

MRS SPEECHIE P

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Thank you!

Thank you so much for purchasing this product! Attached you will find my "Autism in Girls" handout. I hope you enjoy this handout and it supports your ability to share information about non-stereotypical presentations of Autism. Please email me with any questions!



TERMS OF USE:

- You may print this product an unlimited number of times, including poster size prints.
- You **MAY** share this handout digitally with parents, teachers, or other individuals you professionally support. If others would like to distribute to families, please refer them to my website to download their own copy.
- Editing or altering this product is not allowed and violates my Copyright and Terms of Use.

BE SURE TO FOLLOW ME ON SOCIAL MEDIA:



IF YOU ENJOY THIS HANDOUT, YOU WILL ALSO LOVE MY:



AUTISM HANDBOOK

Support families as they navigate Autism referrals and/or a new Autism diagnosis with Neurodiversity positive information.



AUTISM HANDBOOK FOR KIDS

Support KIDS (7+) as they learn about Autism and better understand their brains, and set them up for increased self-advocacy skills

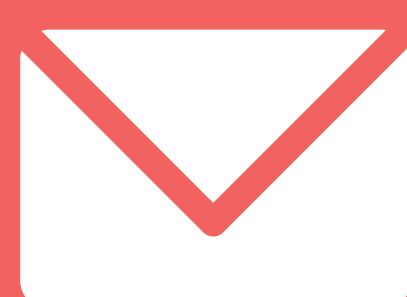


UNDERSTANDING AUTISM TOGETHER

Stories to help tell children they are Autistic.

Professional & Parent options

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Autism in Girls & Non-Stereotypical Presentations

1 Same Core Traits

Autistic girls have the same characteristics, but are often missed or misdiagnosed due to their ability to blend in, mask, or hide their Autistic traits. It is common for Autistic girls and non-stereotypical presentations to have more subtle differences that go unrecognized and they are often viewed as anxious or “quirky.”

Autism is a neurotype that describes individuals who have differences in social communication and routines, interests, and sensory processing. These differences can look many different ways from person to person and are often, especially in Autistic girls, not clearly observed and not obviously different from their Neurotypical peers.



This profile can be seen in any gender

2 High Masking

Autistic girls can be great imitators and learn early on how to copy others and hide their Autistic traits that cause them to look Autistic or “different.”

Masking can lead to burnout and long-term mental health struggles. When masking occurs for long durations, Autistic individuals learn that they are not “enough” and their needs and true self are not important.

3 Socially Motivated

Autism does NOT mean anti-social, and many Autistic people seek out and enjoy social interactions and relationships. Autistic people often have differences in how they connect with others, and they are able to have friends and build strong connections with others. They can even sometimes be viewed as “overly social” due to sharing what may often be viewed as personal or private information, can be very trusting of everyone, and often rapidly go into deeper connections with others rather than impersonal interactions like small talk.

Subtle Social Communication Differences:

- Repeats words or lines from media
- Uses a high pitched or sing-song voice
- Decreased gesture use, or extra expressive with gestures
- Self-directed or “bossy” in play, or may imitate and follow others around in play
- Invades personal space
- Misses social cues
- More comfortable responding to others than initiating
- Dominates conversations or infodumps, and does not recognize conversational leads



4 Most Common Needs

Autistic girls often present with high anxiety, sensory differences, and can have strong emotional reactions, especially when they are in a safe place like at home. They may present with anxiety when changes or separation from parents occur.

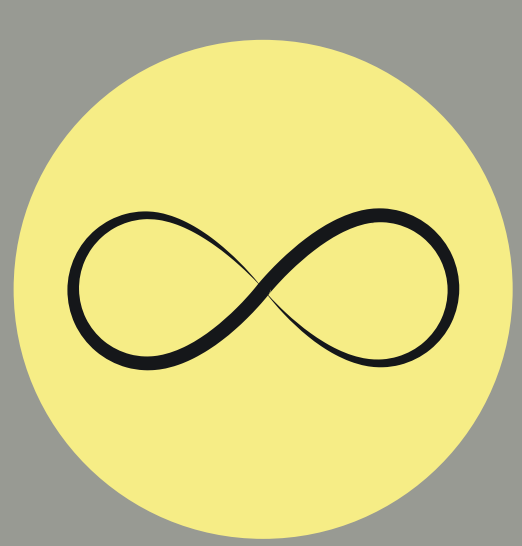
Autistic girls are often viewed as the “perfect student” at school and then present very differently at home with strong anxiety or big reactions to sensory processing differences or changes in routine. Common sensory differences include sensitivity to loud sounds, selective eating, smelling or licking unusual items, and difficulties with grooming.



