

Safety Resource List

A 5 Is Against the Law! Social Boundaries: Straight Up! An honest guide for teens and young adults by: Kari Dunn Buron- A 5 Is Against the Law! offers in a creative and interesting format an honest and down-to-earth look at the kinds of social situations many teens and young adults struggle with.

Asperger Syndrome and Bullying: Strategies and Solutions by: Nick Dubin- This book provides a range of effective strategies to address bullies and bullying that can be applied by parents, professionals, schools, and individuals being bullied

Asperger's Syndrome And Sexuality: From Adolescence Through Adulthood by: Isabelle Henault In this comprehensive and unique guide, Isabelle Henault delivers practical information and advice on issues ranging from puberty and sexual development, gender identity disorders, couples' therapy to guidelines for sex education programs and maintaining sexual boundaries. This book will prove indispensable to parents, teachers, counselors and individuals with AS themselves.

The Autism Acceptance Book: Being a Friend to Someone With Autism by: Ellen Sabin This book is an interactive, educational, and character-building book that introduces children to the challenges faced by people with autism offering educational information, conversation-starters, and engaging exercises that invite children to "walk in someone else's shoes" as they learn to treat others the same ways they would like to be treated themselves.

Autism, Discrimination and the Law: A Quick Guide for Parents, Educators and Employers by: James Graham The book describes the current knowledge of autism and includes details about changes in legislation concerning disability discrimination. The book utilizes case studies from education and employment to demonstrate how reasonable adjustments can be made to prevent this.

Autistics Guide to Dating : A Book by Autistics, for Autistics and Those Who Love Them or Who Are In Love With Them by: Emilia Murry Ramey and Jody John Ramey This book includes strategies for overcoming social skills deficits and sensory issues to help relationship success. Emilia Murry Ramey and Jody John Ramey, both on the spectrum, discuss their dating experiences and provide advice and recommendations for readers.

The Autism Spectrum, Sexuality and the Law by: Tony Attwood, Isabelle Henault, and Nick Dubin- This book discusses the issues surrounding the Autism Spectrum (ASD), sexuality, and the law. It examines how the ASD profile affects the psychosocial development to the legalities of sexual behavior, including advice to help people on the spectrum gain a better understanding of sexuality.

Autism Life Skills: From Communication and Safety to Self-Esteem and More – by: Chantal Sicile-Kira From an award-winning author and advocate, *Autism Life Skills* presents a positive and empowering "bill of rights" for every person with autism, regardless of impairment level. With advice and reflections from autistic adults across the spectrum, as well as Sicile-Kira's own experience as an advocate and parent of an autistic teen, the book covers these ten essential life skills

Autism & PDD Safety by: Nena C. Challenner available at www.linguisystems.com Prevent accidents and injuries by addressing the unique safety needs of children with autism. Get over 100 picture-based lessons on everything from dealing with broken glass to using a baseball

Autism, Advocates and Law Enforcement Professionals: Recognizing and Reducing Risk Situations for People With Autism Spectrum Disorders by: Dennis Debbaudt This book explains how autism is often misunderstood by law enforcement professionals, with serious consequences. For parents, he offers advice on how to deal with problems arising from their children's encounters with professionals in positions of authority.

Autism - Asperger's and Sexuality: Puberty and Beyond by Jerry & Mary Newport: A husband and wife with Asperger's Syndrome give invaluable advice to and for teens and adults going through this difficult period. Anyone who has read Jerry Newport's first book, "Your Life is Not a Label", knows that he has a knack for bringing understanding, warmth, and humor to any subject. Here, in this invaluable book, he and his wife, Mary, bring those same abilities to explaining the world of sexuality to people with autism and Asperger's Syndrome.

The Berenstain Bears Learn About Strangers by Stan Berenstain A good book to start awareness in young children. K-2

Bullies Are a Pain in the Brain by Trevor Romain This book blends humor with serious, practical suggestions for kids on how to cope with bullies and what to do if they are experiencing being bullied

Bully- It's Time to Take a Stand- DVD This is a very powerful movie- You are able to purchase an educators guide. Videos, Strategies, & Inspiration for schools & groups.

The Bully Blockers: Standing Up for Classmates with Autism - by Celeste Shally

The Bully Blockers tells the story of a boy who witnesses a classmate with autism being bullied and how he decides to get involved. This book shows that one child can make a difference when he has the courage to stand up for his classmate with autism.

