

## **The Puberty Video for Boys with Asperger Syndrome (and Autism Spectrum Disorder: Level 1) DVD \$25.00, 48 Minutes and Managing Puberty, Social Challenges, and (Almost) Everything: A Video Guide for Girls: DVD, \$25.00, 80 Minutes; Coulter Video (<http://coultervideo.com>)**

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Two excellent resources for parents these complementary DVDs provide important basic information on puberty for more cognitively able individuals with social learning challenges. These provide straightforward, low-key, fact based perspectives on puberty for boys and girls. Importantly, the DVDs focus on relationships as well as the physical aspects of adolescent development and address many of the myths—as well as the facts—about puberty. The videos are co-hosted by a young man and woman. They provide information on bodily changes during puberty and ways to deal with these changes. Information on the ‘basics’ of sexuality is provided with an emphasis on the need for students to think about consequences. Sections on dating and sexuality include helpful video clips and these illustrate important principles about dating as well as social interaction.

Topics covered include the basics of both male and female puberty, basic aspects of dating and potential differences in perception of boys and girls. The information on expectations and guidance on how to develop a beginning relationship is well done, as is the thoughtful review of issues of intimacy and sexuality.

An important aspect of these videos is the potential for parents to use them in beginning a discussion with their teen with autism/Asperger’s. The DVDs are sensibly divided into chapters that would allow adults to tailor the discussion with the teen involved. For both boys and girls, the complementary materials help the students understand risks, e.g., of internet relationships, as well as aspects of intimacy in the context of ongoing relationships. These are truly excellent resources that will be valued by parents and teachers alike!

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