

# Being Autistic: A Resource Guide

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### **1. Books for All Ages**

- *All Cats have Asperger's Syndrome* by Kathy Hoopman
- *Inside Asperger's Looking Out* by Kathy Hoopman
- *Dude, I'm an Aspie! Kids' Edition* by Matt Friedman
- *Autistic? How Silly is That! I Don't Need Any Labels at All* by Lynda Farrington Wilson

- *Different Like Me – My book of Autism Heroes* by Jennifer Elder

## 2. Picture Books

- *Why Johnny Doesn't Flap: NTis Okay!* by Clay Morton
- *Too Sticky! Sensory Issues with Autism* by Jen Malia
- *Come Meet Drayden* by Dana Young Askew
- *The Masterpiece* by Jay Miletsky
- *Susie Spins* by Emma Dalmayne
- *Wiggles, Stomps, and Squeezes Calm My Jitters* by Lindsey Rowe Parker
- *Autistic Planet* by Jennifer Elder

## 3. Books for Younger Children

- *I am Utterly Unique – Celebrating the Strengths of Children with Asperger Syndrome and Autism* by Elaine Marie Larson
- *What It Is to Be Me! An Asperger Kid Book* by Angela Wine
- *Asperger's, huh? A Child's Perspective* by Rosina Schnurr
- *In My Mind: The World through the Eyes of Autism* by Adonya Wong
- *I Like Birthdays ... It's the Parties I'm Not Sure About!* By Laura Renke
- *The Legendary Blobshocker* by Ryan Wilson
- *Russell Is Extra Special: A Book about Autism for Children* by Charles Amenta
- *Autism is...?* By Ymkje Wideman-van der Laan
- *My Awesome Autism* by Nikki Saunders

## 4. Books for Older Children

- *Of Mice and Aliens: An Asperger Adventure* by Kathy Hoopman
- *The Survival Guide for Kids with Autism Spectrum Disorders (and their Parents)* by Elizabeth Verdick
- *This is Asperger Syndrome* by Brenda Smith Myles
- *A Kind of Spark* by Elle McNicoll
- *Extraordinary People with Disabilities* by Deborah Hen

- *How to Talk to an Autistic Kid* by Daniel Stefanski
- *Colin Fisher* by Ashley Edward Miller
- *Do You Understand Me? My Life, My Thoughts, My Autism Spectrum Disorder* by Sofie Koborg Brøsen
- *The Secret Life of Rose: Inside an Autistic Head* by Rose Smitten
- *Get a Grip, Vivvy Cohen!* By Sarah Kapit
- *A Boy Called Bat* by Elana Arnold

## 5. Books for Teens & Tweens

- *Freaks, Geeks, and Asperger's Syndrome* by Luke Jackson
- *Ask and Tell* edited by Stephen Shore
- *The Aspie Teen Survival Guide* by J.D. Kraus
- *Asperger's... What Does It Mean To Me?* By Catherine Faherty
- *The Guide to Dating for Teenagers with Asperger Syndrome* by Jeannie Uhlenkamp
- *The Asperkid's (Secret) Book of Social Rules: The Handbook of Not-so-obvious Social Guidelines for Tweens and Teens With Asperger Syndrome* by Jennifer O'Toole
- *Atypical: Life with Asperger's in 20 1/3 Chapters* by Jesse Saperstein
- *The Awesome Autistic Handbook Go-to Guide for Tweens and Teens* by Yenn Purkis
- *The Someday Birds* by Sally Pla
- *Stanley will Probably be Fine* by Sally Pla
- *Trouble With A Tiny T* by Merriam Sarcia Saunders
- *Planet Earth is Blue* by Nicole Panteleakos

## 6. Books for Young Adults

- *Succeeding in College with Asperger Syndrome: A student guide* by John Harpur
- *Aspies on the Job* by Rudy Simone
- *Aspergirls:: Empowering Females with Asperger Syndrome* by Rudy Simone