Circles: Intimacy & Relationships Curriculum that teaches your students to recognize exploitative relationships as well as develop mutually respectful ones. The Circles program assists students in discriminating different levels of intimacy and adapting their behaviors accordingly. This is available at www.stanfield.com

Danger Is...? by: Ymkje Wideman-van der Laan Child's story book to help teach what is dangerous.

Dangerous Encounters--Avoiding Perilous Situations with Autism by: Bill Davis Most emergency workers, retailers and retail security know very little about autism. This book explains what to look for and how to successfully handle encounters with people who have autism. It takes emergency responders, retailers and parents through everyday situations, stressing safety and awareness. The authors explain the steps everyone can take to avoid difficult and dangerous situations with people with autism, and more general guidelines.

Developing Personal Safety Skills in Children with Disabilities by: Freda Briggs- This book provides practical curriculum ideas and exercises for developing safety skills in children and young people with mild to severe disabilities. The curriculum ideas are sequenced to help with the development of basic safety knowledge and skills, and may also be used in mixed ability classes.

Disability and Child Sexual Abuse by: Martina Higgins & John Swain: Lessons from survivors' narratives for effective protection, prevention and treatment. examines the ways in which society marginalizes, institutionalizes and places disabled children in situations of unacceptable risk, and how - as evidenced in the survivors' narratives - patterns of service delivery can contribute to the problem.

Disney's Wild About Safety- DVD- Timon & Pumbaa teach kids about online safety.

First Response to Victims of Crime by: U.S. Department of Justice This handbook provides a guide for law enforcement officers for victims of crime including first response to older victims, child victims, and victims who have a disability.

Girls Under the Umbrella of Autism Spectrum Disorders: Practical Solutions for Addressing Everyday Challenges by: Lori Ernsperger The authors provide insightful first-hand accounts of girls lives along with research-based strategies and practical techniques for addressing the unique needs of girls on the spectrum while nurturing and developing their gifts and talents.

Healthcare for Children on the Autism Spectrum: A Guide to Medical, Nutritional, and Behavioral Issues by: Fred R. Volkmar Experts in the field of autism, offer parents accessible and authoritative information for dealing with their child's medical, nutritional, and behavioral well-being.

The Hidden Curriculum and Other Everyday Challenges for Elementary-Age Children with High-Functioning Autism by: Haley Morgan Myles and Annelise Kolar The authors give advice on how to handle everyday occurrences that can be challenging for children on the autism spectrum. This book includes social rules that help children with peer relationships, school, and everyday activities.

The Hidden Curriculum: Practical Solutions for Understanding Unstated Rules in Social Situations by: Brenda Smith Myles This book offers practical suggestions and advice for how to teach and learn those subtle messages that most people seem to pick up almost automatically but that have to be directly taught to individuals with social-cognitive challenges.

How To Teach Your Autistic Teen About Sex by: Travis Breeding This book is a parent guide book for parents who have teens in the spectrum going through puberty. It is written as a first- hand account by an adult who has Asperger's himself. Travis shares his own experiences with puberty and discovering his sexuality.

Hygiene and Related Behaviors for Children and Adolescents with Autism Spectrum and Related Disorders. By: Kelly J. Mahler, MS, OTR/L This is a fun curriculum with a focus on social understanding. Comes with worksheets on a CD

I Said No! A kid-to-kid guide to keeping your private parts private by Kimberly King I Said No! uses kid-friendly language and illustrations to help parents and concerned adults give kids guidance they can understand, practice and use.

Intimate Relationships and Sexual Health by Catherine Davies and Melissa Dubie A curriculum for teaching adolescents/adults with high-functioning Autism Spectrum Disorders and other social challenges.

It Happened to Me- DVD- Great DVD geared for 6-9 year-olds- that should be viewed with a parent. Learn the four rules of personal safety.

It's My Body by: Lori Freeman: A book to teach young children how to resist uncomfortable touch. This is a very simplistic book- simple and not scary, to share with the young child you wish to protect.

Let's Grow- Safety First DVD Barney, Thomas The Tank Engine and Bob the Builder- all have safety stories on the DVD- for young learners. This is basic safety learning- but with characters that so many children love.

Life and Love: Positive Strategies for Autistic Adults by Zosia Zaks This book is written for adults on the spectrum and others that are involved such as parents, spouses, and friends. This book touches on life and love and is divided into these two sections. The life section discusses and suggests ways to deal with some issues and problems. The love section focuses on different types of relationships and concepts of self esteem.

Learning disabilities, sex & the law by Claire Fanstone and Sarah Andrews This book describes information about learning disabilities and the laws about sex. This book includes legislation, capacity to consent, intimate care and contraception, and includes a number of resources for readers.

