Education for males with I/DD

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

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/>

[*The Growing Up Guide for Boys: What Boys on the Autism Spectrum Need to Know!*](#) By Davida Hartman (2015). A compilation of social stories related to a whole range of topics relevant to puberty. Available on Amazon.

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. Available on Amazon.

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

Adult Down syndrome Center Resource library- <https://adscresources.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/>

Puberty Education for males with I/DD

Helpful Resources for Parents with tweens who have 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.

[Amaze.org](#)- a wide selection of short, animated educational videos on a variety of sexuality topics, including puberty.