




Autism and Girls

Why is it different?



Information from the NAS about the 'gender gap'.

Checklist

Autism in Girls - Detailed Checklist	
	Possible characteristics These may change in severity depending on environmental/ social/health context. They will not all be present in one individual, but a significant number of them would suggest a referral for assessment might be helpful.
Friendships tends to have best friendships just one or two intense friendships/friendships on one person (collecting or hoarding things on the edge of things, social media/friendships or being by peers / friends/peer/friend from group to group) May stress about possibility of a relationship, participate a low interest or flexible new friendship. May be very loyal	
Interests different to peers, sometimes immature - may have special object for comfort e.g. teddy bear - may play with younger children or older children. Some of interests may seem odd, quirky or different from others. Interests sometimes very intense	
Intense interests may be very specific and restricted (could be similar to most girls e.g. books/animals/clothes/food/dance) but more intense and repetitive and less imaginative.	

Details of how autistic characteristics can differ in girls.

How to support in school



Victoria Honeybourne, autistic woman and teacher, writes about hidden difficulties and how to help.

Autistic and proud!



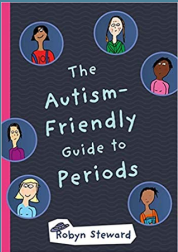
Carly Jones MBE talks about being an autistic woman and her experiences.
16+

Videos from young people



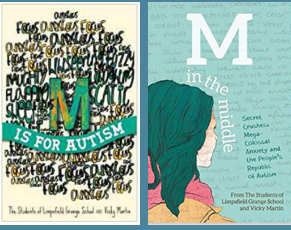
Here, a young person from Barnardo's Girls Group talks about 'understanding myself as an autistic girl'.

Guide to Periods



Written by an autistic female, this includes direct advice on what periods look and feel like and how to manage hygiene and pain.

M Books



Books written by students from Limsfield Grange based on their own experiences of feeling different. Aimed at ages 9-13

Books by Holly Smale



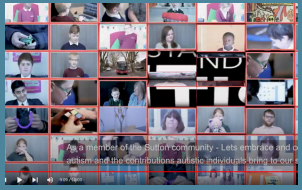
Holly herself is autistic but was only diagnosed as an adult, so only recently realised her main character is also autistic!
Aimed at 11+

Different Minds Podcast



Podcast celebrating the different ways our brain can work and interpret information.
All about neurodiversity, some autism specific episodes.

Young Sutton Voices



Hear from other young autistic people in Sutton, about what autism means to them.

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