

## Dear Trusted Adult,

Changes! Puberty can begin between the ages of 8-16 and with it can come many changes to a person's body, feelings and relationships. This kit is designed to help you support Autistic young people in learning about puberty and navigating those changes as they grow into adults.

Here are some tips:

### **Reflect on your feelings, values and biases about puberty and sexuality** –

Be honest with yourself. Use the reflection questions in the activity card deck to help you.

**Be gender inclusive** – It's valuable for all of us to learn about the human body and others' experiences - to better understand friends, siblings, or future partners.

**Consider your relationship with the young person** – Whether you have a personal or professional relationship can guide how much you share personal opinions, values and experiences. If you're a mandatory reporter, it's important to let young people know. Consider: Who are other trusted adults that they could turn to to learn more about values and culture? How can you support them in developing their own values and opinions?

**Get the facts** – Educate yourself on the basics of puberty and sexuality. All young people need the same basic information, and they need it presented to them in the ways that they learn best.

**Be proactive** – Don't wait for a crisis. Open the lines of communication and keep them open. Learning about puberty and sexuality is a process and repetition can be helpful.

**Listen** – Only young people can tell you what they know, what they want to know and what they need to know. Pay attention to all the ways they are communicating with you, which can include nonverbal communication like body language, emotions, and gestures.

**Be concrete** – Use medically accurate language and keep it simple and frank. Use scenarios to make things more realistic.

**Mix it up** – Use books, items that can be touched, visuals, games, videos, websites. Interaction is more engaging than lecture!

**Consider how each young person learns best** – Which kit materials are most relevant? Will the resources that are online be more helpful or those in print? Are they more comfortable with visuals? Also, consider sensory needs such as sensitivity to touch and scents.



**Respond honestly** – Let young people know that their questions are welcome.

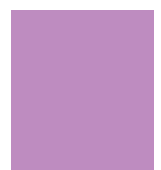
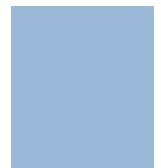
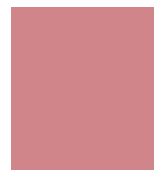
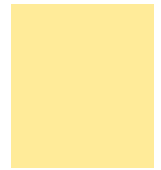
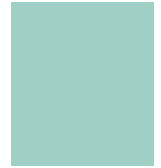
- 1) **Affirm** the question (Example: “Thanks for asking. Many people your age wonder about that.”)
- 2) **Clarify** the question and get more information (Example: “When you say the word \_\_\_\_\_, what do you mean by that?”)
- 3) **Answer** the question addressing facts, and helping to explore the feelings and values behind the question.

**Give all the information** – Trust that young people are capable of making thoughtful decisions that align with their values, especially when they have the needed facts and opportunities to discuss the options with a supportive adult.

**Don’t worry about...**

- **Being embarrassed (or not).** They may be embarrassed, too. Practice can make it easier!
- **Not having all the answers.** No one does! Just follow up by offering to find the answer or connecting them with someone who does.

**Be consistent** – Make sure all support people are providing accurate information and resources to young people about puberty and sexuality.



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**References:**

1. Centre for Sexuality’s Supporting Sexuality in People with Developmental Disabilities Workshop.
2. Sexual Health Equity for Individuals with Intellectual/Developmental Disabilities (SHEIDD).

This resource was supported in part by Grant Number TP1AH000243-01 from the HHS Office of Population Affairs. Contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department of Health and Human Services or the Office of Population Affairs.



## What you will find in this kit

**Activity cards** with self-reflection activities, cultural exploration activities, conversation starters, and teaching guides.

**Body care cards** with photos of items like deodorant, hair combs, and period products, as well as gender affirming supplies to support transgender youth. They can be helpful to start conversations about what items are for, how often they are used, and how to use them safely. Some items may be familiar and some may be new.