- *Asperger's From the Inside Out: A Supportive and Practical Guide for Anyone with Asperger's Syndrome* by Michael Carley
- *Asperger Syndrome and Long-Term Relationships* by Ashley Stanford
- *Different . . . Not Less: Inspiring Stories of Achievement and Successful Employment from Adults with Autism, Asperger's, and ADHD* edited by Temple Grandin
- *The Autistic Brain: Thinking Across the Spectrum* by Temple Grandin
- *Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life* by Liane Holiday Willey
- *Developing Talents* by Temple Grandin
- *Asperger's and Adulthood* by Blythe Grossberg
- *Autistics' Guide to Dating* by Emilia Murry Ramey
- *The Autistic Brain: Exploring the Strengths of a Different Kind of Mind* by Temple Grandin

## **7. Books for/About Older Girls and Women**

- *Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life* by Liane Holiday Willey
- *Songs of the Gorilla Nation: My Journey Through Autism* by Dawn Prince-Hughes
- *Thinking in Pictures* by Temple Grandin
- *Camouflage: The Hidden Lives of Autistic Women* by Sarah Bargiela
- *Aspergirls: Empowering Females with Asperger Syndrome* by Rudy Simone
- *Odd Girl Out: An Autistic Woman in a Neurotypical World* by Laura James
- *Spectrum Women*, edited by Barb Cool and Michelle Garnett

## **8. Autobiographical Books for Older Students**

- *Mozart and the Whale: An Asperger's Love Story* by Mary and Jerry Newport
- *Be Different: My Adventures with Asperger's and My Advice for Fellow Aspergians, Misfits, Families, and Teachers* by John Elder Robison
- *Look Me in the Eye* by John Elder Robison
- *Born On a Blue Day* by Daniel Tamet

- *Beyond the Wall, Personal Experiences with Autism and Asperger's Syndrome* by Stephen Shore
- *Songs of the Gorilla Nation: My Journey Through Autism* by Dawn Prince-Hughes
- *Thinking in Pictures* by Temple Grandin

## 9. Graphic Novels

- *The Boy Who Lost his Stims* by Nathan McConnell
- *Camouflage: The Hidden Lives of Autistic Women* by Sarah Bargiela
- *With the Light* (series) by Keiko Tobe
- *What's Up with Ben?* By Kim Chilman-Blair
- *Blue bottle Mystery- An Asperger Adventure* by Kathy Hoopman
- *Angel Falling* by Jeffrey Kaufman
- *Camouflage: The Hidden Lives of Autistic Women* by Sarah Bargiela

## 10. Books for Siblings and Friends

- *A is for Autism, F is for Friend* by Joanna L. Keating-Velasco
- *Sometimes My Brother: Helping Kids Understand Autism Through a Sibling's Eyes* by Angie Healy
- *Ian's Walk* by Laurie Lears
- *Can I Tell You About Asperger Syndrome? A Guide for Friends and Family* by Jude Welton
- *Everybody Is Different: A Book for Young People Who Have Brothers or Sisters with Autism* by Fiona Bleach
- *The Bully Blockers: Standing Up for Classmates with Autism* by Celeste Shally
- *Since We're Friends: An Autism Picture Book* by Celeste Shally
- *My Friend with Autism: A Coloring Book for Peers and Siblings* by Beverly Bishop
- *The Autism Acceptance Book: Being a Friend to Someone with Autism* by Ellen Sabin
- *Do You Want to Play? Making Friends with An Autistic Kid* by Daniel Share-Strom

## 11. Spanish-Language Books

- *Mi Hermano Tiene Autismo* by Jennifer-Moore Mallinos
- *Tacos Anyone? An Autism Story* (bilingual in Spanish and English) by Marvie Ellis
- *Mi Amigo Tiene Autismo* by Amanda Tourville
- *Asperger...Que Significa Para Mi?* By Catherine Faherety
- *Meneos, Pistones, Y Apretones Para Calmar Mi Cosquilleo* by Lindsey Rowe Parker

## 12. Books with Intersectionality of Autism and LGBTQ+

- *Queerly Autistic: The Ultimate Guide for LGBTQQA+ Teens on the Spectrum* by Erin Ekins
- *Uncomfortable Labels: My Life as a Gay Autistic Trans Woman* by Laura Dale
- *Queens of Geek* by Jen Wilde
- *Izzy at the End of the World* by K.A. Reynolds
- *The Outside* by Ada Hoffman

