The Aspie Girl’s Guide to Being Safe with Men
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For all Aspie girls and women everywhere,
hoping this will keep you safe
CONTENTS

Foreword by Sarah Attwood 9
ACKNOWLEDGEMENTS 11
DISCLAIMER 12
WHY I WROTE THE ASPIE GIRL’S GUIDE AND WHY YOU SHOULD READ IT 13
Introduction 17

Part 1: The Support, Knowledge and Skills You Need as Pre-requisites to Being Safe with Men
1. Your Support Network 25
2. Boundaries 38
3. Useful Rules 55

Part 2: Being Safe with Men: Protecting Yourself, Making Informed Choices and Acting on Your Choices
4. Understanding the Female and Male Bodies 79
5. Boyfriends 84
6. Kissing 103
7. What is Sex? 107
8. Safer Sex 116
9. Pregnancy and Abortion 127
10. Too Young for Sex? 130
11. Making Your Choices and Acting on Them 134
12. What to Do if You Get Raped 140

**Part 3: Emotional Healing**

13. Emotional Healing 149

- CONCLUSION 163
- WHY THE ASPIE GIRL'S GUIDE IS WRITTEN AS IT IS 164
- NOTE TO PROFESSIONALS 168
- REFERENCES 170
- RESOURCES 171
- INDEX 174
Rule 1: I do not have to be perfect. It is okay to make mistakes

Many Aspie girls try to be perfect. This is what I tend to do. I thought for years that this was a good thing, because this quality in me was often praised and encouraged by others. It is true that aiming for perfection has some good aspects to it. For example, because I am trying to be perfect, I am careful and accurate with my work.

However, trying to be perfect also has a bad side. It causes me lots of stress and anxiety and means that I often put unnecessary pressure on myself. Trying to be perfect makes me very afraid of making mistakes, so I become afraid of trying new things. But if I do not try new things, I do not get new experiences and I cannot learn, change or grow. Trying to be perfect means that I feel very upset with myself when I make mistakes and I become critical towards myself. Being critical with myself is the opposite of loving myself, and it is very important to love myself.

Therefore, on the whole, trying to be perfect is a bad thing. That is not to say that I should not try at all. But if things do not work out quite as I had intended, I can choose not to beat myself up.

Therefore, the new rule is that I do not have to be perfect. It is okay to make mistakes. Mistakes are valuable learning opportunities and provide the chance to grow and mature.

Rule 2: I am precious and I have great worth. I deserve good people in my life. I will not give myself away to just anyone who will have me

If you have experienced a lot of rejection in your life, the natural rule formed by these experiences is that you have very little worth. This is certainly a rule that I had.

If you believe that you have little worth, you are more likely to accept people who treat you badly. You might accept men treating you badly and abusing you. You might pick the wrong sort of man if you believe that no-one decent would ever want you. You might accept someone who you do not love as your boyfriend, simply because they will have you, even if you are not particularly interested in them. A rule that says that you are not worth much is a bad rule.