Sexual Health Booklist
Don’t judge a book by its cover...
Whatever your age, gender, ability, sexual orientation, faith, race or culture – it is never too late to begin talking about sexual health!

Using books to talk about relationships, bodies, reproduction and sexuality is a good way to increase comfort levels and knowledge.

**Tips for Talking about Sexual Health & 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. Look for everyday opportunities to have a discussion.
8. Normalize sexuality – it should be a healthy part of your life.
9. Use the correct language for ALL body parts.
10. Repeat, repeat, repeat – we all learn best through repetition.
11. Communicate your own values & beliefs.
12. Have a sense of humour; relax and have fun.
Learning about Love, Respect, Sexual Health & Relationships through Books

♥ Favourites
♦ LGBTQ+/Gender
○ Disability (Developmental & Physical) specific
▼ can be found at the Kitchener Public Library (KPL)

Illustrated Books

Bodies


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

▼ 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


Relationships and Families


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


• Parr, Todd (2001). *It’s Okay to be Different.* Little, Brown and Company.


Sex, Reproduction and Pregnancy


** A book about trust, safety, bodies, relationships, intimacy, sex and abuse
Can be downloaded from cdss.ca
Puberty, Sex, and Growing Up


**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.


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.


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.


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**

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