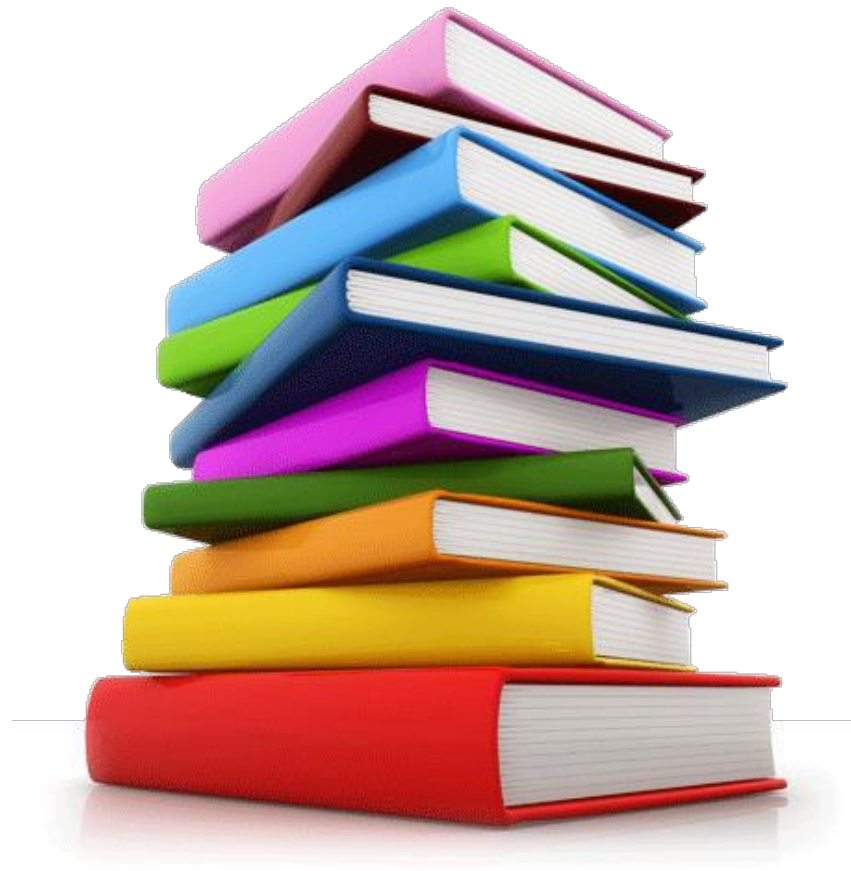


Sexual Health Booklist
for
Children, Teens,
Educators & Parents





Whatever your child's age, gender, ability, sexual orientation, faith, race 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 levels and knowledge for them and 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 Sexuality

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 your 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

◆ Gender and LGBTQ+

○ Disability (Developmental & Physical) specific

▼ 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.

▼ Bennett, Howard J.; illustrated by M.S. Weber (2007). **It Hurts When I Poop!** Magination Press.

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

♥ ▼ Curtis, Jamie Lee; illustrated by Laura Cornell (1998). **Tell me again about the night I was born**. Scholastic Canada.

♥ 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.

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

♥ ▼ 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.

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.

♥ ▼ 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.

▼ 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.

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

▼ Tillman, Nancy (2006). **On the Night You Were Born.** Feiwel & Friends.

▼ Willis, Jeanne; illustrated by Adrian Reynolds (2008). **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.

◆ Bergman, S. Bear (2012). **The Adventures of Tulip, Birthday Wish Fairy.** Flamingo Rampant.

◆ Bergman, S. Bear (2012). **Backwards Day.** Flamingo Rampant.

◆ 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 (1993). **Mummy Laid an Egg: Or where do babies come from?** Chronicle Books.

♥ ▼ Cole, Babette (1986). **Princess Smartypants.** Puffin Books.

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

♥ ▼ Cole, Babette (2009). **Princess Smartypants Breaks the Rules.**
Puffin Books.

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

♥ ♦ ▼ 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.

▼ Harris, Robie H.; illustrated by Michael Emberley (1996). **Happy
Birth Day!** 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

▼ 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.

◆ Kemp, Anna; illustrated by Sara Ogilvie (2010). **Dogs Don't Do Ballet.** Simon & Schuster Books for Young Readers.

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

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

○ 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!*

Merrifield, Margaret (1990). **Come Sit By Me: An educational storybook about AIDS and HIV infection for small children ages 4-8 and their caregivers.** Women's Press.

▼ Merrifield, Margaret (1995). **Morning Light: An educational storybook for children and their caregivers about HIV/AIDS and saying goodbye.** Stoddart Publishing Co. Limited.

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.

Murr, Doris C. (2004). **Dorie's Secret.** Kitchener, Ontario: Pandora Press. ***This book discusses childhood sexual abuse.*

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.

♥ ◆ ▼ 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.

▼ 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.

