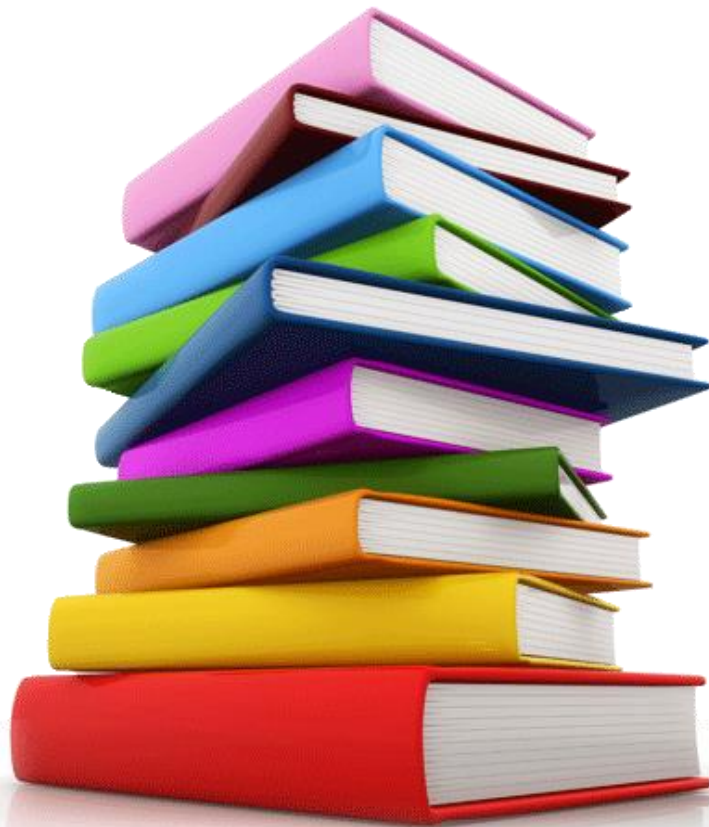


Books about Bodies,
Relationships and
Sexual Health for
Children, Teens,
Educators & Parents





Whatever your child's age, gender, ability, sexual orientation, faith, ethnicity or culture – it is never too late to begin talking!

Using books to talk to children and teens about relationships, bodies, reproduction and sexuality is a good way to increase comfort and knowledge for them and for you!

It is important to read the books before reading them with your child or letting your child read them on their own. This way there will be no surprises and you will be able to answer questions they may have.

Tips for Talking to Your Child about Sexual Health

1. Try to have an open and honest communication style.
2. Listen and stay calm.
3. Accept that it may be uncomfortable, awkward and embarrassing.
4. Educate yourself about sexual health and sexuality.
5. Reflect on your own upbringing and sexual health education.
6. Talk about feelings and emotions.
7. Stay informed with the music, television and social media your child listens to, watches and uses.
8. Look for everyday opportunities to have a discussion.
10. Ask your child questions to find out what they already know.
11. Normalize sexuality – it should be a healthy part of life.
12. Use the correct language for ALL body parts.
13. Repeat, repeat, repeat – we all learn best through repetition.
14. Communicate your own values & beliefs.
15. Have a sense of humour; relax and have fun.

It is never too late to start communicating with your child. You don't have to know everything, you just have to start talking and be willing to learn with them – books can help start the conversation and keep it going.

Teaching Children and Teens about Love, Respect, Sexual Health & Relationships through Books

- ♥ Favourites
- ▲ Ethnically/Culturally Diverse
- ☀ Uses Inclusive Language
- ◆ Gender and LGBTQ+
- ★ Disability
- Can be found at the Kitchener Public Library (KPL)

Ages 0 – 3

♥ ■ Alborough, Jez (2000). **Hug**. Candlewick Press.

■ Baker, Liza: illustrated by David McPhail (2001). **I Love You because You're You**. Cartwheel Books.

♥ ■ Boynton, Sandra (2005). **Belly Button Book**. Thomas Allen Board Book Edition.

♥ DK (2016). **My First Body**. DK Publishing.

♥ Donatelli, Ihm & Lavender, Missy; illustrated by Jan Dolby (2015). **Riding the Potty Train: Better bathroom behaviors for little girls on the go!** Women's Health Foundation.

**includes a note to parents and potty pointers

♥ Doodler, Todd H. (2013). **Bear in Underwear**. Blue Apple Books.

**the underwear have different textures to touch

♥ ▲ ■ Gomi, Taro; illustrated by Amanda Mayer Stinchecum (2001) **Everyone Poops**. Japan: Kane Miller Book Publishers.