5 Why Get Diagnosed?

An Autism diagnosis can help a person better understand themselves, have an explanation for why they are the way they are, realize and understand that there is nothing wrong with them, and hopefully find community and develop a positive self-image.

Research shows that understanding one’s diagnosis and neurology often reduces common mental health risk factors associated with undiagnosed Autism. It can also allow a person to identify needed accommodations and supports, and increase self-advocacy skills.

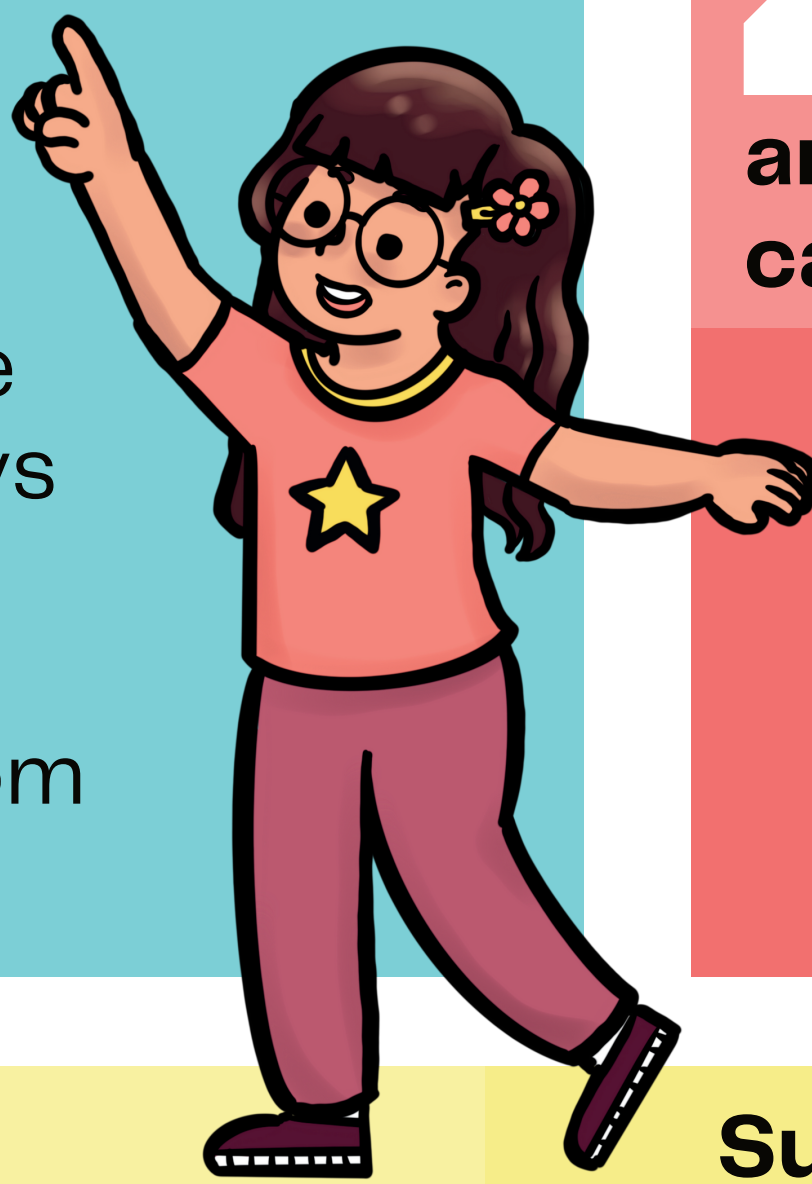


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