

GIRLS WITH ASD

Girls with ASD are often undiagnosed as the criteria was created by examining mainly boys, and the problem is that girls can be very different. I think we all know 'neuro-typical' boys and girls are very different in their social, communication and behaviour so it is no surprise that girls and boys with ASD are different too. Although there are many characteristics that are very similar between boys and girls with ASD but I thought I would list the main differences

9 WAYS GIRLS WITH ASD DIFFER TO BOYS WITH ASD

- 1 Their special interests are usually animals, music, art, literature.
- 2 They often have a very good imagination which includes imaginary friends, games, being animals or taking on persona of other girls.
- 3 They often see speech therapists for their speech and may be diagnosed with specific language disorders, however, there is something different about this girl no one can quite put their finger on.
- 4 They often play with older children or children that are much younger. This play is sometimes unusual for example 'Mums and Dads' but she will want to play the same role and game every time. She usually wants to be the pet or baby, whereas most girls want to be the Mum or Dad.
- 5 They often have hyperlexia - meaning they have the ability to read but their comprehension skills do not always match their reading skills. They are often the class book worm or write stories but they write the same story over and over again changing a few characters. Many have a special interest in literature.
- 6 Like the boys they get anxious, however, their anxiety is rarely physical or disruptive. In fact many have great coping mechanisms at school however the family see a very different child at home where the anxiety can explode.

- 7 Often their difficulties with social skills are called 'shy', 'quiet', 'solitary'.
- 8 They often like to organise and arrange objects. I watched one little girl spend hours appearing playing 'My Little Ponies' however on closer examination she was just arranging and re-arranging the horses over and over.
- 9 The main difference is there are significantly more undiagnosed girls/women than boys/men. Currently, only 1 girl is diagnosed to every 7 boys. In the future it is thought by many psychologists the ratio could be more like 5 to 7 as we become more aware of this group.



If you want to understand more about girls with ASD I HIGHLY RECOMMEND you 'like' [Yellow Ladybugs](#) on Facebook

RECOMMENDATION FOR GIRLS

There are some wonderful books to explain how ASD presents itself differently in girls; how they can be diagnosed, how they can be helped and how they can help themselves. The two books below are both wonderful reads and I would encourage anyone who knows a girl with ASD to consider reading these books. Many girls and women I know with ASD love reading so by providing information to them in books it can empower them and help them to understand they are not alone.

One of my favourite books is *Aspergirls* by Rudy Simone. Here are my favourite excerpts, which give amazing insights and information.

“

Aspergirls do not thrive under scrutiny, if it has just the slightest bit of hostility in it. Whether from our peers or teachers, if we are looked at with an unfriendly, intimidating, or threatening eye, we fold. Alone we are talented, graceful, witty, and smart, but under such circumstances we curl up like hedgehogs. - I know many girls who do this one!

I always felt different from my family; they seemed unpredictable and frightening. I was known to be gifted intellectually but I was so profoundly affected by AS that as puberty kicked in, I went through bouts of mutism which could last hours or even a whole day. - Rudy Simone oscillated from performing for attention to shutting down completely – a swing of moods which she says is typical for “Aspergirls”

”

My other favourite book relating to girls with ASD is **Danuta Bulhak-Patero's** fabulous picture book called *I am an Aspie Girl*. She wrote this book so girls could have a resource they could relate to Danuta feels it is important not only to have a thorough understanding of ASD but also to adopt a positive attitude about the condition. She believes a genuine appreciation of the wonderful gifts that come with a different way of thinking will help the girls value themselves. The book aims to help girls understand themselves to discover their unique way of thinking and strengths.

I love the way the book asks great questions

1

“DO YOU FIND
PLAYING IN A GROUP
TRICKY?”

2

“DO YOU SOMETIMES
FIND IT HARD TO
UNDERSTAND HOW
YOU ARE FEELING?”

3

“DO YOU WORRY
ABOUT MAKING
MISTAKES?”

FREE DR. TONY ATTWOOD WEBINAR 35MIN

WHAT IS ASD AND UNDERSTAND THE DSM-5

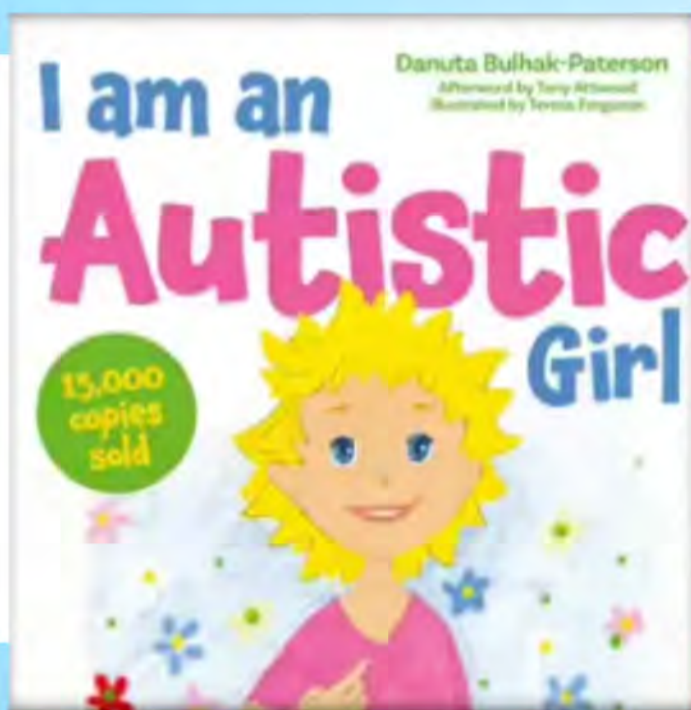
WHAT YOU'LL LEARN IN THIS FREE WEBINAR:

