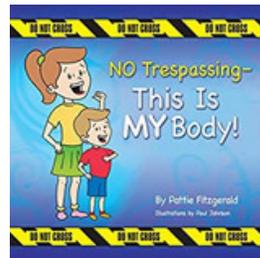


Who Has What?: All About Girls' Bodies and Boys' Bodies (Let's Talk about You and Me)

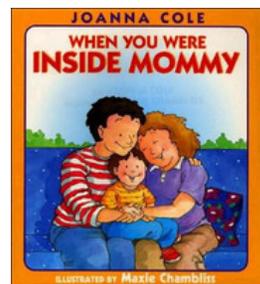
by Robie Harris

Young children are curious about almost everything. Asking questions is one of many ways they learn about themselves and the world around them. This book provides our youngest children with easy-to-understand facts and answers to their delightful, thoughtful, and often nonstop questions.



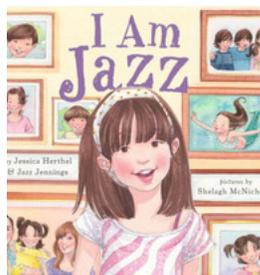
NO Trespassing: This Is My Body!

Written by a child safety expert, this book does a great job educating children about good touch and bad touch without scaring children. Siblings Katie and her little brother Kyle learn about personal safety, private parts, and “thumbs up & thumbs down” touches by talking with their mom in a loving and easy-to-understand manner. With an empowering dialog that is never fearful, parents can use this book to begin this important discussion with their children. A “Parent's Guide with Prevention Tips” is also included to help parents understand their role in keeping children safe from sexual abuse.



When You Were Inside Mommy

With clear inviting text and lively illustrations, this book introduces young children to the concepts of pregnancy and childbirth—from the time they begin as one tiny cell to the joyful moment when their parents welcome them into the world.



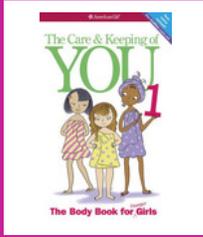
I am Jazz

by Jessica Herthel and Jazz Jennings

The story of a transgender child based on the real-life experience of Jazz Jennings, who has become a spokesperson for transkids everywhere.

Disclaimer: This book list is not exhaustive and is ever-changing as new books are published. As parents and trusted adults, it is important to be aware that not all resources are inclusive, but dialogue can be added to create a more inclusive learning experience for those involved.

AGES 6-9



The Care and Keeping of You : The Body Book for the Younger Girl

by Valorie Schaefer

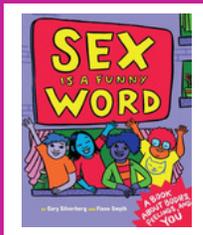
This book answers all the questions preteen girls have about their changing body, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between. It offers guidance on basic hygiene and health without addressing issues of sexuality.



I Said No! A kid-to-Kid Guide to Keeping Your Private Parts Private

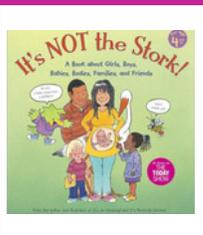
by Kimberly King and Sue Rama

To help Zack cope with a real-life experience he had with a friend, he and his mom wrote a book to help prepare other kids to deal with a range of problematic situations. I Said No! uses kid-friendly language and illustrations to help parents and concerned adults give kids guidance they can understand, practice and use.



Sex is a Funny Word by Cory Silverberg

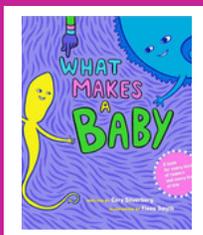
A comic book for kids, Sex Is a Funny Word opens up conversations between young people and their caregivers in a way that allows adults to convey their values and beliefs while providing information about boundaries, safety, and joy. This essential resource about bodies, gender, and sexuality for children ages 8 to 10 as well as their parents and caregivers, is also inclusive of LGBT and gender diverse youth.



It's not the stork! A book about girls, boys, babies, families and friends

by Robie H. Harris

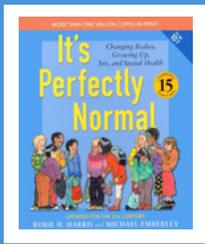
This book helps answer these endless and perfectly normal questions that preschool, kindergarten, and early elementary school children ask about how they began.



What Makes a Baby by Cory Silverberg

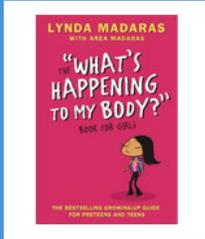
Geared to readers from preschool to age eight, What Makes a Baby is a book for every kind of family and every kind of kid. A 21st century approach to talking about conception, gestation, and birth, this Lambda-nominated picture book reflects the reality of our modern time by being inclusive of all kinds of kids, adults, and families, regardless of how many people were involved, their orientation, gender and other identity, or family composition.

AGES 10-14



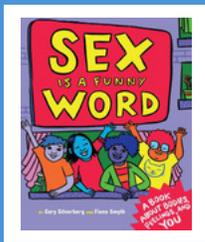
It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health by Robie H. Harris and Michael Emberley

This informative book covers a lot of ground: gender, sexual orientation, reproduction, puberty, pregnancy, child birth, abstinence, sexual abuse, sexually transmitted diseases, and more. The book has many illustrations and cartoons to make heavy subjects lighter.



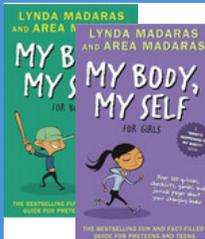
What's Happening to My Body? Book for Girls by Lynda Madaras

In age appropriate-language, the book covers the body's changing size and shape, breasts, the reproductive organs, the menstrual cycle, pubic hair, and includes a full chapter on puberty in boys. Discussion on the emotional and physical development and how that compares to other girls of the same age. Also, what to do with unwanted attention because of early development. Book also available in Spanish.



