

Sexuality Education Books For Pre-Teens & Teens*	Pre-Teens		Teen	
	M	F	M	F
<p><b>It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families</b> Robie H. Harris and Michael Emberley. Intended for children ages 7–12. Provides accurate information about sexuality that is presented in a reader-friendly style. Age-appropriate illustrations and humor are used to address conception, pregnancy, birth, anatomy, sexual orientation, HIV, love, sex, gender, and families. 2004; \$12.99; Candlewick.</p>	✓	✓		
<p><b>It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health</b> (3<sup>rd</sup> ed.) Robie H. Harris. Intended for ages 10 and up. Accurate information about sexuality in a reader-friendly style that includes age-appropriate illustrations and humor. From conception and puberty to contraception and HIV/AIDS, it covers both the biological and psychological aspects of sexuality. Includes chapter on safe internet use. 2009; \$12.99; Candlewick.</p>	✓	✓		
<p><b>On Your Mark, Get Set, Grow!: A "What's Happening to My Body?" Book for Younger Boys.</b> Lynda Madaras. For ages 8 and up. Responding to real-life questions and concerns from younger boys, this book covers a wide range of topics including the growth of sex organs, body hair, and facial hair; weight and height spurts; the unwelcome appearance of acne and body odor; shaving; circumcision; erections and ejaculation; feelings about puberty; and bullying. 2008, Newmarket.</p>	✓		✓	
<p><b>Ready, Set, Grow!: A What's Happening to My Body? Book for Younger Girls</b> Lynda Madaras and Linda Davick. Directed to the youngest girls who are anticipating or undergoing the body's first changes. In an encouraging tone, the book reassures preadolescents that the changes they know are approaching or they are beginning to experience are normal, natural, and cause for celebration. 2003; \$12; Newmarket</p>		✓		✓
<p><b>What's Happening to My Body? Book For Boys: A Growing Up Guide for Parents and Sons.</b> Lynda Madaras. Physical changes of puberty for boys. Chapters include: "Puberty," "Beginning Changes and the Stages of Puberty," "An Owner's Guide to the Sex Organs: What's Normal? What's Not?," "The Puberty Growth Spurt," "Pimples, Perspiration, Body Hair, Shaving, and Other Changes," "Changes in the Male Reproductive Organs: Erections, Sperm, and Ejaculations," "Spontaneous Erections, Orgasms, Masturbation, and Wet Dreams," "Girls and Puberty," and "Romantic and Sexual Feelings." A resource section is also included. 2007, Newmarket</p>	✓		✓	
<p><b>My Body, My Self For Boys</b> Lynda Madaras and Area Madaras. This journal/activity book for boys ages 8–15 is a companion to What's Happening to My Body? Book For Boys. It includes exercises, quizzes, and personal stories to help boys learn about the changes that take place in their bodies during puberty. 2007; Newmarket</p>	✓		✓	
<p><b>What's Happening to My Body? Book For Girls: A Growing Up Guide for Parents and Daughters</b> Lynda Madaras. Basic information to girls about their bodies as they go through puberty. Chapters include: "Puberty," "Your Breasts: An Owner's Manual," "Pubic Hair and Other Changes 'Down There,'" "The Puberty Growth Spurt," "Body Hair, Perspiration, Pimples, and Other Changes," "The Reproductive Organs and the Menstrual Cycle," "All About Having Periods," "Boys and Puberty," and "Romantic and Sexual Feelings." Includes a resource section. 2007, Newmarket.</p>		✓		✓
<p><b>My Body, My Self For Girls</b> Lynda Madaras and Area Madaras. Journal/activity book for girls ages 8–15 is a companion to What's Happening to My Body? Book For Girls. It includes exercises, quizzes, and personal stories to help girls learn about the changes that take place in their bodies during puberty. 2007; Newmarket</p>		✓		✓
<p><b>What's Going on Down There? Answers to Questions Boys Find Hard to Ask</b> Karen Gravelle with Nick and Chava Castro. Reassures readers that there are a lot of different ways to describe normal when discussing puberty, and that each person will experience changes on his own timetable. The book balances information about being a sexual person with that of being a responsible person. 1998; \$8.95; Walker and Company</p>	✓			

\* Excerpted & adapted from SIECUS (Sex Education Council of the United States) Bibliography – Books for Young People. Original at: <http://www.siecus.org/index.cfm?fuseaction=page.viewPage&PageID=628&varuniqueuserid=12172155548>, accessed 2/12/10.

