



## Adult Autism Assessment

Wendela Whitcomb Marsh

For Autism Blueprint podcast listeners

### 5 Ways Autistic Girls Hide

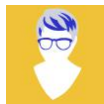
1. **MASKING** Girls are better than boys at covering up, camouflaging, or masking their autistic characteristics.
2. **MIRRORING** Girls are good at observing and imitating other girls in an effort to fit in socially.
3. **MOTHER HENS** Sometimes other little girls like to be a “mother hen” and protect a girl they see as vulnerable, in a way that boys seldom do.
4. **MENTORS** Sometimes other girls, “future teachers,” like to take a girl on the spectrum under their wing and mentor them, teaching them how to play and act like the other girls so they can fit in.
5. **MILD MANNERED** When under extreme stress, most people resort to “fight, flight, or freeze.” Autistic boys often choose “flight” and run away. Usually a girl on the spectrum will “freeze” instead. To the teacher, she appears to be well-behaved, mild-mannered, maybe shy, but not a problem. No one sees that inside she is

extremely anxious. She is clueless as to what to do or how to act, so she just stays still and escapes notice.

If you have a girl who struggles with social communication, making and keeping friends, regulating her emotions, and coping with change or with sensory experiences, consider the possibility of Autism Spectrum Disorder (ASD).

It's not just for boys.

Subscribe to my monthly newsletter, *NDN: NeuroDivergent News*, [here](#). (Previously PIPS NEWS.) You will find content for or by autistic adults, neurodivergent couples, parents, and professionals.



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new website coming soon: [www.AdultAutismAssessment.com](http://www.AdultAutismAssessment.com)

original website still active May 2022: [www.PIPSforAutism.com](http://www.PIPSforAutism.com)



## Recognizing Autism in Women & Girls

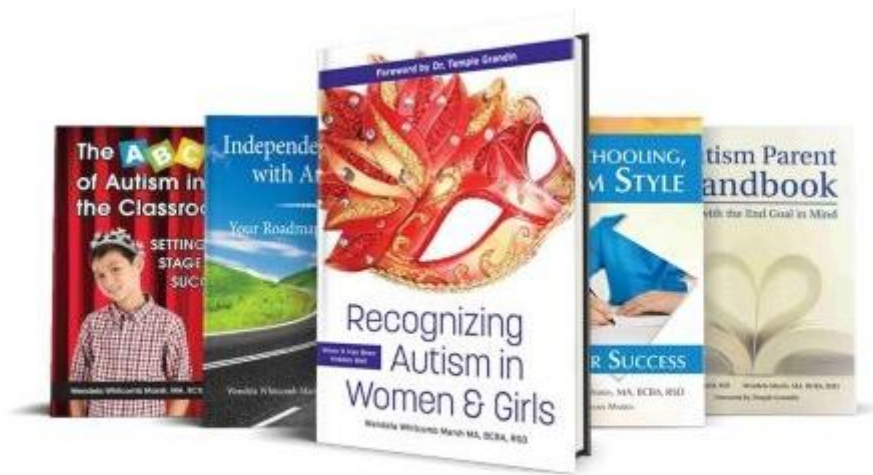
Wendela Whitcomb Marsh MA, BCBA, RSD

### *Recognizing Autism in Women and Girls*

by Wendela Whitcomb Marsh

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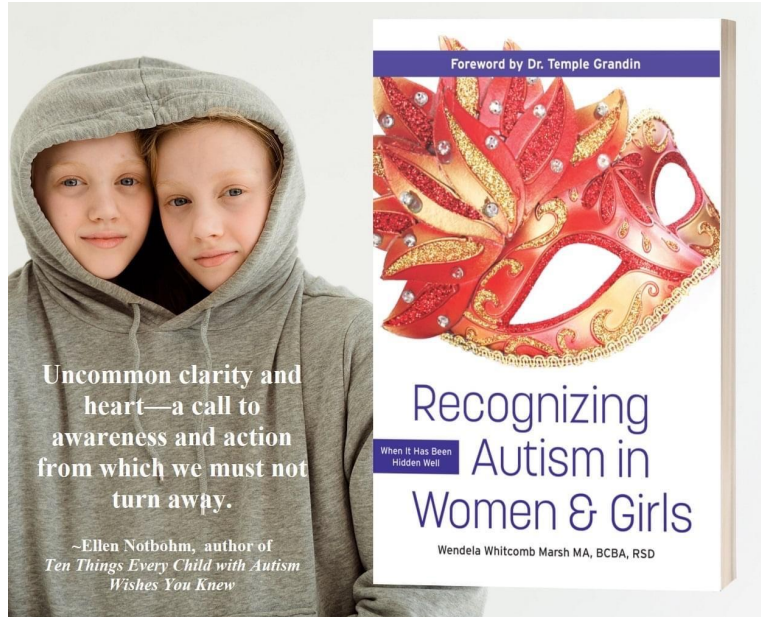
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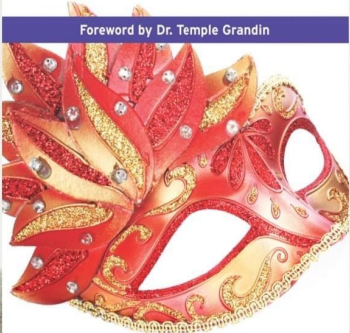
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Uncommon clarity and heart—a call to awareness and action from which we must not turn away.

—Ellen Notbohm, author of *Ten Things Every Child with Autism Wishes You Knew*

Foreword by Dr. Temple Grandin



When It Has Been Hidden Well

# Recognizing Autism in Women & Girls

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