- What is ASD
- DSM-5
- The 7 Parts of Criteria for Diagnosis
- Girls & Women with ASD

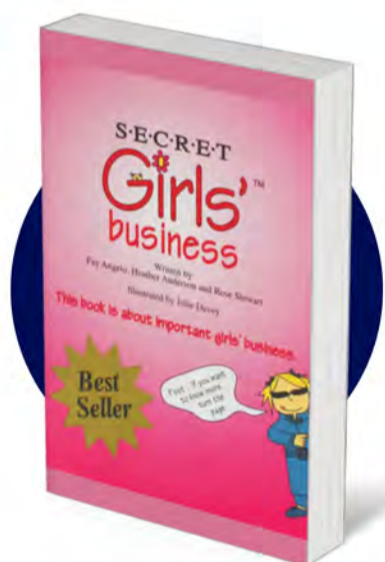
WATCH NOW



Sue's Top Picks for GIRLS WITH ASD



I am an Autistic Girl *Revised and Updated*



Secret Girls' Business



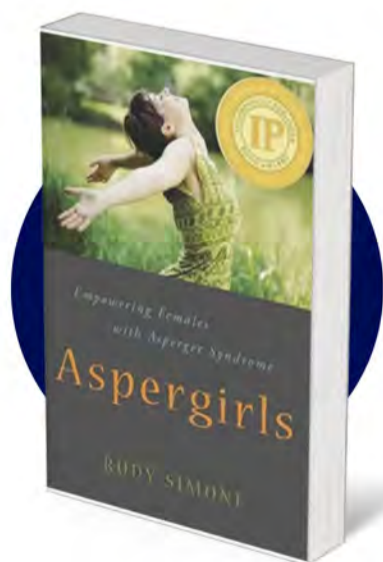
More Secret Girls' Business



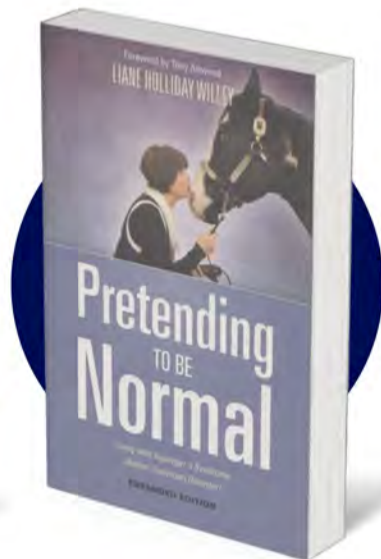
Special Girls' Business



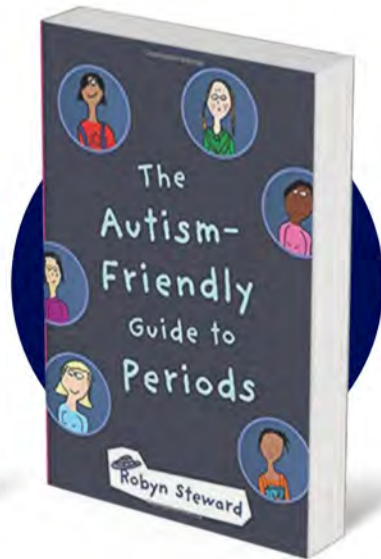
Puberty and Special Girls



Aspergirls



Pretending to Be Normal Updated Version



The Autism-Friendly Guide to Periods



The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic

Autism Spectrum/Aspergers Workshops - Accredited

Presented by Sue Larkey

3 Ways to Engage in Professional Development

1) Face to Face Workshops

New South Wales

Newcastle Wednesday 4th September
Sutherland Thursday 12th September
Sydney (Rooty Hill) Wednesday 18th September

Queensland

PD DAY Friday 30th August
MacKay Friday 18th October

Victoria

South Australia

Adelaide

ACT

Tasmania

WA

NT

All NESA Accredited

Live Virtual Workshops

- Friday 30th August
- Friday 20th September

**Same Course available
On-Line & On-Demand**

**** LIVE VIRTUAL ****

Live Virtual Workshops (Same content as Face to Face Workshops)

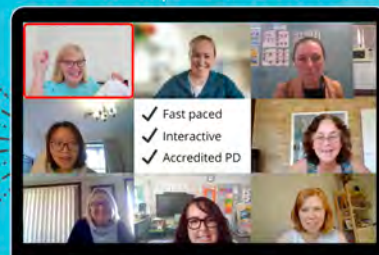
1. Friday 30th Aug 24 (9am -3pm), or
2. **Friday 20th Sept 24**
(9am - 3pm)

JOIN ME FOR A
LIVE VIRTUAL WORKSHOP

Friday 1st March 2024

or

Over 2 Tuesdays - 19th & 26th March



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Teaching Strategies and Behaviour Support - Sue Larkey
ASD: A Different Way of Thinking & Learning - Dr Tony Attwood
Early Childhood Approaches for Children - Sue Larkey
Teacher Assistant Online Courses - Sue Larkey,
Emotional Regulation Masterclass - Sue Larkey
Social and Emotional Learning for Neurodiverse Students - Sue Larkey
Pathological Demand Avoidance (PDA) in the Classroom - Laura Kerbey

5x 1-hour Modules
5x 1-hour Modules
7x 40min Modules
3 x 2 Hour Courses
3 Hour Course
2 x 1 hour Modules
7 x 18min Modules

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3) Professional Development Day at Your School/Organisation

I am available to [come to your school](#) for a professional development day for whole staff. This can be virtual or Face to Face depending on your needs. Please email dearne@suelarkey.com.au for more details

ENROL NOW

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Accredited for ALL States: VIC (VIT Maintenance), NSW (NESA), ACT (TQI), QLD (CPD), WA, SA, TAS and NT.



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