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

♥ Sanders, Jayneen; illustrated by Cherie Zamazing. (2015). **No Means No!** Upload Publishing.

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

▼ Starishevsky, Jill (2014). **My Body Belongs to Me: A book about body safety**. Free Spirit Publishing.

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

◆ ▼ Setterington, 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

◆ ▼ 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.

Smith, Alastair; illustrated by Maria Wheatley (1997). **How are Babies Made?** Usborne Publishing Ltd.

◆ Tax, Meredith; illustrated by Marilyn Hafner (1981). **Families.** The Feminist 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.

▼ Greven, Alec (2008). **How to Talk to Girls.** Collins.
**written wonderfully by a nine year old boy

♥ ▼ 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.

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

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.

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

Westheimer, Dr. Ruth (2001). **Who Am I? Where Did I Come From?** Golden Books Publishing Company Inc.

Ages 9 – 12 (Pre-teen)

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.

▼ 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

▼ Cole, Babette (2001) **Hair in Funny Places.** Red Fox.

○ ▼ 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 (2009). **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 (2007). **The Boys Body Book: Everything you need to know about growing up you.** Cider Mill Press Book Publishers.

▼ Dunham, Kelli (2008). **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 (2006). **The Period Book: Everything you don't want to ask but need to know.** Walker Publishing Company Inc.

♥ ▼ Gravelle, Karen (1998). **What's Going on Down There: Answers to Questions Boys find Hard to Ask.** 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.

Gurian, Michael. (1999). **From Boys to Men: All about Adolescence and You.** Price Stern Sloan Publishing.

♥ ▼ Harris, Robie H.; illustrated by Michael Emberley (2004). **It's Perfectly Normal: Changing bodies, growing up, sex and sexual health.** Candlewick Press.

○ ▼ 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 & Wilber, Lisa (2013). **A Smart Girls Guide to Boys: Surviving crushes, staying true to yourself and other (love) stuff.** American Girl Publishing Inc.

▼ Holyoke, Nancy & Wilber, Lisa (2013). **A Smart Girls Guide to Manners: The Secrets to Grace, Confidence and Being your Best.** American Girl Publishing Inc.

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 & Decaire, Camela; illustrated by Shannon Laskeu (2008). **Go For It! Start Smart, Have Fun and Stay Inspired in any Activity.** American Girl Publishing Inc.

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.

Lynch, Amy (2009). **A Smart Girls Guide to Understanding Her Family: Feelings, Fighting and Figuring it Out.** American Girl Publishing Inc.

▼ Loulan, JoAnn & Bonnie Worthen; illustrated by ChrisWold Dyrud (2000). **Period. A Girl's Guide.** The Book Peddlers.

▼ 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.

▼ Mayle, Peter; illustrated by Arthur Robins (1993). **“What’s happening to me?”** Lyle Stuart 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

♥ ▼ 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.

Teen (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.

Bell, Ruth (1998). **Changing Bodies, Changing Lives.** Three Rivers Press.

▼ Blackstone, Margaret & Haden Guest, Elissa (2006). **Girlstuff: 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.

Columbia University Health Education Program. (1998). **The Go Ask Alice Book of Answers: A Guide to Good Physical, Sexual and Emotional Health.** Holt.

▼ Corinna, Heather (2007). **S.E.X. The All-You-Need-To-Know Progressive Sexuality Guide to Get You Through High School and College.** 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.

George Brown College Diversity, Equity and Human Rights Services. **What I Love About Being Queer: One Big Question over 100 Answers** (2013). Available at whatiloveaboutbeingqueer.tumblr.com

♥ Harris, Robie H.; illustrated by Michael Emberley (2010). **Let's Talk About Sex: Changing Bodies, Growing Up, Sex and Sexual Health.** Walker Books Limited.

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 (2010). **Girlology's There's Something New about You: A Girl's Guide to Growing Up.** Health Communications Inc.

▼ Jukes, Mavis (2002). **The Guy Book: An Owner's Manual.** Crown Publishers.

▼ 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.

◆ ▼ Planned Parenthood of Toronto (2004). **Hear Me Out: true stories of Teens Educating and Confronting Homophobia.** Second Story Press.

◆ Reiff Hill, Mel, Maya, Jay & A Whole Big Beautiful Community (2011). **The Gender Book.** Available at thegenderbook.com

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

▼ St. Stephen's Community House (2008). **The Little Black Book for Girlz: A Book on Healthy Sexuality Written by Youth for Youth.** Annick Press.

▼ St. Stephen's Community House (2008). **The Little Black Book for Guys: Guys Talk about Sex Written by Youth for Youth.** Annick Press.

♥ ▼ 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

♥ ○ ▼ 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

♥ ▼ Spinelli, Jerry (2007). **Love, Stargirl.** Random House.
**A novel about peer pressure, fitting in, self-esteem and first love

Books for Parents, Guardians and Caring Adults

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

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

♥ ▼ Eve Ensler (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.

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

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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
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