♥ ■ Marks, Julie & Hartung, Susan Kathleen (2004). **Where's the Poop?** Harper Publishers Inc. **has flaps to pull up to find the poop

■ McBratney, Sam; illustrated by Anita Jeram (1996). **Guess How Much I Love You.** Candlewick Press.

Muldrow, Diane; illustrated by Rick Peterson (2008). **Mama, What's In There?** Golden Books. **has flaps to pull up to find what's in there

♥ ■ Munsch, Robert; illustrated by Sheila McGraw (1995). **Love You Forever.** Firefly Books.

♥ ◆ ■ Newman, Leslea; illustrated by Carol Thompson (2009). **Daddy, Papa and Me.** Crown Publishing Group.

♥ ◆ ■ Newman, Leslea; illustrated by Carol Thompson (2009). **Mommy, Mama and Me.** Crown Publishing Group.

■ Oldland, Nicholas (2009). **Big Bear Hug.** Kids Can Press Ltd.

♥ Patricelli, Leslie (2010). **Potty.** Candlewick, Board Book Edition.

♥ Patricelli, Leslie (2014). **Toot.** Candlewick, Board Book Edition.

■ Rossetti-Shustak, Bernadette; illustrated by Caroline Jayne Church (2005). **I Love You Through and Through.** Cartwheel Books.

♥ ▲ ■ Spelman, Cornelia; illustrated by Teri Weidner (1997). **Your Body Belongs to You.** Albert Whitman & Company.

***includes a note for grown-ups*

♥ ■ Stinson, Kathy; illustrated by Heather Collins (2006). **The Bare Naked Book.** Firefly Books Ltd.

♥ ■ Tillman, Nancy (2010). **On the Night You Were Born.** Feiwel & Friends.

■ Willis, Jeanne; illustrated by Adrian Reynolds (2016). **Who's in the Loo?** Anderson Press Ltd.

Ages 4-6

♥ ■ Allan, Nicholas (2004). **Where Willy Went...** Alfred A. Knopf.

♥ ▲ ■ Beaumont, Karen; illustrated by David Catrow (2004). **I Like Myself!** Hartcourt Books.

♥ ■ Bennett, Howard J.; illustrated by M.S. Weber (2007). **It Hurts When I Poop!** Magination Press. ***includes a note to parents and a poop program*

▲ ◆ Bergman, S. Bear (2012). **The Adventures of Tulip, Birthday Wish Fairy.** Flamingo Rampant. ***Introduces the concept of trans identified children in a friendly, sympathetic way*

◆ Bergman, S. Bear (2012). **Backwards Day.** Flamingo Rampant. ***Introduces the concept of trans identified children*

♥ ◆ ■ Bundo, Marlon & Jill Twiss; illustrated by EG Keller (2018). **Last Week Tonight with John Oliver Presents A Day in the Life of Marlon Bundo.** Chronicle Books.

◆ Brannen, Sarah S. (2008). **Uncle Bobby's Wedding**. GP Putnam and Sons.

♥ Cho, Shinta (2003) **The Gas We Pass: The story of farts**. Kane Miller Book Publishers.

♥ ■ Cole, Babette (2004). **Princess Smartypants**. Puffin Books.

♥ ◆ ■ Garden, Nancy; illustrated by Sharon Wooding (2004). **Molly's Family**. Farrar Straus Giroux.

♥ ◆ ■ Hall, Michael (2015). **Red: A Crayon's Story**. Greenwillow Books. ***A story about being true to yourself and who you really are.*

♥ ▲ ◆ ■ Harris, Robie H.; illustrated by Nadine Bernard Westcott (2016). **Who We Are: All about being the same and being different**. Candlewick Press.

♥ ▲ ■ Harris, Robie H.; illustrated by Nadine Bernard Westcott (2013). **What's in There? All About Before You Were Born**. Candlewick Press.

♥ ▲ ■ Harris, Robie H.; illustrated by Nadine Bernard Westcott (2012). **Who's In My Family: All About Our Families**. Candlewick Press.

♥ ▲ ■ Harris, Robie H.; illustrated by Nadine Bernard Westcott (2011). **Who Has What? All about girls bodies and boys bodies**. Candlewick Press

♥ ▲ ■ Harris, Robie H.; illustrated by Michael Emberley(2006). **It's Not the Stork! A book about girls, boys, babies, bodies, families and friends**. Candlewick Press.