## 13. Websites about Autism for Kids

- Sesame Street Autism Community (early childhood): <https://sesamestreetincommunities.org/topics/autism/>
- Organization for Autism Research Kit for Kids (elementary and middle school): <https://researchautism.org/resources/kit-for-kids/>
- Chatroom for teens with ASD (teens): <http://www.aspergersteenchat.com/>
- CDC Autism Kids' Quest (upper elementary and middle school) <https://www.cdc.gov/ncbddd/kids/autism.html>
- Wrong Planet Autism Community (teens and YA): <https://wrongplanet.net/>
- Autistic Self-Advocacy Network (teens and YA): <https://autisticadvocacy.org/>
- Thinking Person's Guide to Autism (teens and YA): <https://thinkingautismguide.com/>

- Neuroclastic (teens and YA): <https://neuroclastic.com/>
- ActuallyAutistic wiki (teens and YA)  
[https://actuallyautistic.wiki/wiki/Main\\_Page](https://actuallyautistic.wiki/wiki/Main_Page)

#### **14. YouTube Videos Explaining Autism to Kids**

- Marvelous Max [https://www.youtube.com/watch?v=wc77MksM\\_2c](https://www.youtube.com/watch?v=wc77MksM_2c)
- Autism Explained <https://www.youtube.com/watch?v=zc14ABi5LqA>
- Amazing Things Happen <https://www.youtube.com/watch?v=RbwRrVw-CRo>
- Sesame Street and Autism  
<https://www.youtube.com/watch?v=RuV8AddbXIs>
- My Autism and Me <https://www.youtube.com/watch?v=ejpWWP1HNGQ>

#### **15. Films Featuring Autistic People or Characters**

- *Temple Grandin*
- *Talk to Me: a Documentary Film About Children with Autism*
- *Mozart and The Whale*
- *A Brilliant Young Mind*
- *Please Stand By*
- *Keep The Change*
- *How to Dance in Ohio*
- *Autism In Love*
- *An Animated introduction to Asperger Syndrome*
- *Extremely Loud and Incredibly Close*
- *Oops, Wrong Planet*

#### **16. TV Shows Featuring Autistic People or Characters**

##### **Young Children**

- Pablo
- Sesame Street episode (Julia)
- Daniel Tiger's Neighborhood (Max)

- Thomas the Tank Engine (Bruno the Brake Car)

### **Older Children**

- Young Sheldon
- Parenthood
- For Peete's Sake
- Hero Elementary (AJ Gadgets)

### **Teens/Young Adults**

- The Unemployables
- Asperger's Are Us
- Atypical
- Everything's Going to be OK
- Love on the Spectrum
- The IT Crowd

## **17. Apps**

- NeuroHub: sensory-friendly places (iOS)
- Autism Help: 5-Point Scale (iOS)(children and teens)  
<https://apps.apple.com/us/app/autism-5-point-scale-ep/id467303313>
- Hiki: dating app (iOS and Android) (older teens and adults)  
<https://www.hikiapp.com/>
- Kaboose: social networking (iOS and GooglePlay) (teens and adults)  
<https://www.kaboose.app/>

## **18. Supportive Communities**

- DC Peers <https://www.dcpeers.org/>
- Asperger/Autism Network <https://www.aane.org/resources/family-and-friends/teens-support-groups/>
- Neuroteens (for female and non-binary teens)  
[https://ucdavis.co1.qualtrics.com/jfe/form/SV\\_9nl8w4LqCmB9394](https://ucdavis.co1.qualtrics.com/jfe/form/SV_9nl8w4LqCmB9394)
- Kaboose (app) <https://www.kaboose.app/>
- The Art of Autism <https://the-art-of-autism.com/tag/actuallyautistic/>



- Autistics Association of Greater Washington <https://aagw.net/>
- Autistic Women & Nonbinary Network <https://awnnetwork.org/>