

# Sexuality and Puberty Education Resources for Parents & Kids

## **Books for Parents & Kids:**

Many of these books include specific information about sex and sexuality in addition to puberty. Please screen any books before giving them to your child to make sure you are comfortable with the material.

### **For/About Girls:**

- **Ready, Set, Grow: What's Happening to My Body?** by Lynda Madaras (ages 8+)
- **What's Happening to My Body?: Book for Girls** by Lynda Madaras (ages 11+)
- **My Body, My Self for Girls:** by Lynda Madaras (ages 9-12)
- **The Care and Keeping of You 2: The Body Book for Older Girls** by Cara Familian Natterson (ages 10+)
- **The Period Book: Everything You Don't Want To Ask But Need to Know** by Karen Gravelle (ages 10+)

### **For/About Boys:**

- **On Your Mark, Get Set, Grow!: A "What's Happening to My Body?" Book for Younger Boys** by Lynda Madaras (ages 8+)
- **What's Happening to My Body?: Book for Boys** by Lynda Madaras (ages 11+)
- **My Body, My Self for Boys** by Lynda Madaras (ages 9-12)
- **What's Happening to Me?** By Alex Frith (ages 11+)

### **For/About Boys & Girls:**

- **It's So Amazing! A Book about Eggs, Sperm, Birth, Babies, and Families** by Robie H. Harris (ages 8-10)
- **Amazing You** by Dr. Gail Saltz (ages 3-7)
- **It's Not The Stork** by Robie H. Harris (ages 4-8)
- **It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health** by Robie H. Harris (ages 11+)

### **About Gender Identity:**

- **Jacob's New Dress** by Sarah Hoffman (ages 4-8)
- **Red: A Crayon's Story** by Michael Hall (ages 4-8)
- **I am Jazz** by Jazz Jennings (ages 4-8)

### **Visit user-friendly and informative websites for parents and kids:**

- [www.kidshealth.org](http://www.kidshealth.org): Health, puberty and sexual health information for kids, teens, parents and educators
- <http://www.tolerance.org/LGBT-best-practices-terms>: Glossary of LGBTQ and gender diversity terms
- [www.plannedparenthood.org](http://www.plannedparenthood.org): Health, puberty, LGBTQ and sexual health info. for parents
- [www.advocatesforyouth.org](http://www.advocatesforyouth.org): Health, LGBTQ and sexual health information for parents