♥ ♦ ■ Herthel, Jessica & Jennings, Jazz; illustrated by Shelagh McNicholas (2014). **I am Jazz**. Dial Books. ***The story of a transgender child based on the real-life experience of Jazz Jennings*

■ Hindman, Jan; illustrated by Tom Novak (2002). **A Very Touching Book: for little people and for big people**. AlexAndria Associates. *** Discusses good touch and bad touch, with an introduction for adults*

▲ ■ Hoffman, Mary & Asquith, Ros (2011). **The Great Big Book of Families**. Frances Lincoln Children's Books.

♥ ♦ ■ Hoffman, Sarah & Ian; illustrated by Chris Case (2014). **Jacob's New Dress**. Albert Whitman and Company.

♦ ■ Howe, James; illustrated by Laura Ellen Anderson (2016). **Big Bob, Little Bob**. Candlewick.

♥ ♦ ■ Kilodavis, Cheryl; illustrated by Suzanne DeSimone (2009). **My Princess Boy: A mom's story about a young boy who loves to dress up**. Aladdin. ***non-fiction*

♥ ■ Kotb, Hoda (2018). **I've loved You Since Forever**. Harper Collins.

Ledwon, Peter & Mets, Marilyn (2006). **Mia's Secret**. Tundra Books. ***This book discusses childhood sexual abuse.*

♥ ▲ ♦ Love, Jessica (2018). **Julián Is A Mermaid**. Candlewick.

★ ■ Manasco, Hunter; illustrated by Katherine Manasco (2012). **An Exceptional Children's Guide to Touch: Teaching Social and Physical Boundaries to Kids**. Jessica Kingsley Publishers.

♥ ☀️ ♦️ ■ Marcus, Ewert; illustrated by Rex Ray (2008). **10,000 Dresses.** Seven Stories Press.

♥ ▲ ■ McCloud, Carol; illustrated by David Messing (2006). **Have you filled a Bucket Today? A Guide to Daily Happiness for Kids.** Ferne Press. **Everyone should read this book – not just children!

Moore-Mallinos, Jennifer; illustrated by Marta Fabrega (2005). **Do You Have a Secret?** Barron's Educational Series. **This book helps kids distinguish between good and bad secrets.

♥ ■ Munsch, Robert; illustrated by Michael Martchenko (1980). **The Paper Bag Princess.** Annick Press Ltd.

▲ Nanao, Jun; illustrated by Tomoko Hasegawa (1995).

Contemplating Your Bellybutton. Kane/Miller Book Publishers.

♦️ ■ Newman, Leslea; illustrated by Diana Souza (2015). **Heather has Two Mommies.** Alyson Books.

♥ Nilsson, Lennart & Swanberg, Lena Katarina (1993). **How was I born?** Dell Publishing. ***Actual photos of a growing fetus*

♥ ♦️ ■ Oelschlager, Vanita; illustrated by Kristin Blackwood (2010). **A Tale of Two Daddies.** Vanita Books.

♥ ♦️ ■ Oelschlager, Vanita; illustrated by Mike Blanc (2011). **A Tale of Two Mommies.** Vanita Books.

♥ ■ Parr, Todd (2009). **The I LOVE YOU Book.** Little, Brown and Company.

♥ ■ Parr, Todd (2009). **The Feel Good Book.** Little, Brown and Company.

♥ ■ Parr, Todd (2007). **We Belong Together: A book about Adoption and Families.** Little, Brown and Company.

♥ ■ Parr, Todd (2005). **The Feelings Book.** Little, Brown and Company.

♥ ■ Parr, Todd (2003). **The Family Book.** Little, Brown and Company.

♥ ■ Parr, Todd (2001). **It's Okay to be Different.** Little, Brown and Company.

♥ ▲ ☀️ ◆ Pessin-Whedbee, Brook; illustrated by Naomi Bardoff (2016). **Who Are You? The Kids Guide to Gender Identity.** Jessica Kingsley Publishers.

***includes a guide for grown-ups, resources and a gender wheel*

■ Petty, Kate; illustrated by Charlotte Middleton (2003). **Made with Love: How Babies are Made.** London: Macmillan Children's Books.

♥ ■ Pro familia and the International Centre for Assault Prevention; illustrated by Dagmar Geisler (2014). **My Body Belongs to Me from My Head to My Toes.** Sky Pony Press. ***includes a note for grown-ups*

■ Royston, Angela (2001). **Where do Babies Come From?** Dorling, Kindersley Publishers Ltd.

