

Island Sexual Health Reading List

As a sexual health organization, we often get asked to recommend books. The following books are books that we and the people we work with 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, Indigo). **Bold selections are our current favourites.**

For Adults/Parents/Caregivers/Allies

- ***Beyond Birds and Bees. By Bonnie J Rough***
- ***For Goodness Sex: Changing the Way We Talk to Teens about Sexuality, Values and Health. By Al Vernacchio***
- ***Talk Sex Today. By Saleema Noon and 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.*
- *The Transgender Child: A handbook for Families and Professionals. By Stephanie Brill and Rachel Pepper*
- ***The Transgender Teen: A Handbook for Parents and Professionals. By Stephanie Brill and Lisa Kenney***
- *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? Each By Robie Harris***
- *I'm Very Ferris; A Child's Story about In Vitro Fertilization by Tess Kossow*
- *Amazing You. By Gail Saltz*
- *Boys, Girls and Body Science. By Meg Hickling*
- ***It's Not the Stork. By Robie Harris***
- ***Pride Puppy by Robin Stevenson***
- *Belly Buttons are Navels. By Mark Schoen*
- *Some Secrets Should Not Be Kept. By Debra Byrne*
- *Talk about Touch. By Sandy Kleven*
- ***Don't Hug Doug (he doesn't like it). By Carrie Finison***
- *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 (older primary)***
- *Welcome to The Family. By Mary Hoffman & Ros Asquith*
- *We Belong Together: A Book about Adoption and Families Together. By Todd Parr*

For more information or resources, please contact

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Orientation and Identity Diverse Families

- ***And Tango Makes Three. By Justin Richardson and Peter Parnell***
- ***ABC: A Family Alphabet Book. By Dana Levy***
- *This Day in June By Gayee Pitman*
- *Heather Has Two Mommies, Donovan's Big Day. Mommy, Mama and Me. Daddy, Papa and Me. Each By Lesléa Newman Donovan*
- ***My New Daddy and My New Mommy. By Lilly Mossiano***

Gender Diversity

- ***It Feels Good to be Yourself.*** By Theresa Thorn (Pre K-3)
- ***Who are you? The Kids Guide to Gender Identity*** By Brook Pessin-Whedbee (Pre K-3)
- ***All I Want To Be Is Me.*** By Phyllis Rothblatt (Pre K-3)
- ***10,000 Dresses.*** By Marcus Ewert and Rex Ray (grade 1-3)
- ***Be Who You Are.*** By Jennifer Carr (grade 1-4)
- ***The Boy & The Bindi*** By Urek Shraya (grades 1-4)
- ***George*** By Alex Gino (grade 4+)
- ***Gracefully Grayson.*** By Ami Polonsky (grades 5-7)
- ***Parrotfish.*** By Ellen Wittlinger (grade 9+)
- ***Freakshow.*** By James St. James (grade 9+)
- ***Alex as Well.*** By Alyssa Brygman (grade 9+)

ISHS encourages you to review materials to make sure it fits your family's values and beliefs and child's learning needs well.

For Children Near/In Puberty

- ***It's Perfectly Normal.*** By Robie Harris (Updated 2021 edition)
- ***Sex is a Funny Word.*** By Cory Silverberg and Fiona Smyth
- ***Wait, WHAT?*** By Heather Corrina and Isabella Rotman
- ***Puberty is Gross but also Really Awesome*** by Gina Loveless
- ***Consent (For KIDS!)*** By Rachel Brian
- ***Growing Up Inside and Out.*** By Kira Vermond
- ***Hair, There and Everywhere.*** By Jacqui Bailey and ***Sex, Puberty and All That Stuff.*** By Jacqui Bailey
- ***Will Puberty Last My Whole Life?*** By Julie Metzger and Robert Lehman
- ***The Every Body Book*** By Rachel Simons.
- ***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
- ***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 and The Girl's Body Book.*** Both By Kelli Dunham

For Older Youth

- ***Let's Talk about It.*** By Erika Moen and Matthew Nolan
- ***S.E.X.*** 2nd Edition By Heather Corrina
- ***100 QUESTIONS you'd never ask your parents.*** By Elisabeth Henderson & Nancy Armstrong
- ***doing it right*** By Bronwen Pardes
- ***SEX: An Uncensored Introduction.*** By Nikol Hasler
- ***Can We Talk about Consent?*** By Justin Hancock
- ***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.
- ***Beyond Magenta.*** By Susan Kukin
- ***Trans+.*** By Kathryn Gonzales and Karen Rayne

For Families with Children with Learning Challenges and/or Disability

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

https://libraries.phsa.ca/fsrc/list?q=topic_facet%3A%22Sexual%20Health%22&p=1