

As a sexual health organization, we get asked for recommended reading for families. The following books are a collection of the books we like. Many of these books are available to borrow through your local public library or you can purchase them through your local booksellers (Bolen's, Munro's, Tanners, Chapters). **Bold selections are our current favourites.**

## For Adults/Parents/Caregivers

- ***The New Speaking of Sex: What Your Children Need to Know and When They Need to Know it.* By Meg Hickling.**
- *Sex & Sensibility.* By Deborah Roffman.
- ***Talk to Me First.* By Deborah Roffman.**
- ***got teens?* By Logan Levkoff and Jennifer Wider**
- *Beyond the Bird and the Bees: Fostering Your Child's Healthy Sexual Development in Today's World.* By Beverly Engel.
- *My Teen has Had Sex.* By Maureen E. Lyon and Christina Brenda Antonaides
- ***For Goodness Sex: Changing the Way We Talk to Teens about Sexuality, Values and Health.* By Al Vernacchio**
- *The Transgender Child: A handbook for Families and Professionals.* By Stephanie Brill and Rachel Pepper
- *Trans Bodies, Trans Selves: A Resource for the Transgender Community.*

## For Preschool and Primary Children

- *What Makes a Baby?* By Cory Silverberg
- ***Who has What?; What's in There?; and Who's in my Family?* 3 books for preschool children. By Robie Harris**
- *I loVe my Family* By Tammy Troute Wood (A story about IVF for young children)
- *Amazing You.* By Gail Saltz
- ***Boys, Girls and Body Science.* By Meg Hickling**
- ***It's Not the Stork.* By Robie Harris**
- *The Bare Naked Book.* By Kathy Stinson
- *Belly Buttons are Navels.* By Mark Schoen
- *Some Secrets Should Not Be Kept.* By Debra Byrne
- *Talk about Touch.* By Sandy Kleven
- *The Very Touching Book.* By Jan Hindman
- *Where Did I Come From?* By Peter Mayle
- *What's The Big Secret?* By Laurie Brown
- ***It's So Amazing.* By Robie Harris**
- *The Family Book.* By Todd Parr
- *We Belong Together: A Book about Adoption and Families Together.* By Todd Parr

## Same-Sex Families

- *And Tango Makes Three.* By Just Richardsons
- *Asha's Mums.* By Rosamund Elwin and Michelle Paulse
- *A Tale of Two Daddies* By Vanita Oelschalger
- *Daddy, Papa, and Me.* By Leslea Newman
- *Molly's Family* By Nancy Garden
- *Uncle Bobby's Wedding* By Sarah Prarinen

## Gender Exploration

- *10,000 Dresses*. By Marcus Ewert and Rex Ray (grade 1-3)
- *All I Want To Be Is Me*. By Phyllis Rothblatt (Pre K-3)
- *Be Who You Are*. By Jennifer Carr (grade 1-4)
- *Gracefully Grayson*. By Ami Polonsky (grades 5-7)
- *Parrotfish*. By Ellen Wittlinger (grade 9+)
- *Freakshow*. By James St. James (grade 9+)

## For Children Near/In Puberty

- ***It's Perfectly Normal*. By Robie Harris**
- *What's Happening to Me?* By Peter Mayle
- *Me, Myself and I*. By Louside Spilsbury
- ***Growing Up Inside and Out*. By Kira Vermond**
- ***Hair, There and Everywhere*. By Jacqui Bailey**
- ***Sex, Puberty and All That Stuff*. By Jacqui Bailey**
- ***Will Puberty Last My Whole Life?* By Julie Metzger and Robert Lehman**
- *Usborne Facts of Life Growing Up*. By Susan Meredith
- *On Your Mark, Get Set Grow* By Lynda Madaras (for younger boys – early tween age)
- *Ready, Set , Grow* By Lynda Madaras (for younger girls –early tween age)
- *What's Happening to My Body* book for boys. By Lynda Madaras
- *What's Happening to My Body* book for girls. By Lynda Madaras
- *Puberty Boy*. By Geoff Price
- *Puberty Girl*. By Shushann Movsessian
- *Girl to Girl* By Sarah O'Leary Burningham
- *What's Happening to Me? Usborne Books (Boys Edition – Alex Firth Girls Edition – Susan Meredith)*
- *The Boy's Body Book*. By Kelli Dunham
- *The Girl's Body Book*. By Kelli Dunham

## For Older Youth

- ***S.E.X.* By Heather Corrina**
- 100 QUESTIONS you'd never ask your parents. By Elisabeth Henderson & Nancy Armstrong
- **doing it right** By Bronwen Pardes
- *Virgin Sex for Girls. And Virgin Sex for Boys*. By Dr. Darcy Luadzers
- *The Little Black Book for Girlz*. St. Stephen's Community House
- *The Little Black Book for Boyz*. St. Stephen's Community House
- *Queer – The Ultimate LGBT Guide for Teens*. By Kathy Belge and Marke Bieschke
- ***What if? Answers to Questions about what it means to be Gay and Lesbian*. By Eric Marcus**
- ***Not Your Mother's Meatloaf: A Sex Education Comic Book*: Saiya Miller & Liza Riley, editors.**

## For Families with Children with Learning Challenges

An excellent lending library is available through the Sunny Hill Health Centre in Vancouver. Visit this website to search resources by specific inquiries:

<http://www.bcchildrens.ca/Services/SunnyHillHealthCtr/Learningeducation/EducationResourceCentre/SexualHealth/default.htm>

***ISHS encourages each family to review materials for appropriateness for their own family's values, beliefs, and situation.***

Jennifer Gibson, MA

Coordinator of Community Education Services

250-592-3479 x204

educator@islandsexualhealth.org

www.islandsexualhealth.org

©Island Sexual Health, 2015.