♥ ■ Saltz, Dr. Gail; illustrated by Lynne Avril Cravath (2005). **Amazing You! Getting Smart about your Private Parts.** Dutton Children's Books. ***includes an author's note*

♥ Sanders, Jayneen; illustrated by Cherie Zamazing. (2015). **No Means No!** Upload Publishing. ***includes a note for adults and discussion questions*

♥ ■ Sanders, Jayneen; illustrated by Anna Hancock (2016). **My Body! What I Say Goes!: Teach Children Body Safety, Safe/Unsafe Touch, Private Parts, Secrets/Surprises, Consent, Respect.**

Educate2empower Publishing.

**includes a note for adults and discussion questions

♥ ▲ Sanders, Jayneen; illustrated by Sarah Jennings (2017). **Let's Talk about Body Boundaries, Consent and Respect: Teach Children about Body Ownership, Respect, Feelings, Choices and Recognizing Bullying Behaviors.** Educate2empower Publishing.

**includes a note for adults and discussion questions

♥ ▲ Jayneen, Sanders; illustrated by Sofia Cardoso (2017). **You, Me and Empathy: Teaching Children about Empathy, Feelings, Kindness, Compassion, Tolerance and Recognising Bullying Behaviours.** Educate2empower Publishing. **includes a discussion guide and activities to promote empathy and kindness

◆ ■ Schiffer, Miriam B.; illustrated by Holly Clifton-Brown (2015). **Stella Brings the Family.** Chronicle Books.

Schlosberg, Suzanne; Hodges, Steve & Acosta, Cristina (2017). **Jane and the Giant Poop.** O'Regan Press.

♥ ▲ ■ Starishevsky, Jill (2014). **My Body Belongs to Me: A book about body safety.** Free Spirit Publishing. **includes a note for grown-ups

Schoen, Mark; illustrated by M.J. Quay (1990). **Bellybuttons are Navels.**

◆ ■ Settington, Ken; illustrated by Alice Priestley (2004). **Mom and Mum are Getting Married!** Second Story Press.

♥ ☀ ■ Silverberg, Cory; illustrated by Fiona Smyth (2012). **What Makes A Baby: A book for every kind of family and every kind of kid.** Zoball Press ***includes a note for grown-ups*

▲ ◆ ■ Simon, Norma; illustrated by Teresa Flavin (2003). **All Families Are Special.** Albert Whitman and Company.

◆ Skeers, Linda; illustrated by Anne Wilsdorf (2010). **Tutus aren't my Style.** Dial.

▲ ◆ ■ Skutch, Robert; illustrated by Laura Nienhaus (1995). **Who's in a Family?** Tricycle Press.

■ Van Hout, Mies (2012). **Happy.** Lemniscaat.

■ Van Hout, Mies (2013). **Friends.** Lemniscaat.

♥ ■ ◆ Walton, Jessica; illustrated by Dougal MacPherson (2016). **Introducing Teddy: a gentle story about gender and friendship.** Bloomsbury.

Yagyu, Genichiro (1999). **Breasts.** Kane/Miller Book Publishers

♥ ■ Yoon, Salina (2012) **Penguin and Pinecone: A friendship story.** Bloomsbury Publishing.

Ages 7-8

♥ ■ Brown, Laurie Krasny; illustrated by Marc Brown (1997). **What's the Big Secret: Talking about Sex with Boys and Girls.** Little, Brown & Co.

♥ ▲ ■ Clinton, Chelsea; illustrated by Alexandra Boiger (2018). **She Persisted Around the World: 13 Women Who Changed History.** Philomel Books.

Garcia, Gabi; illustrated by Ying Hui Tan (2017). **Listening to My Body: A guide for helping kids understand the connection between their sensations (what the heck are those?) and feelings so that they can get better at figuring out what they need.** Take Heart Press.

♥ ▲ ■ Harris, Robie H.; illustrated by Michael Emberley (2002). **It's So Amazing: A Book about Eggs, Sperm, Birth, Babies and Families.** Candlewick Press.

■ Hickling, Meg (2002). **Boys, Girls & Body Science: A First Book about Facts of Life.** Harbour Publishing Co. Ltd.

King, Zack & Kimberly; illustrated by Sue Rama (2010). **I Said NO! A kid-to-kid guide to keeping private parts private.** Boulden Publishing.

Llewellyn, Claire (1998). **Where Did I Come From? A First Look at Sex Education. Me and My Body Book.** Wayland Publishers Ltd.

♥ ▲ ■ Northrup, Christine & Kristina Tracy (2013). **Beautiful Girl: Celebrating the Wonders of Your Body.** Hay House.

♥ ▲ Queen Rania of Jordan Al Abdullah & DiPucchio, Kelly; illustrated by Tricia Tusa (2010). **The Sandwich Swap**. Disney Hyperion Books.

