

# Autism in Women & Girls

New research indicates that Autism presents differently in girls and therefore often goes unrecognised for longer. Girls with Autism also appear to be better at ‘masking’ the features of Autism in order to fit in. Below are some examples of how Autism may appear in girls.



Is often better at ‘masking’ her Autism to try and hide the fact that she feels different. Often very sensitive, with intense emotions and difficulties with self-regulating.



Is often described as ‘quiet’ or ‘shy’ in school and other challenging social situations.



Has the ability to hold her emotions in check at school or work, but is prone to meltdowns at home where she feels free to relax and let go of the emotions that have built up.



May find it difficult to imitate the behaviours, or choices of other girls in her peer group even though she may want to ‘fit in’.



Likely to research and intellectualise social roles – may invest a lot of effort to learning how to be more like other girls to blend in.



May find it hard to understand the ‘levels of friendship’ which makes it difficult to distinguish between an acquaintance and a close friend.



Is often a perfectionist. May be perceived by others as ‘pedantic’.



Her facial expressions may not match the situation or her emotions.



Can appear to be more curious, bright, or gifted than her peers. May have hyperlexia or an advanced vocabulary.



A tendency to be a visual thinker or may be described as a ‘day dreamer’ or ‘quirky’.



A strong sense of fantasy, special interests in cultures, animals, art, music, and literature.



Enjoys categorising and sorting things, or has special collections.



May have a strong sense of justice – a tendency to stick up for those who cannot stick up for themselves.



May be perceived as a ‘picky eater’.



May have distinct sensory differences or sensitivities.