

## A Book Guide for Pre-Teens and Those Who Live with Them

This list is a sampling of the many books available on puberty and sexuality. Visit a library or bookstore to take a look at these books and decide on those that best fit your needs and style of parenting.

### **For Girls**

My Body, My Self for Girls

*Madaras, L. and Madaras, A., 2007, Newmarket Press*

My Feelings, My Self

*Madaras, L., et al, 2002, Newmarket Press*

Period

*Loulan, J., et al, 2001, Volcano Press*

Puberty Girl

*Movsessian, Shushann, 2005, Allen & Unwin Pty., Limited*

The Care and Keeping of You: The Body Book for Girls

*Schaefer, V., 1998, American Girl Library*

The Feelings Book: The Care and Keeping of Your Emotions

*Madison, L., 2002, American Girl Library*

The Period Book: Everything You Don't Want to Ask (But Need to Know)

*Gravelle, K. and Gravelle, J., 2006, Walker Publishing*

What's Happening to My Body? Book for Girls

*Madaras, L., 2007, Newmarket Press*

### **For Boys**

Boy's Guide to Becoming a Teen

*American Medical Association, Middleman, A., ed., 2006, Jossey-Bass*

My Body, My Self for Boys

*Madaras, L. and Madaras, A., 2007, Newmarket Press*

Puberty Boy

*Price, Geoff, 2006, Allen & Unwin Pty., Limited*

What's Going on Down There?: Answers to Questions Boys Find Hard to Ask

*Gravelle, K, 1998, Walker Publishing*

What's Happening to My Body? Book for Boys

*Madaras, L., 2007, Newmarket Press*

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## **For All Pre-Teens**

It's Perfectly Normal

*Harris, R.H., 2004, Candlewick Press*

It's So Amazing! A Book about Eggs, Sperm, Birth, Babies and Families

*Harris, R.H., 2004, Candlewick Press*

Sex, Puberty and All That Stuff: A Guide to Growing Up

*Bailey, J. and McCafferty, J., 2004, Barron's Educational Series*

What's Happening to Me?

*Mayle, P., 2000, Lyle Stewart*

## **For Parents**

101 Ways to Help Your Daughter Love Her Body

*Richardson, B. and Rehr, E., 2001, Harper*

Everything You Never Wanted Your Kids to Know About Sex (But Were Afraid They'd Ask)

*Richardson, J. and Schuster, M., 2004, Three Rivers Press*

Girls Will Be Girls: Raising Confident and Courageous Daughters

*Deak, J. and Barker, T., 2003, Hyperion*

How Can You Say That: What to Say to Your Daughter

When One of You Just Said Something Awful

*Lynch, A., Ashford, L., 2003, American Girl Library*

Keep Talking: A Mother-Daughter Guide to the Pre-Teen Years

*Madison, L., 1999, Andrews McMeel Publishing*

Real Boys: Rescuing Our Sons from the Myths of Boyhood

*Pollack, W., 1999, Owl Books*

Ten Talks Parents Must Have with Their Children About Sex and Character

*Schwartz, P. and Cappello, D., 2000, Hyperion*

The Wonder of Boys: What Parents, Mentors and Educators Can Do

to Shape Our Boys into Exceptional Men

*Gurian, M., 2006, Tarcher/Putnam*

The Wonder of Girls: Understanding the Hidden Nature of Our Daughters

*Gurian, M., 2003, Atria*

Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen

*Walsh, D., 2005, Free Press*

## **Useful Websites**

- [www.4girls.gov](http://www.4girls.gov)
- [www.kidshealth.org](http://www.kidshealth.org)

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