♥ ◆ ■ Richardson, Justin & Parnell, Peter; illustrated by Henry Cole (2005). **And Tango makes Three**. Simon and Schuster Children's Publishing.

▲ ■ Ruurs, Margriet & Feagan, Alice (2015). **School Days Around the World**. Kids Can Press.

▲ Spier, Peter (1980). **People**. Bantam Doubleday Dell Publishing Group Inc.

♥ ■ Stone, Tanya Lee; illustrated by Marjorie Priceman (2013). **Who Says Women Can't be Doctors? The story of Elizabeth Blackwell**. Henry Holt and Co. **includes an author's note

■ Walvoord, Linda (1992). **My Body is Private**. Albert Whitman & Co.

Pre-teen: Ages 9 - 12

American Girl Editors (2005). **A Smart Girls Guide to Sticky Situations.: How to tackle tricky, icky problems and tough times**. American Girl Publishers Inc.

■ American Medical Association (2006). **Girls Guide to Becoming a Teen: Getting Used to Life in Your Changing Body**. Jossey-Bass.

■ American Medical Association (2006). **Boy's Guide to Becoming a Teen: Getting Used to Life in Your Changing Body.** Jossey-Bass.
Bailey, Jacqui & Jan McCafferty (2004). **Sex, Puberty and All That Stuff: A Guide to Growing Up.** Barron's Educational Series.

■ Bialik, Mayim (2017). **Girling Up: How to be Smart, Strong and Spectacular.** Philomel Books.

Bialik, Mayim (2018). **Boying Up: How to be Brave, Bold and Brilliant.** Philomel Books.

■ Bourgeois, Paulette & Martyn, Kim (2005). **Changes in You and Me: A Book about Puberty mostly for Girls.** Key Porter Books Limited.

■ Bourgeois, Paulette & Martyn, Kim (2005). **Changes in You and Me: A Book about Puberty mostly for Boys.** Key Porter Books Limited.

◆ ■ Carr, Jennifer (2010). **Be Who You Are!** Authorhouse.
**A book about gender non-conforming and transgender children

★ ■ Couwenhoven, Terri (2011). **The Girl's Guide to Growing Up: Choices and Changes in the Tween Years.** Woodbine House.
**this book was written for girls with intellectual disabilities.

★ ■ Couwenhoven, Terri (2012). **The Boy's Guide to Growing Up: Choices and Changes During Puberty.** Woodbine House.
**this book was written for boys with intellectual disabilities.

♥ Criswell, Patti; illustrated by Stacy Peterson (2006). **Friends: Making Them and Keeping Them.** American Girl Publishing Inc.

■ Criswell, Pattie; illustrated by Angela Martini (2016). **Stand Up for Yourself and Your Friends: dealing with bullies and bossiness, and finding a better way.** American Girl Publishing Inc.

Dunham, Kelli & Bjorkman, Steve (2017). **The Boys Body Book: Everything you need to know about growing up you.** Cider Mill Press Book Publishers.

■ Dunham, Kelli (2015). **The Girl's Body Book: Everything you need to Know for Growing up You.** Applesauce Press.

Feinmann, Jane (2012). **Everything a Girl Needs to Know About Her Periods.** Ronnie Sellers Productions.

♥ ■ Gravelle, Karen & Gravelle, Jennifer (2017). **The Period Book: A Girls Guide to Growing Up.** Walker Publishing Company Inc.

♥ Gravelle, Karen (2017). **What's Going on Down There: A Boys Guide to Growing Up.** Thomas, Allen and Son Canada Ltd.

■ Greenwood, Elinor & Cox, Alexander (2009). **100% Me: Boys and Girls, Here's the how, why and when of growing up.** DK Publishing.

★ ■ Hartman, Davida, illustrated by Margaret Anne Suggs (2015). **The Growing Up Book for Boys: What Boys on the Autism Spectrum Need to Know!** Jessica Kingsley Publishers.

★ Hartman, Davida, illustrated by Margaret Anne Suggs (2015). **The Growing Up Book for Girls: What Girls on the Autism Spectrum Need to Know!** Jessica Kingsley Publishers.

Holyoke, Nancy & Johnston, Darcie (2015). **A Smart Girl's Guide: Drama, Rumors & Secrets: Staying True to Yourself in Changing Times.** American Girl Press.

Jukes, Mavis (1998). **Growing Up: It's a Girl Thing: Straight Talk about First Bras, First Periods, and Your Changing Body.** Alfred A. Knopf.

