

Island Sexual Health Reading List Recommendations



As a sexual health organization, we get asked for recommended reading for parents and 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.

For Parents

- *The New Speaking of Sex: What Your Children Need to Know and When They Need to Know it.* By Meg Hickling
- *Meg Hickling's Grown-Up Sex.* By Meg Hickling
- *Sex & Sensibility.* By Deborah Roffman
- *From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children.* By Debra Haffner
- *Beyond the Bird and the Bees: Fostering Your Child's Healthy Sexual Development in Today's World.* By Beverly Engel
- *Talk to your kids about Sex.* By Dr. Laura Berman
- *My Teen has Had Sex.* By Maureen E. Lyon and Christina Brenda Antonaides
- *The Transgender Child: A handbook for Families and Professionals.* By Stephanie Brill and Rachel Pepper

For Preschool and Primary Children

- *Who has What?* 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
- *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
- *We Belong Together: A Book about Adoption and Families Together.* By Todd Parr

For Diverse Families

- *The Family Book.* By Todd Parr
- *Who's in my Family* By Robie Harris
- *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

For Gender Exploration

- *10,000 Dresses.* By Marcus Ewert and Rex Ray
- *All I Want To Be Is Me.* By Phyllis Rothblatt
- *William's Doll.* By Charlotte Zolotow
- *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
- *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 early tween-age boys)
- *Ready, Set , Grow.* By Lynda Madaras (for early tween-age girls)
- *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
- *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 Teens

- *S.E.X.* By Heather Corrina
- *Virgin Sex for Girls*. By Dr. Darcy Luadzers
- *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

For Families with Children with learning and developmental challenges and disabilities

- 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
 Island Sexual Health
 250-592-3479 x204
educator@islandsexualhealth.org www.islandsexualhealth.org