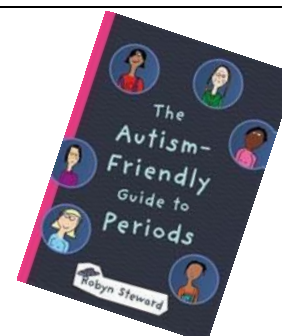


## The Autism-Friendly Guide to Periods, by Robyn Steward

Published by Jessica Kingsley

Cost: £9.99



Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. Created in consultation with young people, an online survey and a group of medical professionals, this is a book that teaches all people about periods, which can be a scary and overwhelming issue.

Promoting the fact that everyone either has periods or knows someone who does, the book reduces the anxiety girls face in asking for help. It offers direct advice on what periods look and feel like and how to manage hygiene and pain. It also breaks up information using flaps and step-by-step photos of how to change pads and tampons, it discusses alternatives to tampons and pads, and gives information about possible sensory issues for people with autism.

Other titles:

- The Independent Woman's Handbook for Super Safe Living on the Autistic Spectrum