♥ ■ Kauder Nalebuff, Rachel (2009). **My Little Red Book.** New York, NY: Twelve Hachette Book Group. ***Short stories about first periods*

Kelley Criswell, Patti; illustrated by Angels Martini (2013). **A Smart Girl's Guide to Friendship Trouble: Dealing with fighting, being left out and the whole popularity thing.** American Girl Publishing Inc.

♥ ▲ Lavender, Missy & Donatelli Ihm, Jeni; illustrated by Jan Dolby (2015). **Below Your Belt, How to be Queen of your Pelvic Region: A Pelvic Health Handbook for Girls.** Women's Health Foundation.

■ Loulan, JoAnn & Bonnie Worthen; illustrated by ChrisWold Dyrud (2001). **Period. A Girl's Guide to Menstruation.** The Book Peddlers.
***includes a Parent's Guide*

■ Madaras, Lynda (2003). **Ready Set Grow! A what's happening to my body book for younger girls.** Newmarket Press.

■ Madaras, Lynda (2008). **On Your Mark, Get Set, Grow! A what's happening to my body book for younger boys.** Newmarket Press.

■ Madaras, Lynda & Madaras, Area (2007). **The "What's Happening to my Body?" Book for Girls.** Newmarket Press.

Madaras, Lynda & Madaras, Area (2007). **The "What's Happening to my Body?" Book for Boys.** Newmarket Press.

Madaras, Lynda & Madaras, Area (2007). **My Body, My Self for Girls: A what's happening to my body book.** Newmarket Press.

Madaras, Lynda & Madaras, Area (2007). **My Body, My Self for Boys: A what's happening to my body book.** Newmarket Press.

♥ ■ Madison, Lynda (2013). **The Feelings Book: The Care and Keeping of your Emotions.** American Girl Publishing Inc.

♥ ■ Metzger, Julie & Lehman, Robert, illustrated by Lia Cerizo (2012). **Will Puberty Last my Whole Life: Real answers to real questions from preteens about body changes, sex, and other growing up stuff.** Sasquatch Books.

■ Natterson, Cara (2013). **The Care and Keeping of You 2: The Body Book for Older Girls.** American Girl Publishers.

♥ ■ Natterson, Cara (2017). **Guy Stuff: The Body Book for Boys.** American Girls Publishers.

♥ ★ ■ Reynolds, Kate E., illustrated by: Jonathan Powell (2015). **Things Ellie Likes: A book about sexuality and masturbation for girls and young women with autism and related conditions.** Jessica Kingsley Publishers.

♥ ★ ■ Reynolds, Kate E., illustrated by: Jonathan Powell (2014). **Things Tom Likes: A book about sexuality and masturbation for boys and young men with autism and related conditions.** Jessica Kingsley Publishers.

★ ■ Reynolds, Kate E., illustrated by: Jonathan Powell (2015). **What's happening to Ellie? A book about puberty for girls and young women with autism and related conditions.** Jessica Kingsley Publishers.

★ ■ Reynolds, Kate E., illustrated by: Jonathan Powell (2014). **What's happening to Tom? A book about puberty for boys and young men with autism and related conditions.** Jessica Kingsley Publishers.

♥ ■ Saltz, Dr. Gail. (2007). **Changing You! A Guide to Body Changes and Sexuality.** Dutton Children's Books.

■ Schaefer, Valorie Lee (2013). **The Care & Keeping of You: The Body Book for Younger Girls.** American Girl Publishers.

♥ ▲ ☀ ■ Silverberg, Cory, illustrated by Fiona Smyth (2015). **Sex is a Funny Word: A book about bodies, feelings, and YOU.** Seven Stories Press. **Some children may be ready to read this book at an earlier age

♥ ▲ ◆ ■ Skelton, J. Wallace (2017). **Transphobia: Deal with it and be a gender transcender.** Lorimer.

♥ Weiss, Marisa & Friedman, Isabel (2008). **Taking Care of Your "Girls": A breast health guide for girls, teens and in-betweens.** Three Rivers Press.

Yeager, Selene (2002). **What's With My Body? The Girls' book of answers to growing up, looking good and feeling great.** Three Rivers Press.

Zelinger, Laurie (2012). **A Smart Girls Guide to Liking Herself – Even on the Bad days: The secrets to trusting yourself, being your best and never letting the bad days bring you down.** American Girl Publishing.

Teens: Ages 13 – 19

★ Attwood, Sarah (2008). **Making Sense of Sex: A forthright guide to puberty, sex and relationships for people with Asperger's Syndrome.** Jessica Kingsley Publishers.

♥ ■ Bates, Laura (2017). **Girl Up: Kick Ass, Claim Your Woman Card, and Crush Everyday Sexism.** Touchstone.

