

Synopsis

Puberty is a time of huge change in the physical body, in emotional experience and in social relationships. Having an understanding of these developments and learning how to deal with them is essential, and for people with Asperger's syndrome it can be a challenge to get to grips with the social and emotional aspects of puberty, sex and relationships. This book is ideal for those who need clear, detailed explanations and direct answers to the many questions raised by puberty and sexual maturity. Sarah Attwood describes developments in both the male and female body, and explains how to maintain hygiene and personal care, and to promote general good health. She examines emotional changes, including moods and sexual feelings, and provides comprehensive information on sex, sexual health and reproduction. She looks at the nature of friendship, how it changes from childhood to adulthood and its importance as a basis for sexual encounter. She also offers coping strategies for different social experiences, from bullying to dating, and includes essential tips on the politics of mature behaviour, such as knowing the difference between public and personal topics of conversation. "Making Sense of Sex" is a thorough guide written in unambiguous language with helpful diagrams, explanations and practical advice for young people approaching puberty and beyond.

Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #180,919 in Books (See Top 100 in Books) #27 in [Books > Children's Books > Growing Up & Facts of Life > Health > Sexuality](#) #382 in [Books > Parenting & Relationships > Parenting > Teenagers](#) #513 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies](#)

Age Range: 9 - 17 years

Grade Level: 4 - 12

Customer Reviews

This is a wonderfully valuable book. Bracingly clear and comprehensive, it is one that any person with Asperger's Syndrome could turn to with confidence and pleasure. More than that, though, it's a book that anyone with any questions at all about sex would find useful. I know that when I was an adolescent with hard-to-ask questions in the 1960s, it would have been a godsend. But as a father of a young man on the autism spectrum, I find the book has a special value to me: it models a way of talking to young people about life that everybody--parents, teachers, doctors, therapists--should emulate. With uncanny intelligence and sensitivity, Sarah Attwood writes in a tone that is respectful, good-humored, reassuring, and utterly frank. This distinctly friendly way of conveying information deserves cloning on a global scale.

The book was a thorough guide to physical maturation and sexuality, but didn't find it helpful for understanding issues unique to Asperger's and strategies for dealing with those issues.

I've been very grateful for this book as my son gets into the teen years. We try to have forthright conversations, but I'm sure this book covers more things than I ever would be able to, in matter-of-fact language. It talks straight-forwardly about a number of sexual topics, self-care, relationships, etc. Frankly, neurotypicals like me probably could have used a book like this! If you want to keep to euphemisms and kind of the straight and narrow, this is not the book for you, as there are frank discussions about STDs, varying forms of sexuality, various sexual acts, etc, but I think it's perfect for my high school son, who's going to be hearing things from his public high school anyway. This way, between this book and me, I know he has recourse to more factual information.

Of all the books that I've read, this is one of the best. It is a positive, clear and deep book, masterfully written, which covers everything that needs to be covered. Every parent will be very happy to read this wonderful material, I absolutely recommend it, either if there is a SA child at home or not. My deepest congratulations to Sarah Attwood.

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Asperger's: The Asperger Syndrome Revealed! The Ultimate Information Book (Asperger Disorder, Asperger Syndrome, Aspergers, AS, AD, ASD)
Asperger Syndrome Explained: How to Understand and Communicate When Someone You Love Has Asperger's Syndrome (Autism Spectrum Disorders, Aspergers Relationships)
Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap

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