



What's Happening to Ellie?: A book about puberty for girls and young women with autism and related conditions (Sexuality and Safety with Tom and Ellie)

By *Kate E. Reynolds*

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Ellie notices that her body is changing. Hair is growing in new places and there are other changes happening too. Ellie's mum helps her understand that she has started growing into a woman.

Following Ellie as she begins to notice changes to her body, this simple resource helps parents and carers teach girls with autism and related conditions about puberty. It covers all the changes that they will experience, both emotional such as new feelings and physical such as periods. This fully illustrated positive and entertaining book provides the perfect opportunity to talk about puberty with girls and young women with autism or related conditions.

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Editorial Review

Review

These attractively illustrated books, with their clear, anatomically correct pictures and simple, unambiguous text, deal bravely with the aspects of sexuality that are challenging to teach and will facilitate discussion and learning. They will be a very welcome addition to the bookshelves of families who have an adolescent on the autism spectrum. -- Sarah Attwood, author of *Making Sense of Sex* This series is perfect for use in sex education classes. An excellent and very helpful choice for professionals working with people with ASD! -- Ioannis Voskopoulos-Labrini Ioannou, psychologist In very simple, unambiguous text and quite graphic pictures, we see Ellie beginning to grow up and the signs that she notices as she does so - hair in unusual places, spots, enlarging breasts, larger hips, and periods...while meant for girls on the autistic spectrum, this could be of real use to any young girl facing the challenges of growing up. *HealthyBooks*

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These attractively illustrated books, with their clear, anatomically correct pictures and simple, unambiguous text, deal bravely with the aspects of sexuality that are challenging to teach and will facilitate discussion and learning. They will be a very welcome addition to the bookshelves of families who have an adolescent on the autism spectrum. (Sarah Attwood, author of *Making Sense of Sex*)

This series is perfect for use in sex education classes. An excellent and very helpful choice for professionals working with people with ASD! (Ioannis Voskopoulos-Labrini Ioannou, psychologist)

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About the Author

Kate E. Reynolds, MSc (Dist) BSc. RGN. PGDipHEd. PGDipCouns., worked for the UK's National Health Service for 18 years, seven of which were in HIV/Aids and sexual health as a Clinical Nurse Specialist, Senior Counsellor and staff trainer. In 2005 Kate's son was diagnosed as having 'classic' autism with intellectual (learning) disabilities. Since then, Kate has written several books for JKP about sexuality education and autism/intellectual disabilities. She is a researcher and public speaker; in 2016 she spoke at an All Party Parliamentary Group meeting about sex education and disability and speaks extensively with parents and caregivers.

Jonathon Powell completed a Diploma of Fine Arts and a Bachelor of Animation at Griffith University, Queensland. He has illustrated material for Family Planning Queensland, including several brochures, an education manual, 'Talking About It', and a CD-ROM package, 'Puberty Plus'. Jonathon has also illustrated 'Making Sense of Sex' by Sarah Attwood, published by JKP. He lives in Brisbane, Australia.

Users Review

From reader reviews:

Sheila Walker:

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