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


♥ 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

**the underwear have different textures to touch

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


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


**includes a note for grown-ups

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

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

**Ages 4-6**


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). *Backwards Day.* Flamingo Rampant. **Introduces the concept of trans identified children**


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


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**


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


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


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.**


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


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


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 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


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

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.


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

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


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

Ages 7-8


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.


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**


**Pre-teen: Ages 9 - 12**


**A book about gender non-conforming and transgender children**


**this book was written for girls with intellectual disabilities.**


**this book was written for boys with intellectual disabilities.**

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.


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


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


♥ ▲ 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.


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.


♥ 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.


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


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

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)


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


♥ ■ 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


Books for Parents, Guardians and Caring Adults


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.


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