Puberty Resources

- The Autism Friendly Guide to Periods
- Welcome to Your Period!
- Celebrate Your Body (and Its Changes, Too!): The Ultimate Puberty Book for Girls
- What’s Happening to Ellie? A Book About Puberty for Girls and Young Women with Autism and Related Conditions
- Ruby Luna’s Moon Time
- Period: Everything you need to know about periods.

Click on these book titles for more information!