

LASARD Parent Training Series

January 2023

Julie Riley, M.Ed., BCBA, LBA
LASARD Project Director



**HUMAN
DEVELOPMENT
CENTER**

BUILDING CAPACITY • INSPIRING CHANGE

LSU Health
NEW ORLEANS

School of Allied Health Professions

LOUISIANA'S UNIVERSITY CENTER FOR EXCELLENCE IN DEVELOPMENTAL DISABILITIES



AUCD

ASSOCIATION OF UNIVERSITY CENTERS ON DISABILITIES

Research. Education. Service

ABOUT US



HUMAN DEVELOPMENT CENTER

BUILDING CAPACITY • INSPIRING CHANGE



District Autism and Related Disabilities Team

The District Autism and Related Disabilities Team was created to assess our district's strengths and areas of growth and improvement related to serving students with autism and related disabilities and provide resources, training and support to staff and families with the goal of increasing the use of evidence-based practices across all settings that include students with autism and related disabilities.

By using a multi-disciplinary team approach, the team supports teachers to meet students' needs related to communication, behavioral, sensory, academic, social, and adaptive skills.



HUMAN DEVELOPMENT CENTER

BUILDING CAPACITY • INSPIRING CHANGE

Autism + Puberty

LASARD FACILITATOR:

Ali Kowitz, M.Ed., ET/P

Full Presentation Date and Time TBD



**HUMAN
DEVELOPMENT
CENTER**

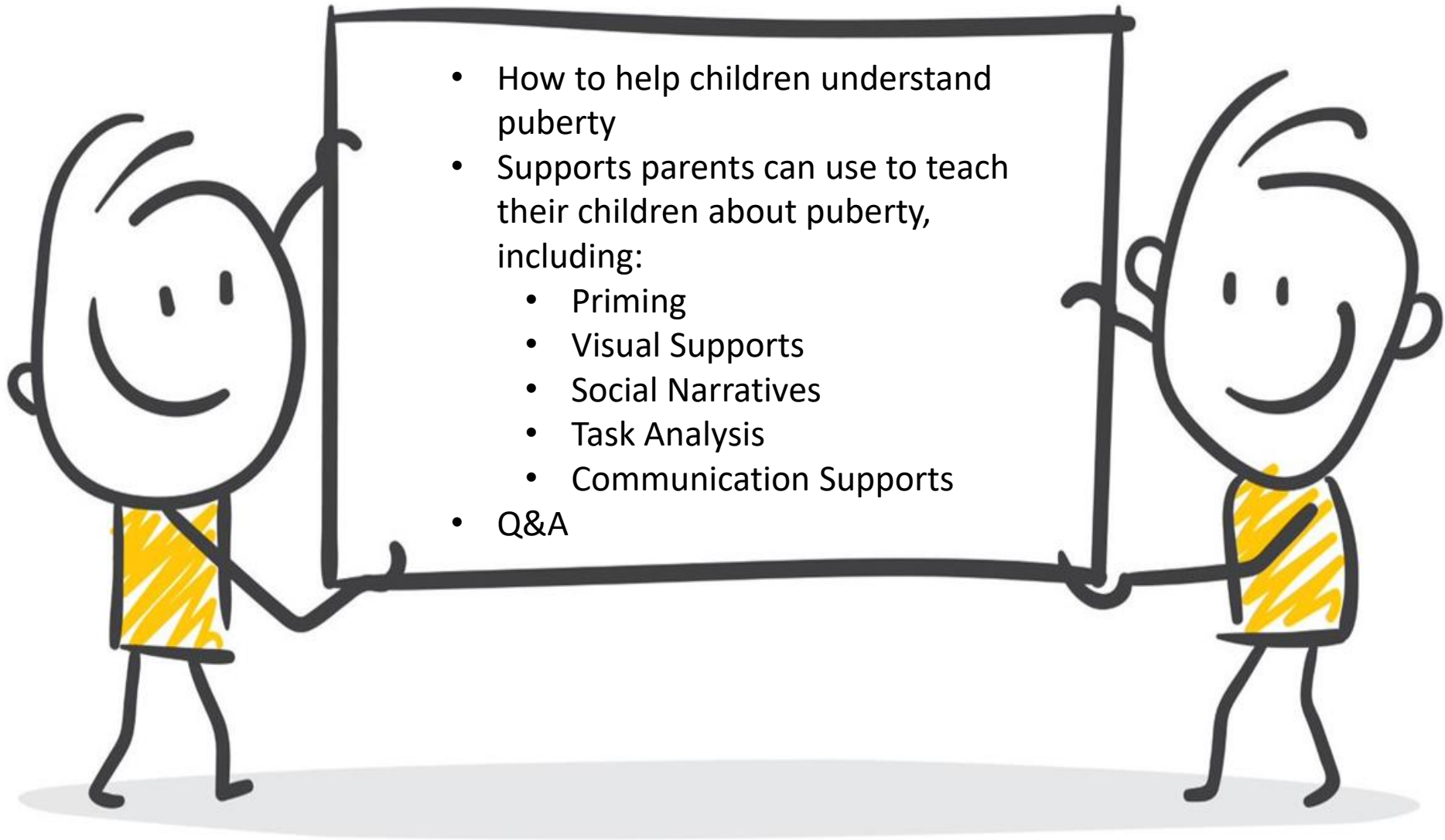
BUILDING CAPACITY • INSPIRING CHANGE

LSU Health
NEW ORLEANS

School of Allied Health Professions

Parent Training Agenda

- How to help children understand puberty
- Supports parents can use to teach their children about puberty, including:
 - Priming
 - Visual Supports
 - Social Narratives
 - Task Analysis
 - Communication Supports
- Q&A



Preparing Children with Autism for Puberty

- Children with autism may need more time and support to understand puberty and the changes that will occur in their bodies and lives.
- Your child may feel less confused or worry about the physical changes they experience if they are primed for those changes before they occur.
- Autism does not affect when a child starts puberty. Generally speaking, puberty for girls starts around 8-13 years old and puberty for boys begins around 9-14 years old.



Start with the Basics



Early years

- Correct names for private body parts
- Basic consent skills - saying 'yes' to wanted things and 'no' to unwanted things
- Difference between boys' and girls' bodies
- Public and private places and body parts
- Where babies come from
- Different types of relationships (e.g. mother, father, sibling, friend etc.)
- Basic hygiene

Pre-pubescent

- Basic introduction to periods - what they are and when to expect them
- Wet dreams - what they are and when to expect them
- Introduction to body changes - growing taller, pubic hair, changes to private body parts