Love, Sex & long-Term Relationships: by: Sarah Hendrickx: What people with Asperger Syndrome really really want. The text addresses the issues often faced while in, or searching for, a committed sexual relationship. It gives clear and tangible advice about ways to improve communication in this context

Making Sense of Sex: A Forthright Guide to Puberty, Sex , and Relationships for People with Asperger's Syndrome by Sarah Attwood This books provides clear, detailed explanations and direct answers to the many questions raised by puberty and sexual maturity. This book examines the physical, emotional, and social experiences of understanding puberty and development.

No Secretes Between Us by: Rose Morrisoe, MAT Teaches Kindergarteners through 3rd graders to empower themselves by sharing their secrets. 'No Secrets Between Us" is a picture book that uses fiction to address a real-life situation

Online Safety for Children and Teens on the Autism Spectrum A Parent's and Carer's Guide by Nicola Lonie This book discusses the vulnerability of children and teens with autism to online dangers and provides a handbook which explains how to help your child navigate websites, chat rooms, and social media sites safely.

Perfect Targets: Asperger Syndrome and Bullying-Practical Solutions for Surviving the Social World by Rebekah Heinrichs- This book takes a frank look at the different types of bullying and what adults must do to curb bullying, helping prevent the often lifelong effects of this behavior on its victims.

Safety Skills for Asperger Women by: Liane Holliday Willey, EdD: Discusses the underlying problems and daily pitfalls that females with AS may face, and suggests practical ways of overcoming them.

Seeing Is Believing: Video Self-Modeling for People with Autism and Other Developmental Disabilities by Tom Buggey- Video self-modeling (VSM) is a proven and effective method for teaching new or more advanced skills and behaviors to people with autism. VSM allows a person with autism to see himself performing the very skill he is trying to learn

Self-Help Skills for People with Autism: A Systematic Teaching Approach by Stephen Anderson- The book employs proven methods for teaching people with autism including verbal prompting, reinforcers/rewards, chaining, graduated guidance, shaping, modeling, visual supports, etc.; Monitor progress by collecting and analyzing data; Modify the approach as needed to achieve the target goal.

Sensible Travel by Jennifer Logan This book lists travel tips for families with children with special needs. It includes vacation travel, traveling for medical purposes, road trips, day trips, and visiting relatives. The book incorporates tips for dealing with crowds, airports, hotels, and more.

Sex, Sexuality And The Autism Spectrum by Wendy Lawson Written by an, an openly gay autistic adult, Wendy Lawson writes frankly and honestly about autism, sex and sexuality. She examines the unspoken rules that exist between people in relationships and explains why these rules can be difficult and confusing for people with autism. This book will give courage and information to adults with autism or Asperger Syndrome and provide essential insights to those living and working with them.

Sexuality Across The Lifespan for Children and Adolescents with Developmental Disabilities An instructional guide for Parents/Caregivers of individuals with developmental disabilities- You need to google this title and it is a free guide in PDF format

Sexuality and Relation Education- For Children and Adolescents with ASD by: David Hartman
A professional's guide to understanding, preventing issues, supporting sexuality and responding to inappropriate behaviors.

Sexuality and Severe Autism by Kate E. Reynolds This book is a guide for parents with children who have autism discussing sexuality and how to keep your kids safe. The book includes a number of strategies for interventions to provide safety for kids and discuss these issues with your children.

Starbrite Traveler: Destinations For Kids With Special Needs East Coast Edition by Jesemine Jones and Ida Keiper This book is a resource to help parents and caregivers of children with special needs choose destinations and attractions along the East Coast of the United States that are special needs friendly. It also offers fun activities and travel games are included to do with your child to enhance academic, social, and life skills before, during, and after vacation.

Starbrite Traveler: Strategies for Kids to Enjoy an Awesome Experience by Jesemine Jones and Ida Keiper This book provides a step by step guide with evidence based strategies to address behaviors and teach/reinforce vacation safety and help you plan prepare for travel.

Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism by: Mary Wrobel Through a unique combination of Social Stories TM and easy-to-understand activities, this unique book offers a curriculum that guides the child and caregiver on issues of health, hygiene, and the challenges of puberty. It is a must-read for those who guide students with disabilities.

Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality by Terri Couwenhoven A guide for parents and professionals.

The Aspie Girl's Guide to Being Safe with Men by: Debi Brown This book discusses the uncertainty and vulnerability of many females with Asperger's surrounding sexuality and relationships. The author Debi Brown is an aspie herself and utilizes her personal knowledge and experience to educate the reader.