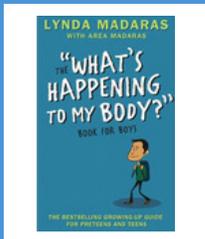
Sex is a Funny Word by Cory Silverberg

A comic book for kids, Sex Is a Funny Word opens up conversations between young people and their caregivers in a way that allows adults to convey their values and beliefs while providing information about boundaries, safety, and joy. This essential resource about bodies, gender, and sexuality for children ages 8 to 10 as well as their parents and caregivers, is also inclusive of LGBT and gender diverse youth.



My Body, My Self by Lynda Madaras

This fact-filled journal and activity book makes it fun for boys and girls to find answers to their many questions about the physical and emotional changes that accompany puberty. With quizzes, checklists, games, and illustrations throughout, My Body, My Self also includes journal pages and lots of personal stories addressing preteens' concerns, experiences, and feelings during this new stage of their lives. Book also available in Spanish.



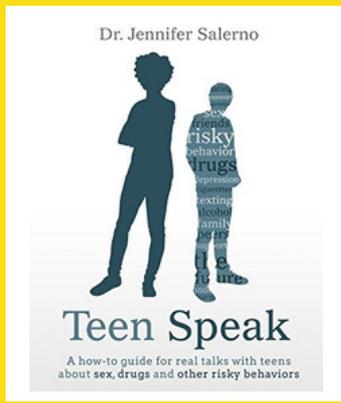
What's Happening to My Body? Book for Boys by Lynda Madaras

Written by an experienced educator and her daughter in a reassuring and down-to-earth style, this book gives a sensitive straight talk on: the body's changing size and shape; diet and exercise; the growth spurt; the reproductive organs; body hair; voice changes; romantic and sexual feelings; and puberty in the opposite sex. Features an introduction for parents and a helpful resource section. Book also available in Spanish.



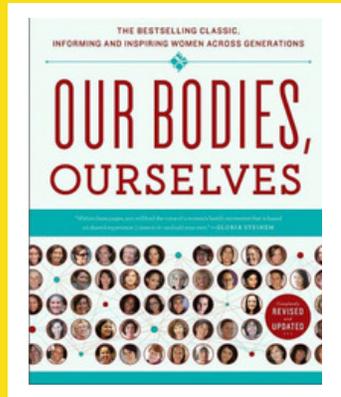
Let's Talk About S-E-X: A Guide for Kids 9 to 12 and Their Parents by Sam Gitchel

Parents and educators will find discussions of feelings, respecting oneself and others, what's normal, making sense of love and sex, and helpful advice. The book is filled with sound information, illustrations and diagrams, appropriate body terminology, information on STDs and more. Here, the changes all preteens go through are explained in a simple, straight-forward manner.



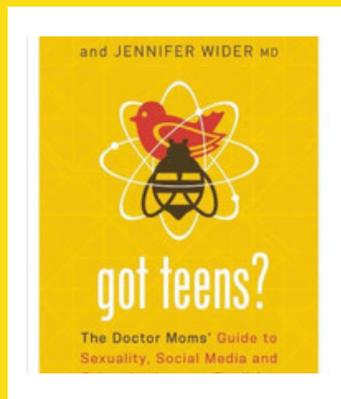
Teen Speak: A how-to guide for real talks with teens about sex, drugs and other risky behaviors
by Jennifer Salerno

You don't have to be a professional to reach teens! In this practical guidebook, Dr. Jennifer Salerno combines her professional expertise in adolescent behavior with a mother's wisdom to help parents build strong relationships with their teenage children.



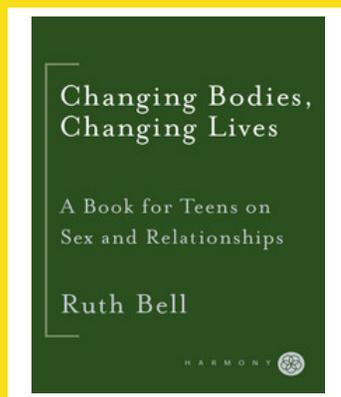
Our Bodies, Ourselves
by Boston Women's Health Book Collective and Judy Norsigian

This newly revised and updated classic leaves no sexual stone unturned. It is an encyclopedia of information covering everything from puberty to menopause and then some. The authors go into detail about sexual health, body image, gender identity, sexual orientation, relationships, sexual pleasure, consent, birth control, safe sex, STIs, unplanned pregnancies, abortion, pregnancy, miscarriages, fertility treatment, violence against women, and more.



Got Teens?: The Doctor Moms' Guide to Sexuality, Social Media and Other Adolescent Realities
by Logan Levkoff, Ph.D., and Jennifer Wider, M.D.

In Got Teens?, the Doctor Moms combine their medical and psychological knowledge with their own personal experiences to address the most cringeworthy and difficult questions that kids often ask their parents. From "How old were you when you first had sex?" to "What's wrong with sharing my password with a friend I trust?" and beyond, Levkoff and Wider will help you decode your teens' questions to figure out what they really want to know. Topics include body development, emotional changes, bullying, social media, substance abuse, and more—giving parents the confidence to tackle these subjects with authority and compassion.



Changing Bodies, Changing Lives
by Ruth Bell

A comprehensive book for teens that addresses the physical, medical and emotional aspects of sex and other related subjects. With the help of experts, this book tackles sex, relationships, eating disorders, substance abuse, violence, STDs, birth control, and gynecological exams.