



The Aspie Girl's Guide to Being Safe with Men: The Unwritten Safety Rules No-one is Telling You

Debi Brown

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For Aspie girls and women, dating and sexual relationships can be confusing, intimidating and potentially dangerous. Even if actively avoiding romantic relationships or sexual encounters, a lack of understanding about acceptable social interaction between men and women can leave Aspies vulnerable to negative experiences. It is vital, therefore, that the facts and unwritten rules about sexual conduct and relationships are clearly laid out for girls and women on the spectrum.

Understanding that Aspies need explanations to be explicit and unambiguous, Debi Brown, a female on the spectrum, presents the truth about sex and relationships, shares her personal insight and provides practical strategies for staying safe in many different situations. As she guides Aspies through the unwritten safety rules around dating, relationships and sex, her advice will empower females on the spectrum, allowing them to build up their knowledge, recognise and report abusive behaviour, understand boundaries, develop relationship skills and work towards a safe independence. Covering topics such as boyfriends, sex, pregnancy and rape, this book includes advice on building a support network, saying 'no', self-esteem and emotional healing and will prepare Aspie girls and women to make independent, informed and safe decisions when interacting with men.

Written with warmth, honesty and understanding, this is essential reading for every Aspie girl and woman, from age 13 upwards. It will also be a valuable source of insight and advice for parents, friends, professionals and anyone else supporting a female on the autism spectrum.

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