

## **PUBERTY AND SEXUALITY**

**Where Did I Come From?** Peter Mayle, 1977. Ages 3-6. Nonfiction.

**So That's How I Was Born?** Robert Brooks, 1993. Ages 3-6. Nonfiction. Answers to common questions about conception & birth.

**But How'd I Get In There in the First Place?** Deborah Roffman. Ages 3-6.

**How Babies and Families Are Made.** Patricia Schaffer, 1988. Ages 3-7. Nonfiction. Simple, factual text describes how babies are made, focusing on different types of families. Addresses birth parents, step parents, adoption, and artificial insemination.

**One Dad, Two Dads. Brown Dad, Blue Dad.** Johnny Valentine; 1994. Ages 3-6. Fiction. Humorous books pokes fun at the notion that all dads look the same.

**Daddy's Roommate.** Michael Willhoite; 1991. Ages 3-6. Fiction. Picture book about child who lives part time with his dad and his dad's male partner.

**Heather has Two Mommies.** Leslea Newman; 1991. Ages 3-6. Fiction. A 3 year old is surprised to discover that not all children have 2 mommies as she does.

**Asha's Mums.** Rosamund Elwin and Michele Paulse; 1990. Ages 5-7. Fiction. A first grader describes her lesbian mothers to teachers and classmates.

**How Would You Feel If Your Dad Was Gay?** Anne Heron & Meredith Maran; 1994. Ages 6-12. Fiction. Explores feelings of 3 children growing up with gay parents.

**Asking About Sex and Growing Up.** Joanna Cole; 1988. Ages 7-11. Nonfiction. Reassuring and accurate.

**What's Happening To Me?** Peter Mayle; 1975. Ages 7-11. Nonfiction. Straightforward look at puberty for boys and girls. Cartoon-like illustrations.

**It's a Girl Thing.** Mavis Jukes; 1998. Ages 9-12. Nonfiction. Straightforward and funny. Answers questions girls wonder about – from buying a bra to sexuality.

**Girl Stuff: A Survival Guide to Growing Up: Answers to Every Girl's Questions- Especially the Ones She's Afraid to Ask!** Elisa Haden Guest and Margaret Blackstone; 2000. Ages 8-13. Nonfiction.

**The Care and Keeping of You. The Body Book for Girls** by Valorie Lee Schaefer; 8-12 year old girls.

**The Wonder of Becoming You: How a Jewish Girl Grows Up.** By Miriam Grossman, MD

**It's Perfectly Normal.** Robie H. Harris; 1994. Ages 11-14. Nonfiction. Changes of puberty.

**Zach's Story.** Keith Greenberg; 1996. Ages 8-12. Nonfiction. Essay with photos written by an 11-year-old whose parents are lesbian.

**Are You There God, It's Me, Margaret.** Judy Blume; 1991. Ages 10-14. Fiction. A 12-year-old thinks about boys, bras, God and her first period.

**Space Station 7<sup>th</sup> Grade.** Jerry Spinelli, 1991. Ages 10-14. Fiction. A 7<sup>th</sup> grade boy describes adjustment to Jr. High, first love, gym class shower. Hilarious.

**Then Again, Maybe I Won't.** Judy Blume, 1986. Ages 12-15. Fiction. A 12-year-old worries about his fascination with sex and changes in his body.

**Twelve Days in August.** Liza Letchum Murrow; 1993. Ages 12-16. Fiction. A gripping novel about ethical choices by a 16-year-old soccer star. Issues of friendship, racism and homophobia.

**Two Teenagers in Twenty.** Ann Heron; 1995. Ages 13-16. Nonfiction. Series of essays by gay and lesbian teenagers.

**Hearing Us Out.** Roger Sutton; 1997. Ages 13-18. Nonfiction. Essays by gay and lesbian teenagers and adults describe difficulties and successes of being gay and confronting homophobia in school, job, and family.

### **Specifically for Parents**

**Adolescence: The Survival Guide for Parents and Teenagers.** Elizabeth Fenwick and Tony Smith; 1994. Adults. Nonfiction. Addresses all typical adolescent issues and concerns.

**Now That You Know.** Betty Fairchild and Nancy Hayward; 1989. Adults, Nonfiction. A guide for parents who have recently learned that their child is homosexual.

**Talk to Me First: Everything You Need to Know to Become Your Kids' "Go-To" Person About Sex.** And **Sex & Sensability: The Thinking Parent's Guide to Talking Sense About Sex.** Deborah Roffman (who is local and speaks at many area schools).

### **PUBERTY Specifically for Boys**

**From boys to Men: All about Adolescence and You.** Michael Gurian, Daphne, Brian Floea

**The boys body book: Everything You Need to Know for Growing Up YOU.** Kelli Dunham

**The What's Happening to My Body? Book for Boys: A growing Up Guide for Parents and Sons.** Lynda Madaras, Dane Saavedra. For boys 7-15 yrs old. Physical, Social & emotional changes of puberty.

**AMA's Boy's Guide to Becoming a Teen.** AMA, Kate Gruenwald Pfeifer, Edited by Amy Middleman, MD.