

# RESOURCES FOR FEMALES ON THE SPECTRUM

Please note: The AARC does not endorse all of these resources. Please evaluate each resource based on what you individually need. If you have resources to add to this list, please email [aarc@sesa.org](mailto:aarc@sesa.org).



## FACEBOOK SUPPORT GROUPS



The AARC is not affiliated with the groups listed below and reminds you to please use caution when joining new group. Please tell someone if you feel uncomfortable or unsafe in a new group.

[Women with Autism/  
Autistic Women and Girls](#)

[Girls and Autism -  
Parenting Girls on the Autism Spectrum](#)

[Autistics Worldwide](#)

[Women with Autism Authentically](#)

[Autism Family Support Group](#)

[Adults with Autism - Emotional Support](#)

## Resources

### ARTICLES ON GIRLS' AND WOMENS' ISSUES

- [What Are Autistic Girls Made of? By Ami Klin, Director of Yale's Autism Program](#)
- [An Aspie in the City By Carlin Flora, Psychology Today](#)
- [Asperger and Autism Spectrum: Women and Girls By Kim Wutkiewicz, AANE](#)
- [Asperger's Syndrome In Women: A Different Set Of Challenges? By Catherine Faherty](#)

### BLOGS/VLOGS CREATED BY FEMALES ON THE SPECTRUM

- [Autistic Women & Nonbinary Network \(AWN\) - Provide support to autistic women and nonbinary people](#)
- [Musings of an Aspie - One woman's thoughts about life on the spectrum](#)
- [Willow Hope Vlog - Video diary of a female tween on the spectrum](#)
- [Spectrum Women - Personal Blog and Vlog from Spectrum Women Magazine](#)

## PODCASTS

### *Podcast Show Hosted by Self-Advocates*

#### [Spectrumly Speaking with Haley Moss & Dr. Lori Butts](#)

#### *Podcast Episodes Regarding Females on the Spectrum*

- [1.TPP: Jennifer Cook on Asperkids, Girls on the Spectrum, and More](#)
- [2. Autism and Neurodiversity: 8. Better Understanding Neurodiverse Females with Caitlin Gait](#)
- [3. Autistic Females and A Late Diagnosis](#)
- [4. Aspie World Podcast - Female Autism Checklist \(The Ultimate List You NEED!\)](#)
- [5. Aspie World Podcast - Autism in Girls - Symptoms \(You NEED to Notice\)](#)

## VIDEOS

### *Videos from Female Self-Advocates*

- [1. Life on the Spectrum: Women Sharing Their Unique Experiences](#)
- [2. "Copy & Paste": Hidden Aspergers](#)
- [3. Autism: How To Be Normal](#)

### *Video Training on Research*

- [1. Camouflaging in Autistic Women](#)
- [2. Autism and ADHD in Girls and Women](#)
- [3. Aspergers in Girls](#)



## SELF-ADVOCATES

A number of autistic females and/or autistic non-binary individuals have written or released videos regarding their unique experiences.

Please see links of their professional websites, published autobiographies, and/or video channels below.

### *Self-Advocates Across the World*

- [1. Sondra Williams - \*The Leprechaun's Wife\*](#)
- [2. Marcelle Chiampi \(aka Samantha Craft\) - \*Learn About Samantha\*](#)
- [3. Carly Fleischmann - \*Speechless with Carly\*](#)
- [4. Haley Moss - \*Writing and Media\*](#)
- [5. Temple Grandin - \*Autism Website\*](#)
- [6. Jennifer Cook O'Toole - \*Author & Aspie\*](#)
- [7. Amy Gravino - \*Meet Amy\*](#)
- [8. Great Thurnburg - \*Learn about Greta & Her Mission for Climate Change\*](#)
- [9. Morenike Giwa Onaiwu - \*Advocate, Public Speaker, Writer\*](#)
- [10. Julis Bascom - \*American Autism Rights Activist\*](#)
- [11. Yenn Purkis - \*Non-Binary Autistic Advocate & Author\*](#)

### *Self-Advocates In Alaska*

- [1. Heidi Lieb-Williams - \*Puzzled with a Purpose\*](#)
- [2. Sydney Kresbach - \*Meet and Connect Sydney\*](#)

