

Autism & Puberty

Navigating Change with Support

Understanding Puberty for Autistic Individuals

Puberty is a time of significant physical, emotional, and social changes. While this transition can be challenging for anyone, autistic individuals may experience unique difficulties due to sensory sensitivities, emotional regulation differences, and the desire for clear, structured information.

Supporting Autistic Individuals Through Puberty

- **Use Clear, Direct Language:** Explain changes in a factual, step-by-step manner.
- **Visual Supports:** Diagrams, social stories, and schedules can teach concepts and consolidate understanding.
- **Sensory-Friendly Hygiene Options:** Fragrance-free products, soft fabrics, exploring hair removal options and alternative hygiene methods may help.
- **Routine & Structure:** Establish consistent self-care habits with visual reminders and checklists, period tracker apps, hair washing on the monthly calendar.
- **Safe Conversations:** Create an open environment for discussing body changes, relationships, and emotions without shame.

Seeking Additional Support

Puberty is a big transition, and every individual deserves the right guidance and understanding. If you or someone you support needs tailored strategies, our specialised services can help.

Follow us for more insights on puberty, relationships, and body autonomy for neurodivergent individuals! (details below).



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Looking for more tools and insights on neurodivergent communication, relationships, and emotional regulation?

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Want to work with me?

Visit my website to learn more about therapy, workshops, and resources designed for neurodivergent individuals and their supporters.