



RESOURCES

FOR HELPING AUTISTIC CHILDREN AND TEENS



WHERE TO START? – UNDERSTANDING AUTISM AND GENERAL SELF-HELP RESOURCES



RAISING CHILDREN – AUTISM PAGES **[HTTPS://RAISINGCHILDREN.NET.AU/AUTISM](https://raisingchildren.net.au/autism)**

Very reliable, researched information about Autism, including information about assessment and interventions that will or will not help.

AMAZE **[HTTP://WWW.AMAZE.ORG.AU/](http://www.amaze.org.au/)**

Information about Autism, explanations of funding streams and links to support groups and play groups. They also run Autism Connect, which is an information service to help people understand how to get help with Autism assessments, education, NDIS, finding Autism friendly places, managing life at home etc.

ASPECT – AUTISM SPECTRUM AUSTRALIA **[HTTPS://WWW.AUTISMSPECTRUM.ORG.AU](https://www.autismspectrum.org.au)**



See their “Quick Guide to Autism” for reliable information and understanding Autism. This organization has many fact sheets, blogs, podcasts, and workshops on a large range of topics, from understanding all things Autism, to navigating the NDIS, to toilet training, to managing meals, and positive behaviour support. Aspect also run some community-based services to help teens and adults engage in the community, learning independence skills and getting ready for work. Materials can be more focused on assistance for people with higher needs.



GETTING A BIT MORE INDEPTH – MORE SPECIFIC AUTISM RESOURCES



“THE ASPERKID’S (SECRET) BOOK OF SOCIAL RULES” BY JENNIFER COOK O’TOOLE

This highly recommended book is for tweens and teenagers with Level 1 or 'High Functioning Autism'. It is accessible and explores lots of social issues, such as making and keeping friends, blending in versus standing out from the crowd, and keeping conversations going.

TONY ATTWOOD (AND MICHELLE GARNETT) **[HTTPS://TONYATTWOOD.COM.AU](https://tonyattwood.com.au)**

Two well-regarded Australian Psychologists providing lots of blogs and books for people with Level 1 or 'High Functioning Autism'. There is a large range of materials about understanding Autism, creating Autism-friendly homes, talking about Autism to children, sleeping, parenting, managing feelings etc.





SOCIAL THINKING **[HTTPS://WWW.SOCIALTHINKING.COM](https://www.socialthinking.com)**

This well-established organization has heaps of materials and books focused on helping children, teens and adults. Their materials are designed to encourage motivation and learn skills in friendships, conversations, social skills, managing feelings, managing device use etc. Often used in conjunction with professional therapy. For people with Level 1 and Level 2 Autism. Some people may find their materials less neurodiverse affirming. Others find them very helpful.

I CAN NETWORK **[HTTPS://ICANNETWORK.ONLINE](https://icannetwork.online)**

I Can provides an online mentoring program for young Neurodivergent people. This program is led by neurodivergent people and designed to help with self-understanding, confidence, socializing and sharing interests. They also have videos explaining Autism designed to assist young adults in understanding themselves.

'ON THE EDGE OF GONE' BY CORRINE DUYVIS

Sci-Fi/Fictional book about a family faced with a massive natural disaster. The main character is Autistic and her sister is LGBTI+

“THE CURIOUS INCIDENT OF THE DOG IN THE NIGHTIME” BY MARK HADDON.

A young man navigating life and solving a mystery. One of the first novels to allude to Level 1 Autism, it does not specifically state the main character is Autistic. Mark Haddon says it is a book about difference, being an outsider and seeing the world in a revelling way.

ATYPICAL NETFLIX SERIES

Fictional series about a young Autistic man and his family navigating the last years of high school and college.

LOVE ON THE SPECTRUM ABC SERIES

Documentary with young people on the spectrum discussing dating and finding someone to love. Good examples of common challenges and how young people find ways through the issues.

YOU CANT ASK THAT ABC EPISODE ON AUTISM

Teens, young adults and adults discuss what Autism is like for them and some of the common challenges .. and its benefits. A good example of how Autism affects people differently, and have different reactions and experiences.

BRAIN BUILDING BOOK AND WEBSITE

www.brainbuildingbook.com

Psychologist Dr Liz Angoff's website with resources for parents about explaining neurodiversity to children and teens. Very neurodiverse affirming and accessible. The book itself is currently only available in packs of 5 but see her website.

BRAIN FOREST BOOK

onwardsandupwardspsychology.com.au

Psychologist Sandhya Menon's highly regarded book explaining neurodiversity to children. Her website has other resources too.

NICE READS, FICTION BOOKS & TV SERIES WITH POSITIVE AUTISM ROLE MODELS



Catalyst Psychology

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Malvern & Knox, Melbourne
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