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	M	F	M	F
<p><b>The Guy Book: An Owner's Manual</b> Mavis Jukes. Written in a friendly tone, this book for preteen and teen boys provides information about puberty, personal hygiene, dating, sex, tips on respectful behavior, and discussions about homosexuality and homophobia. 2002; \$12.95; Crown Books for Young Readers</p>			✓	
<p><b>The Care &amp; Keeping of You: The Body Book For Girls (American Girl)</b> Valorie Lee Schaefer. This book for girls is a "head-to-toe" guide that discusses, among other things, puberty, self-esteem, hygiene, nutrition, eating disorders, fitness, sleep, and emotions. Does not address sexuality. 1998; \$9.95; Pleasant Company</p>		✓		
<p><b>Is This Normal?: Girls Questions, Answered by the Editors of the Care &amp; Keeping of You (American Girl)</b> Erin Falligant and Norm Bendell. Ages 9-12. Questions and answers adapted from <i>American Girl</i> magazine columns. Commentaries from girls as well as expert opinions. 2009; \$8.95; American Girl.</p>		✓		
<p><b>It's a Girl Thing: How to Stay Healthy, Safe, and in Charge</b> Mavis Jukes, Illustrations by Debbie Tilley. This book for young women includes general information about puberty, crushes, kissing, intercourse, pregnancy, STDs, birth control, boys and puberty, and health. It also includes a list of resources. 1996; \$12; Random House</p>		✓		
<p><b>The Period Book: Everything You Don't Want to Ask (But Need to Know)</b> Karen Gravelle and Jennifer Gravelle. A positive, down-to-earth book illustrated with funny and sympathetic cartoons. It answers the many questions that young women may have about their "period." It will also help guide young women through physical, emotional, and social changes. 1996; \$8.95; Walker and Company</p>		✓		

## Books for Parents of Adolescents

1. **Get Out of My Life, but First Could You Drive Me and Cheryl to the Mall: A Parent's Guide to the New Teenager** by Anthony E. Wolf. Farrar, Straus and Giroux; Rev Update edition (2002). \$13.00
2. **How to Talk So Kids Will Listen and Listen So Kids Will Talk** by Adele Faber, Elaine Mazlish. Collins (1999). \$13.95
3. **Raising Emotionally Intelligent Teenagers: Guiding the Way for Compassionate, Committed, Courageous Adults** by Maurice J. Elias, Steven E. Tobias, Brian S. Friedlander. Three Rivers Press (2002). \$14.00
4. **Positive Discipline for Teenagers: Empowering Your Teens and Yourself Through Kind and Firm Parenting** by Jane Nelsen, Lynn Lott. Three Rivers Press; 2nd Rev Edition (2000). \$16.95
5. **But I'm Almost 13! An Action Plan for Raising a Responsible Adolescent** Kenneth R. Ginsburg, Martha M. Jablow. McGraw-Hill (2001). \$14.95
6. **I Wanna Be Sedated: 30 Writers on Parenting Teenagers.** Faith Conlon and Gail Hudson, eds. Seal Press/Avalon (2005). \$15.95
7. **"I'm, Like, SO Fat!": Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World** Dianne Neumark-Sztainer. Guilford Press (2005). \$16.95
8. **101 Ways to Help Your Daughter Love Her Body** Brenda Lane Richardson and Elaine Rehr. Quill (2001). \$13.95