Find information and talking tips for the body care cards in the "Puberty Education Kits" section of our web page:

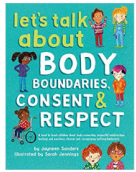
[www.multco.us/services/sexual-health-education](http://www.multco.us/services/sexual-health-education)



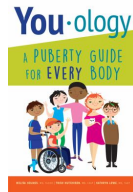
**Resource list** with more information and services.

**Kit evaluations** – we'd love your feedback!

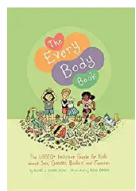
### Books (in order by reading level):



1) *Let's Talk About Body Boundaries, Consent and Respect*  
by Jayneen Sanders



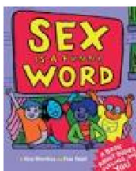
6) *You-ology: A Puberty Guide for Every Body*  
by Melisa Holmes



2) *The Every Body Book: The LGBTQ+ Inclusive Guide for Kids about Sex, Gender, Bodies, and Families*  
by Rachel E. Simon



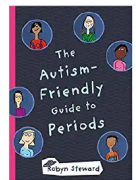
7) *Calling the Moon: 16 Period Stories from BIPOC Authors*  
Edited by Yamile Saied Méndez and Aida Salazar



3) *Sex Is A Funny Word*  
by Cory Silverberg



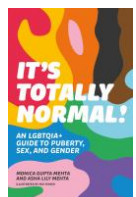
8) *Puberty is Gross but Also Really Awesome*  
by Gina Loveless



4) *The Autism-Friendly Guide to Periods*  
by Robyn Steward



9) *Wait, What? A Comic Book Guide to Relationships, Bodies, and Growing Up*  
by Heather Corinna



5) *It's Totally Normal! An LGBTQIA+ Guide to Puberty, Sex and Gender*  
by Monica Gupta Mehta



10) *Sex Positive Talks to Have With Kids*  
by Melissa Pintor Carnagay



# Youth Sexual Health Resource List



## Relationship Support



**Bradley Angle  
House Shelter**  
503-232-1528  
[bradleyangle.org](http://bradleyangle.org)



**Call to Safety\* 24/7**  
503-235-5333 or  
888-235-5333  
[calltosafety.org](http://calltosafety.org)



**Proyecto UNICA\***  
(servicios en español)  
503-236-9591  
[elprograma.org/unica](http://elprograma.org/unica)



**SARC\***  
(Sexual Assault  
Resource Center)  
503-640-5311  
[sarcoregon.org](http://sarcoregon.org)

**VOA Home Free**  
503-771-5503  
Teen Advocate\* Cell:  
503-388-8211 (text  
8a-5p M-F)



**Youth Line 24/7 Teens  
Helping Teens (4-10 pm)**  
1-877-331-9474 OR  
Text TEEN2TEEN to 839863  
[oregonyouthline.org](http://oregonyouthline.org)

## Culturally Specific Advocacy & Support



**Bradley Angle Healing  
Roots Program**  
503-595-9591  
[tinyurl.com/heal-roots](http://tinyurl.com/heal-roots)  
*African American domestic  
violence survivors*



**IRCO**  
(Immigrant & Refugee  
Community Organization)  
503-234-1541  
[irco.org](http://irco.org)



**Latino Network**  
503-283-6881  
[latnet.org](http://latnet.org)



**NAYA**  
(Native American Youth  
And Family Center)  
503-288-8177  
[nayapdx.org](http://nayapdx.org)



**Ross**  
(Russian Oregon  
Social Services)  
503-777-3437  
[emoregon.org/ross](http://emoregon.org/ross)



**SEI**  
(Self Enhancement, Inc)  
503-249-1721  
[selfenhancement.org](http://selfenhancement.org)  
*Supporting at-risk urban youth*

## Disability Specific Support



**Autism Society of  
Oregon**  
[autismsocietyoregon.org](http://autismsocietyoregon.org)  
1-888-288-4761 *Resources,  
education, advocacy for  
those living with autism*



**Multnomah County  
IDD Services**  
[multco.us/dd](http://multco.us/dd)  
*Services for people  
with intellectual and/or  
developmental disabilities*

