

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

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

Puberty Girl

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

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

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

Puberty Boy

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

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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

Getting Calm

Laura Kastner, 2009 Parent Map

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

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

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

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- www.4girls.gov
- www.dadsanddaughters.org
- www.kidshealth.org

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