

## Book List on Puberty

| <b>Title:</b>  | <b>Author:</b>                        | <b>Age:</b> | <b>Comments:</b>   |
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| What's the Big Secret?<br>Talking about Sex with<br>Girls and Boys             | Laurie Krasny Brown<br>and Marc Brown | 4-9 years   | Explains bodies and<br>reproduction. Can be<br>found at the Calgary<br>Public Library.   |
| Human Body: a Visual<br>Encyclopedia   | DK Publishing                         | 4-9 years   | General information of<br>different body systems.<br>Includes anatomically<br>correct names for<br>private parts.<br>Introduces<br>reproduction and life<br>cycle. Can be found at<br>the Calgary Public<br>Library.   |
| The Girl's Body Book:<br>Everything You Need to<br>Know For Growing Up<br>You! | Kelli Dunhman                         | 12+         | Emotional, physical and<br>life changes. Can be<br>found at the Calgary<br>Public Library.   |
| The Period Book  | Karen Gravelle                        | 8-12 years  | Puberty and<br>menstruation. Can be<br>found at the Calgary<br>Public Library.   |
| It's So Amazing  | Robbie Harris                         | 7+          | Explores reproduction<br>and development.<br>Contains picture with<br>private parts labeled<br>with anatomical terms.<br>Mentions body<br>exploration is natural,<br>and that child sexual<br>abuse is never a child's<br>fault. Can be found at<br>the Calgary Public<br>Library. |
| Who Has What? All<br>About Girls' Bodies and<br>Boys' Bodies                   | Robbie Harris                         | 2-7 years   | Great messaging on<br>gender equality, non-<br>normative gender<br>views, names the<br>private parts, teaches a<br>bit about<br>privacy/boundaries.<br>Can be found at the<br>Calgary Public Library.  |

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| <p>It's Not the Stork: A book about girls, babies, bodies, families and friends</p> | <p>Robbie Harris and Michael Emberley</p> | <p>4-10 years</p> | <p>Questions about babies and bodies. Does have labeled pictures of bodies with anatomically correct terms. Talks about telling if private parts are touched. Can be found at the Calgary Public Library.</p>   |
| <p>It's Perfectly Normal: Changing Bodies, Growing Up, Sex, Sexual Health</p>       | <p>Robbie Harris and Michael Emberley</p> | <p>10+</p>        | <p>Talks about puberty, sex, reproduction, sexually transmitted infections, child sexual abuse, healthy choices and consent. Does include pictures of naked bodies. Talks about sexual orientations, masturbation and abortion. Can be found at the Calgary Public Library.</p> |
| <p>Where Did I Come From?</p>   | <p>Peter Mayle</p>                        | <p>6-12 years</p> | <p>Reproduction, conception, development and birth. Can be found at the Calgary Public Library.</p>   |
| <p>What's Happening to Me? An Illustrated Guide to Puberty</p>                      | <p>Peter Mayle</p>                        | <p>9-13 years</p> | <p>Mental and physically changes of puberty. Can be found at the Calgary Public Library.</p>  |
| <p>Will Puberty Last My Whole Life?</p>   | <p>Julie Metzger and Robert Lehman</p>    | <p>9-13 years</p> | <p>Puberty, body changes, dating, sexual orientations, friends, feelings, worries, sex, STI's, birth control, consent, healthy life styles. Can be found at the Calgary Public Library.</p>   |



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| The Body Book for Boys: Everything You Need to Know About Growing Up | Rebecca Paley, Grace Norwich, and Jonathon Mar | 10+         | Physical, mental, and emotional change and challenges. Talks about having conversations with trusted adults. Can be found at the Calgary Public Library. |
| Amazing You! Getting Smart about you Private Parts                   | Dr. Gail Saltz                                 | 3-8 years   | Anatomical names for private parts. Talks about touching in private. Can be found at the Calgary Public Library.   |
| Changing You! A Guide to Body Changes and Sexuality                  | Dr. Gail Saltz                                 | 7-13 years  | Discusses puberty, reproduction, sex, birth, body privacy, and boundaries. Can be found at the Calgary Public Library.                                   |
| The Care & Keeping of You, The Body Book for Younger Girls           | Valorie Lee Schaefer, Cara Natterson           | 7-12 years  | Information about puberty and changing bodies. Can be found at the Calgary Public Library.   |
| The Care & Keeping of You 2, The Body Book for Older Girls           | Valorie Lee Schaefer, Cara Natterson           | 9+          | Puberty and hygiene. Has drawings of private parts. Can be found at the Calgary Public Library.  |
| What makes a baby?   | Cory Silverberg                                | 3-8 years   | Basic information on conception and fetal development. Uses some anatomically correct terms. Can be found at the Calgary Public Library.                 |
| Everything Kids' Human Body Book                                     | Sheri Amsel                                    | 4-9 years   | Includes pictures and uses correct words for private parts. Chapter on puberty and explains reproduction.  |
| First Human Body Encyclopedia  | DK Publishing                                  | 4-9 years   | Useful for young children to understand how their bodies work. Explains body systems.  |
| Human Body: Facts at your Fingertips                                 | DK Publishing                                  | 10-15 years | Explains the body.   |
| Head-to-Toe Guide to You   | Sarah Wassner Flynn                            | 8-12 years  | Puberty, self-care, body basics.   |