



# Where are you on your journey? Resources for Autistic Teens

## SOCIAL

**Friend in Me** – Partners disabled teens with neurotypical student volunteers. The “buddies” meet online once a week to talk and play games.

<https://www.friendinmegroup.org> Email: [info@friendinmegroup.org](mailto:info@friendinmegroup.org)

## SUPPORT

**Association for Autism and Neurodiversity (AANE)** – Offers social and support groups, as well as life coaching. Most programs are offered virtually. Many services are fee-based, but financial aid is available.

<https://aane.org> Schedule a free phone call or complete email form on website.

Email: [info@aane.org](mailto:info@aane.org)

## FACEBOOK GROUPS

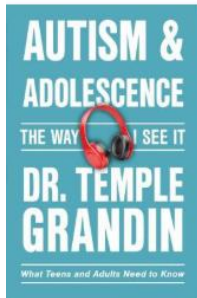
**Autism Teens and Adults of NJ**

**Autism Support Group for Teens, Young Adults, and Parents**

**Autistic TEENS Social Group**

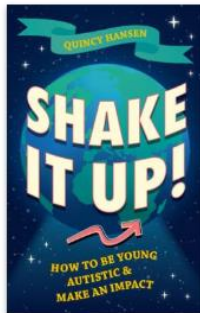
**Teen Autism Social Group**

## **BOOKS AVAILABLE AT THE OCEAN COUNTY LIBRARY**



**Autism & Adolescence The Way I See It** by *Dr. Temple Grandin*.  
2024. 616.85882 Gran.

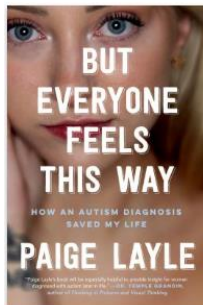
"Dr. Temple Grandin draws on her hard-won experience to deliver an essential guidebook for guiding and nurturing autistic youth. She gets to the real issues of autistic adolescents--the ones parents, teachers, and individuals on the spectrum face every day."



**Shake It Up! How to Be Young, Autistic and Make an Impact**  
by *Quincy Hansen*. 2022. 616.85882 Hans.

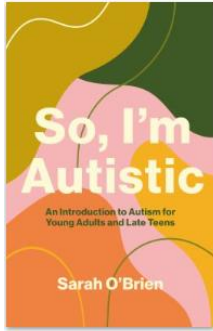
"This inspiring book encourages autistic teens to find their voice and make a difference in the world around them. Featuring interviews with young autistic change-makers and addressing issues like self-image, harmful stereotypes and communication barriers, Shake It Up! aims to build readers' confidence, and inspire them to take action to change the world to be a

better place."--Page [4] of cover.



**But Everyone Feels This Way: How an Autism Diagnosis Changed My Life**  
by *Paige Layle*. 2024. 616.85882 Layl.

"Paige Layle shares her story as an autistic woman diagnosed late. Women are frequently diagnosed with autism much later than men--in their late teens or early twenties. Armed with the phrase "Autism Spectrum Disorder" (ASD), Paige set out to learn how to live her authentic, autistic life. She challenges stigmas, taboos, and stereotypes so that everyone can see themselves. Along the way, her online activism has spread awareness, acceptance, and self-recognition in millions of others."



**So, I'm Autistic: An Introduction to Autism for Young Adults and Late Teens** by Sarah O'Brien. 616.85882 Obri.

This book gives a much-needed introduction into what autism is and removes the myths, stereotypes and stigma that surround it. Sarah provides insights into what to do after diagnosis and how to approach and navigate the process of informing those in your life, from your family and friends to your teachers or manager at work.