- Different relationships and appropriate types of touch
- Ways to recognise and say 'no' to unwanted touch
- Different types of relationships (e.g. mother, father, sibling, friend etc.)
- Basic hygiene

Puberty

- Practical management of periods
- Wet dreams - why it happens and how to clean it up
- Ways to recognise and say 'no' to unwanted touch
- Consequences of inappropriate touching of others
- Body changes - acne, body odour, mood changes
- What sex is, including how babies are made
- Changes in feelings and emotions, including sexual feelings
- Masturbation - what is it, identifying a private place to masturbate, hygiene

Older teens and adults

- Sexual feelings
- What it means to be lesbian, gay or bisexual
- Sexual relationships - dating skills, rejection, sex and consent
- Safe sex - how to use a condom correctly
- Contraception
- Sexually transmissible infections (STI)
- Sexual health - cervical screening, STI checks, breast checks etc.
- Parenting - the good and hard things about being a parent



Will my child understand?

- Pair your talks about puberty and body changes with:
 - Priming
 - Visual Supports
 - Social Narratives
 - Task Analysis
 - Communication Supports
- Use clear, direct language:
 - Phrases such as “voice-cracking/breaking” may lead to unnecessary anxiety because the child may take the phrase literally.

How to put on deodorant



1 Time to smell fresh!



2 Take off deodorant cap



3 Put deodorant under left arm



4 Put deodorant under right arm





5 Put cap back on deodorant



6 Put clothes on

Visual Supports

Every Morning I Need To...					
	Monday	Tuesday	Wednesday	Thursday	Friday
Brush My Teeth 					
Brush My Hair 					
Put On Deodorant 					



Social Narratives



During puberty your voice changes. It can be high one minute and low the next. This is because your voice box is growing



Your voice box is also called your larynx. It is in your throat



You may also notice a bump sticking out of the front of your throat. This is called an Adam's apple



It can take time but your voice will stop changing. It will be deeper than before. This means you're growing up



Task Analysis

I can change my sanitary pad.

- 1 pull down underwear
- 2 remove dirty pad
- 3 roll up dirty pad
- 4 wrap dirty pad
- 5 throw dirty pad away
- 6 open clean pad
- 7 peel off paper
- 8 put clean pad in underwear
- 9 pull up underwear
- 10 wash hands

@jaclynbroccoli



HUMAN DEVELOPMENT CENTER

BUILDING CAPACITY • INSPIRING CHANGE

QUESTIONS



CONTACT US!

Julie Riley
jriley@lsuhsc.edu



www.lasard.org



www.facebook.com/LASARD.Project



www.instagram.com/project_lasard/



HUMAN DEVELOPMENT CENTER

BUILDING CAPACITY • INSPIRING CHANGE