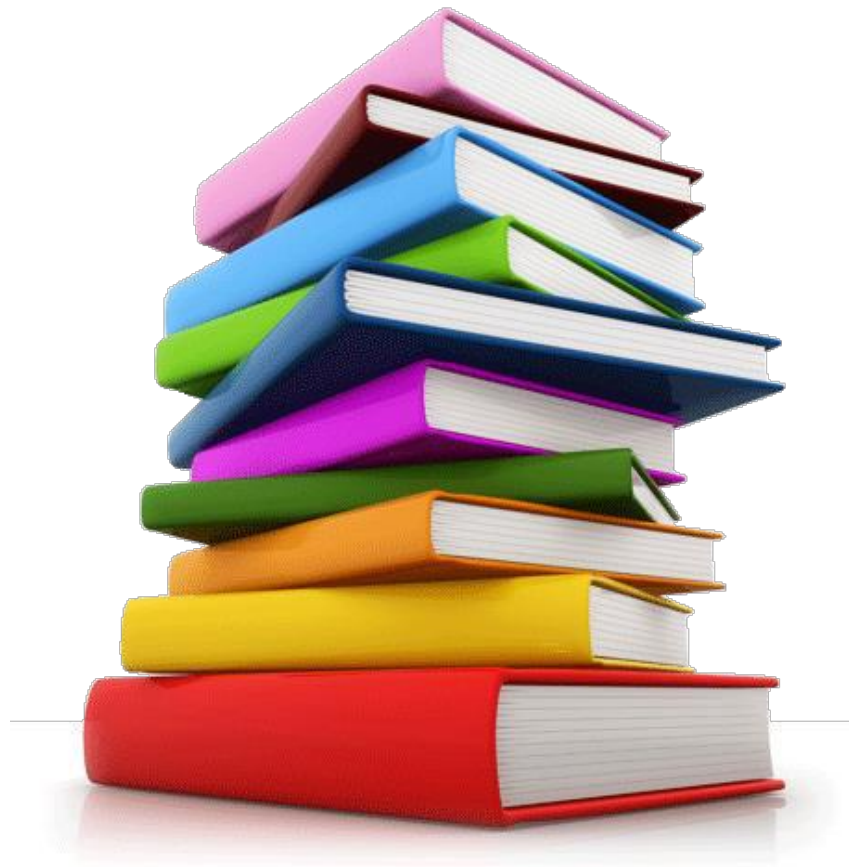


# Sexual Health Booklist



# 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

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♥ ▼ 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.

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

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

## **Body Safety**

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▼ 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

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

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.

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.

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

♥ ▼ 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.

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

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

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

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

## **Relationships and Families**

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

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

▼ Greven, Alec (2008). **How to Talk to Girls.** Collins.

\*\*written wonderfully by a nine year old boy

♥ ♦ ▼ 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 (2012). **Who's In My Family: All About Our Families.** 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*

▼ 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.

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

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

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

♥ ◆ ▼ 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.





## **Sex, Reproduction and Pregnancy**

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

♥ ▼ 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 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.

♥ ▼ 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

Canadian Down Syndrome Society (2014). **Mind and Body: Answers to your questions.**

\*\* A book about trust, safety, bodies, relationships, intimacy, sex and abuse  
Can be downloaded from [cdss.ca](http://cdss.ca)

# Puberty, Sex, and Growing Up

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

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

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

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.

♥ ▼ 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.

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*

♥ 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 (2000). **Period. A Girl's Guide**. The Book Peddlers.

▼ 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.

♥ ▼ 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.

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

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

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





## 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.

♥ 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 21<sup>st</sup> 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.

♥ ○ ▼ Kaufman, Mirriam, Silverberg, Cory & Odette, Fran (2007). **The Ultimate Guide to Sex and Disability.** Cleis Press Inc.

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



- ▼ 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.





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**

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**teach-a-bodies.com**

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**amightygirl.com**



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