

Puberty

Title	Author	Age	Comments
What's the Big Secret? Talking about Sex with Girls and Boys	Laurie Krasny Brown and Marc Brown	4-9 years	Explains bodies and reproduction.
Human Body: a Visual Encyclopedia	DK Publishing	4-9 years	General information of different body systems. Includes anatomically correct names for private parts. Introduces reproduction and life cycle.
The Girl's Body Book: Everything You Need to Know For Growing Up You!	Kelli Dunhman	12+	Emotional, physical and life changes.
The Period Book	Karen Gravelle	8-12 years	Puberty and menstruation.
It's So Amazing	Robbie Harris	7+	Explores reproduction and development. Contains picture with private parts labeled with anatomical terms. Mentions body exploration is natural, and that child sexual abuse is never a child's fault.
Who Has What? All About Girls' Bodies and Boys' Bodies	Robbie Harris	2-7 years	Great messaging on gender equality, non-normative gender views, names the private parts, teaches a bit about privacy/boundaries.
It's Not the Stork: A book about girls, babies, bodies, families and friends	Robbie Harris and Michael Emberley	4-10 years	Questions about babies and bodies. Does have labeled pictures of bodies with anatomically correct terms. Talks about telling if private parts are touched.

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It's Perfectly Normal: Changing Bodies, Growing Up, Sex, Sexual Health	Robbie Harris and Michael Emberley	10+	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.
Where Did I Come From?	Peter Mayle	6-12 years	Reproduction, conception, development and birth.
What's Happening to Me? An Illustrated Guide to Puberty	Peter Mayle	9-13 years	Mental and physically changes of puberty.
Will Puberty Last My Whole Life?	Julie Metzger and Robert Lehman	9-13 years	Puberty, body changes, dating, sexual orientations, friends, feelings, worries, sex, STI's, birth control, consent, healthy life styles.
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.
Amazing You! Getting Smart about you Private Parts	Dr. Gail Saltz	3-8 years	Anatomical names for private parts. Talks about touching in private.
Changing You! A Guide to Body Changes and Sexuality	Dr. Gail Saltz	7-13 years	Discusses puberty, reproduction, sex, birth, body privacy, and boundaries.
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.

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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.
What makes a baby?	Cory Silverberg	3-8 years	Basic information on conception and fetal development. Uses some anatomically correct terms.
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.