■ Blackstone, Margaret & Haden Guest, Elissa (2006). **Girl stuff: A survival guide to growing up.** Harcourt Inc.

Bokram, Karen & Sinex, Alexis; illustrated by Debbie Palen (2012). **The Girls' Life Guide to Growing Up.**

★ ■ Brown, Debi (2013). **The Aspie Girl's Guide to Being Safe with Men: The unwritten safety rules no-one is telling you.** Jessica Kingsley Publishers.

Corinna, Heather (2016). **S.E.X. The All-You-Need-To-Know Sexuality Guide to Get You through your Teens and Twenties.** Da Capo Press.

♥ ★ Couwenhoven, Terri (2015). **Boyfriends & Girlfriends: A Guide to Dating for People with Disabilities.** Woodbine House.

Drill, Esther, McDonald, Heather & Odes, Rebecca (1999). **Deal With It! A whole new approach to your body, brain and life as a gurl.** New York, NY: Pocket Books. **By the creators of gurl.com

♥ Englander, Anrenee (2010). **Dear Diary, I'm Pregnant: Ten Real Life Stories.** Firefly Books.

♥ ■ Harris, Robie H.; illustrated by Michael Emberley (2014). **It's Perfectly Normal: Changing bodies, growing up, sex and sexual health.** Candlewick Press. (also called, Let's Talk About Sex)

Holmes, Melisa & Hutchison, Trish (2005). **Girlology: A Girl's Guide to Stuff that Matters, Relationships, body talk and girl power.** Health Communications Inc.

Holmes, Melisa & Hutchinson, Trish (2007). **Girlology: Hang-Ups, Hook-Ups, and Holding Out, Stuff you need to know about your body, sex, and dating.** Health Communications Inc.

■ Holmes, Melisa & Hutchison, Trish (2017). **Girlology: There's Something New about You: A Girl's Guide to Growing Up.** Health Communications Inc.

Holmes, Melisa & Hutchison, Trish (2017). **Guyology: Just the Facts: A Guy's Guide to Growing Up.** Health Communications Inc.

■ Levi, Barrie (2006). **In Love and in Danger: A Teen's Guide to Breaking Free of Abusive Relationships.** Seal Press.

Macavinta, Courtney & Vander Pluym, Andrea (2005). **Respect: A Girl's Guide to getting Respect and Dealing when your Line is Crossed.** Free Spirit Publishing.

Martyn, Kim. (2007). **All the way: Sex for the first time.** Sumach Press.

■ McKoy, Kathy & Wibbelsman, Charles (2016). **The Teenage Body Book.** Haterleigh Press.

■ Pardes, Bronwen (2007). **Doing it Right: Making Smart, Safe and Satisfying Choices about Sex.** Simon Pulse.



★ ■ Simone, Rudy (2010). **Aspergirls: Empowering Females with Asperger Syndrome.** Jessica Kingsley Publishers.

♥ ■ Weschler, Toni (2006). **Cycle Savvy: The Smart Teens Guide to the Mysteries of her Body.** HarperCollins Publishers.

Weston, Carol. (2009). **Girltalk: All the stuff your sister never told you, no lectures, no sermons, no nonsense.** Harper Perennial.

Preteen and Teen Fiction

♥ ▲ ■ Abdel-Fattah, Randa (2008). **Does My Head Look Big in This?** Scholastic Paperbacks.

**A novel about a young Muslim girl deciding to wear the hijab

◆ ■ Andrews, Arin (2015). **Some Assembly Required: The Not-So-Secret Life of a Transgender Teen.** Simon & Schuster.

** A memoir about undergoing gender reassignment as a high school student

♥ ■ Blume, Judy (1970). **Are You There God? It's Me, Margaret.** Random House, Inc. **A novel about puberty

♥ ■ Blume, Judy (1971). **Then Again, Maybe I Won't.** Random House, Inc. **A novel about puberty

■ Blume, Judy (2003). **Forever...** Simon Pulse.

**A novel about having sexual intercourse for the first time

♥ ◆ ■ Clarke, Cat (2017). **The Pants Project.** Sourcebooks

Jabberwocky. **A novel about fighting for change specifically the uniform policy

♥ ★ ■ Draper, Sharon M. (2012). **Out of my Mind.** Atheneum Books.

**A powerful story about a young person with cerebral palsy who becomes an advocate for themselves

♥ ◆ ■ Gino, Alex (2015). **George.** Scholastic Press.

** A novel about gender and being who you are

■ ◆ Ryan, Sara (2001). **Empress of the World.** The Penguin Group.