**Project DART**  
(Disability Awareness  
Resource Team)  
503-988-6481



**Sexual Health Equity for  
Individuals with Intellectual/  
Developmental Disabilities  
(SHEIDD)**  
[ohsu.edu/sexual-health-for-all](http://ohsu.edu/sexual-health-for-all)  
*Sexual health education resources  
to support people with disabilities*

\* You can talk to someone who is not a mandatory reporter – ask to confirm



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## LGBTQ Services & Support

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**Bradley Angle House**

503-232-7805

[tinyurl.com/lgbtq-svcs](http://tinyurl.com/lgbtq-svcs)*LGBTQ domestic violence support***LGBT National Youth Talkline**

1-800-246-7743

[teenlineonline.org](http://teenlineonline.org)*Support & resources for LGBTQ+ youth***Q Center**

503-234-7837

[pdxqcenter.org](http://pdxqcenter.org)*Safe space to support and celebrate LGBTQ community***TransActive Gender Center**

503-252-3000

[tinyurl.com/transactivesupport](http://tinyurl.com/transactivesupport)*Services and support for gender diverse children, youth & families***SMYRC (Sexual & Gender Minority Youth Resource Center)**

503-872-9664

[smyrc.org](http://smyrc.org)**The Trevor Project**

1-866-488-7386

[thetrevorproject.org](http://thetrevorproject.org)*Crisis counseling & support for LGBTQ+ youth*

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## Informational Websites

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**Amaze**[amaze.org](http://amaze.org)*Videos for 6th-8th graders about sexual and reproductive health***AWN (Autistic Women & Nonbinary Network)**[awnnetwork.org/blog](http://awnnetwork.org/blog)*Blog about experiences of Autistic people of marginalized genders***Awkward or Not?**[awkwardornotapp.org](http://awkwardornotapp.org)*A quiz to see how ready your parents are to talk about dating and sex***I Wanna Know!**[iwannaknow.org/teens](http://iwannaknow.org/teens)*Sexual health information***KidsHealth**[kidshealth.org/en/kids](http://kidshealth.org/en/kids)*Information on bodies and staying healthy***Love is Respect**[loveisrespect.org](http://loveisrespect.org)*Empowering young people to prevent & end abuse*

### Fragrance Free Personal Care Products

[Brownstargirl.org](http://Brownstargirl.org)[East Bay Meditation Center](http://East Bay Meditation Center)

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## Health Services

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**Crisis Line (24/7)**

503-988-4888

[tinyurl.com/multcomhcrisis](http://tinyurl.com/multcomhcrisis)**Multnomah County STD Services**

503-988-3700

[tinyurl.com/multcostd](http://tinyurl.com/multcostd)**Planned Parenthood**

503-788-7273

[plannedparenthood.org](http://plannedparenthood.org)**Student Health Centers**

503-988-4424

[tinyurl.com/studenthc](http://tinyurl.com/studenthc)

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## Personal Resources

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People I can talk to about puberty and sexuality are:

\* You can talk to someone who is not a mandatory reporter – ask to confirm



# Kit evaluations--we'd love your feedback!

Thank you for using a Puberty Education Kit! Please answer these questions to help us get better. Leave this survey in the tote bag when you're done.

## Are you a young person or an adult?

- Young person (under 18 years old)
- Adult (over 18 years old)  
If you are an adult, what is your relationship to the young person with whom you used this kit?

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## Which Puberty Education Kit did you use?

- Autism-specific
- Black/African American culture-specific
- Latin culture-specific

## What did you like about this kit? Please share details.

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More to share? Feel free to write on the back of this sheet.

## What is something you learned from using this kit?

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More to share? Feel free to write on the back of this sheet.

## What would make this kit better? Please share details.

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More to share? Feel free to write on the back of this sheet.

## Would you recommend this kit to someone else? Yes No

If you would like to share more feedback about this kit, please contact Molly by emailing [molly.c.franks@multco.us](mailto:molly.c.franks@multco.us) or calling 503-806-3946.



Library staff: Please send completed surveys to Community and Adolescent Health I/O 448/02/0000.