The Facts of Life....and More: Sexuality and Intimacy for People with Intellectual Disabilities by Leslie Walker-Hirsch This book gives social workers, teachers, and direct support professionals the comprehensive information they need to educate people with disabilities about sexuality and help them make the best possible choices across the lifespan.

The Independent Woman's Handbook for Super Safe Living on the Autistic Spectrum by Robyn Steward This book provides a how-to-guide for spotting unsafe situations while offering concrete tips for safer living for women living on the spectrum

The Safe Side: Stranger Safety- DVD www.thesafeside.com This is a great product from John Walsh- Safe Side Super-Chick offers seven specific safety tips to keep kids safe and, with the help of real kids, details simple, concrete actions and phrases that empower kids in a variety of potentially dangerous situations. It is geared for children developmentally from 2 to 10. Fun and has great presentation and user guides for free.

The Safe Side: Internet Safety- DVD www.thesafeside.com The Safe Side Internet Safety DVD helps children understand what to do if dangerous situations should arise on the Internet. Guaranteed to be enjoyed by its viewers, this video is the perfect way for parents to discuss this difficult topic with their kids. It has great presentation and user guides for free.

The New Social Story Book, Revised and Expanded 10th Anniversary Edition: Over 150 Social Stories that Teach Everyday Social Skills to Children with Autism or Asperger's Syndrome by Carol Grey- This book offers over 150 of the most requested Social Stories, in addition it also teaches you how to write Social Stories yourself! Years of experience and trial-and-error have led to updated Story guidelines.

Timon and Pumbaa Safety Smart- About Fire DVD Classroom Edition with Downloadable Educators Guide. Has 16 languages on DVD. Real nice product.

Timon and Pumbaa Safety Smart- Online Safety DVD Classroom Edition with Downloadable Educators Guide. Has 16 languages on DVD. Real nice product.

Too Safe for Strangers by: Deputy Sheriff Robert Kahn Characters Bobby and Mandee explain stranger danger in a way that is accessible, but not frightening, for children. Read it to your child and role-play different scenarios.

Too Smart for Bullies by Robert Kahn- Both kids and parents can quickly learn some simple and effective steps to thwart bullies. (for ages 4 to 12 years old). The book uses proven methods from Deputy Sheriff Robert Kahn's program that has helped teach kids how to deal with bullies.

What to Do- When Kids are Mean to Your Child by Elin McCoy Real solutions from experts, parents and kids.

Your Body Belongs to You by: Cornelia Spelman: Children's book explaining they can decline a friendly hug or kiss from someone- even someone they love.

100 Stories of Social and Safety Awareness by Makoto Shibutani designed to teach children with autism spectrum disorder, Asperger's syndrome, Down syndrome and other related disorders the social and safety awareness. Each story has a datasheet and you can track your child's progress overtime.

Online Resources

www.boystown.org Boys Town National Hotline- 1-800-448-3000: 24 hour a day, 365 days a year, hotline for support. There is a lot of information and support on their website as well as a 24hour live hotline.

www.thebullyproject.com At the heart of preventing bullying and cruelty is creating strong, caring school communities and families. The BULLY Project has partnered with a remarkable list of educational experts to help you along the way.

www.cybertipline.com or call 1-800-843-5678 to make ALL reports regarding child sexual exploitation

<https://escapenow.wikischolars.columbia.edu/ESCAPE-NOW+Curriculum> An effective strategy-based curriculum for abuse prevention and empowerment for individuals with developmental disabilities.

www.findingyourindividuality.com A NJ agency that provides services with an emphasis on abuse prevention and sexual rights of people with disabilities

<https://www.kingcounty.gov/depts/health/locations/family-planning/education/FLASH/about-FLASH.aspx> FLASH is a sexual health education curriculum designed to prevent teen pregnancy, STDs. and sexual violence

<https://njcasa.org>- The New Jersey Coalition Against Sexual Assault (NJCASA) is the statewide advocacy and capacity building organization that represents the twenty-one county-based rape crisis centers

www.sptsusa.org Society for the Prevention of Teen Suicide. If you or someone you know is in crisis- Call 800-273-8255 The site has a lot of training and information for educators and families.

www.socialsignaled.com Social Signals has developed evidenced-based videos and a curriculum that teach friendship and romantic relationship skills.

www.werekickinit.org Local company that does a great bullying awareness and training program for schools for a fee

POAC Autism Services is putting awareness into action. We have hundreds of free events and trainings Please check out our website for our latest offerings.