

Making Sense of My Feelings As Teen With Autism Going Through Puberty

Puberty is a time of significant change and development for all teenagers, but for those with autism, it can be an especially challenging time. This is because puberty brings about a number of physical, emotional, and social changes that can be difficult to understand and cope with.



Making Sense of My Feelings As A Teen with Autism Going Through Puberty by Travis Breeding

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Physical changes during puberty can include:

- Growth spurts
- Changes in body shape
- Development of breasts in girls
- Growth of facial hair in boys

Emotional changes during puberty can include:

- Increased mood swings
- Feeling more irritable or emotional
- Feeling more self-conscious
- Feeling more anxious or depressed

Social changes during puberty can include:

- Increased interest in romantic relationships
- Increased peer pressure
- Feeling more isolated or alone
- Feeling more difficulty understanding social cues

All of these changes can be overwhelming for teens with autism. They may not understand what is happening to them or why they are feeling the way they do. This can lead to confusion, frustration, and anxiety.

If you are a teen with autism going through puberty, it is important to know that you are not alone. Many other teens with autism are going through the same thing. There are also a number of resources available to help you make sense of your feelings and cope with the changes that come with puberty.

Here are some tips for teens with autism going through puberty:

- ****Talk to your parents or guardians.**** They can provide you with support and guidance during this time.
- ****Talk to a therapist or counselor.**** They can help you understand your feelings and develop coping mechanisms.
- ****Join a support group for teens with autism.**** This can provide you with a safe and supportive environment to share your experiences and learn from others.
- ****Educate yourself about puberty.**** This can help you understand what is happening to your body and mind.
- ****Practice self-care.**** This means taking care of your physical and emotional health. Eat healthy foods, get enough sleep, and exercise regularly.

Puberty can be a challenging time for all teenagers, but it is especially challenging for teens with autism. However, with the right support and resources, you can make it through this time and emerge as a healthy and happy young adult.



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