

## Girls & ASD

**a journey inside the nooks and crannies of autism**

ASD Nest Program  
3<sup>rd</sup> Annual Kick Off  
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## Girls & ASD

Honest                      **Misdiagnosed**

**Under-diagnosed**                      Imaginative

More likely to be victimized

**Highly intelligent**

**"autism is not a female brain"**

## Girls & ASD

- **Tend to turn inward instead of outward**
- **Develop compensatory behaviors**
- **Have difficulty forging emotional connections**
- **Feel the weight of society's expectations**

Amy goes to Elementary school

*Life after diagnosis*

STRATEGIES


- IEP Meetings
- The "Mrs. Sigda M.O."
- Bullying Breakdown

Amy goes to Middle School

*Finding my place*

**STRATEGIES**

- Understand/ease social demands
- Resource Realm
- Safe outlets



Amy goes to High school  
***Looking at the future***

**STRATEGIES**

- Watch for what you can't see
- The power of being proactive
- Social survival skills

But never...

- Yell
- Set invisible standards
- Say "Kids will be kids"



Amy's success story  
***Self-acceptance & Empowerment***

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**STRATEGIES**

- Empower people with autism
- Can't change the world, but we can make it better
- Equip students with ASD with knowledge that will last through their lives.
- Change your own perceptions of autism