**A novel about young lesbians and first love

♥ ■ Spinelli, Jerry (2000). **Stargirl.** Random House.

**A novel about peer pressure, fitting in, self-esteem and first love

Books for Parents, Guardians and Caring Adults

◆ ■ Bianchi, Anna (2017). **Becoming an Ally to the Gender Expansive Child: A guide for parents and carers.** Jessica Kingsley Publishers.

♥ ★ ■ Couwenhoven, Terri (2007). **Teaching Children with Down Syndrome about Their Bodies, Boundaries and Sexuality.** Woodbine House.

♥ ◆ ■ Ehrensaft, Diane (2016). **The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes.** The Experiment.

♥ ◆ ■ Ehrensaft, Diane (2011). **Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children.** The Experiment.

♥ ■ Eve Enslar (2010). **I am an Emotional Creature: The Secret lives of Girls Around the World.** Villard Books

♥ Haffner, Debra W. (2008). **From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children from Infancy to Middle School.** Newmarket Press.

♥ ■ Haffner, Debra W. (2001). **Beyond the Big Talk: A Parent's Guide to Raising Sexually Healthy Teens – From Middle School to High School and Beyond.** New Market Press.

♥ ■ Haffner, Debra W. (2008). **What Every 21st Century Parent Needs to Know: Facing Today's Challenges with Wisdom and Heart.** New Market Press.

★ Hartman, Davida (2013). **Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorder: A Professionals guide to understanding, preventing issues, supporting sexuality and responding to inappropriate behaviours.** Jessica Kingsley Publishers.

■ Hickling, Meg (2009). **The New Speaking of Sex: What your children need to know and when they need to know it.** Northstone.

♥ ★ Hingsburger, David (1995). **Just Say Know! Understanding and reducing the risk of sexual victimization of people with developmental disabilities.** Diverse City Press.

♥ ■ Kindlon, Dan & Thompson, Michael (2000). **Raising Cain: Protecting the Emotional Life of Boys.** Ballantine Books.

■ Levine, Diane & Kilbourne, Jean (2008). **So Sexy, So Soon: The new sexualized childhood and what parents can do to protect their kids.** Ballantine Books.

★ Melberg Schwier, Karin & Hingsburger, David (2000). **Sexuality: Your Sons and Daughters with Intellectual Disabilities.** Jessica Kingsley Publisher.

♥ ■ Orenstein, Peggy (2011). **Cinderella Ate My Daughter: Dispatches from the front lines of the new girlie-girl culture.** Harper.

♥ ■ Orenstein, Peggy (2016). **Girls & Sex: Navigating the complicated new landscape.** HarperCollins Publishers.

★ ■ Reynolds, Kate, E. (2014). **Sexuality and Severe Autism: A practical guide for parents, caregivers and health educators.** Jessica Kingsley Publishers.

■ Richardson, Brenda Lane & Rehr, Elane (2001). **101 Ways to Help Your Daughter Love Her Body.** HarperCollins Publishers.

■ Roffman, Deborah (2012). **Talk to Me First: Everything you need to know to become your kids “go-to” person about Sex.** Da Capo Lifelong Books.

Roffman, Deborah (2002). **But How’d I Get in There in the First Place? Talking to Your Young Child About Sex.** Da Capo Press.

■ Roffman, Deborah (2001). **Sex and Sensibility: The Thinking Parents Guide to Talking Sense about Sex.** Da Capo Press.

■ Rough, Bonnie J. (2018). **Beyond Birds and Bees: Bringing home a new message to our kids about sex, love, and equality.** Seal Press



Support SHORE Centre

You can support the SHORE Centre by making purchases on amazon.ca. Simply go to shorecentre.ca and follow the link under giving. Purchases made this way result in SHORE Centre earning a small amount in advertising fees. Thank you.

An accurate and up-to-date sexuality website for all family members

sexandu.ca

Prevention of child abuse and violence through education and awareness

boostforkids.org

Anatomically correct dolls

teach-a-bodies.com

Books, toys and movies for smart, confident and courageous girls

amightygirl.com

Sexuality websites for teens

sexetc.org

scarleteen.com

goaskalice.columbia.ed



For more information contact:

Stacey Jacobs, MSc
Community Sexual Health Education Manager

SHORE Centre

Sexual Health Options, Resources & Education

235 King Street East, Suite 130
Kitchener, ON N2G 4N5

Email: education@shorecentre.ca
Website: shorecentre.ca
Phone: 519 743 9360



SHORE CENTRE
.....
SEXUAL HEALTH • OPTIONS • RESOURCES • EDUCATION

September 2018