Sex Education: Resource List

Books for Children

Ages 4 to 8

- *A Kid's First Book About Sex*; by Joani Blank and Marcia Quackenbush; Down There Press, 1993
- *El Maravilloso Mundo Del Amor Verdadero (The Wonderful World of True Love)*; by Graciela Ayad, Richard Panzer, Benny Andersson (illustrator); Center for Educational Media, 1997
- *Mommy, Daddy, Where Do Babies Come From?*; by Grace Ayad and Richard Panzer, Benny Andersson (illustrator); Center for Educational Media, 1997

Ages 6 to 10

- *Asking About Sex and Growing Up*; by Joanna Cole; Econo-Clad Books, 1999
- *Where Did I Come From?*; by Peter Mayle; Lyle Stuart, 2000

Ages 9 to 12

- *Changes In You and Me: A Book About Puberty Mostly for Boys*; by Paulette Bourgeois; Andrews and McMeel, 1994
- *It's Perfectly Normal: Changing Bodies, Growing up, Sex, and Sexual Health*; by Robie Harris; Candlewick, 1996
- *It's So Amazing!: A Book About Eggs, Sperm, Birth, Babies, and Families*; by Robie Harris; Candlewick Press, 1999
- *It's My Life*; by Pete Sanders and Steve Myers; Watts, 1997
- *Just for Girls: Understanding Your Body and the Changes You're Going Through*; by Elizabeth Hoekstra; Crossway Books, 1999
- *No B.O.! The Head-to-Toe Book of Hygiene for Preteens*; by Marguerite Crump; Free Spirit Publ, 2005
- *Personal Hygiene? What's That Got To Do With Me?*; by Pat Crissey and Noah Crissey; Jessica Kinsley Publ, 2005
- *Puberty's Wild Ride*; by Marta McCave; Family Planning Council, 2004
- *Sex Explained: Honest Answers to your Questions About Guys and Girls, Your Changing Body, and What Really Happens During Sex*; by Magali Clausener-Petit; Amulet Books, 2004
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**Young Adult**

- *It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health*; by Robie H. Harris; Candlewick Press, 1996
- *Like It Is: A Teen Sex Guide*; by E. James Lieberman; McFarland, 1998
- *Right On Schedule: A Teen's Guide To Growth And Development*; by Jean Ford; Mason Crest Publ, 2005
- *The Teenage Body Book*; by Kathy McCoy; Perigee Books, rev. ed 1999
- *What's Going On Down There?: Answers To Questions Boys Find Hard To Ask*; by Karen Gravelle; Walker and Co., 1998
- *Your Body, Yourself: A Guide To Your Changing Body*; by Alison Bell; Lowell House, 1996

**Books for Adults**

- *Before She Gets Her Period: Talking to Your Daughter About Menstruation*; by Jessica Gillooly; Perspective Publ, 1998
- *Beyond the Birds and the Bees: Fostering Your Child's Healthy Sexual Development*; by Beverly Engel; Pocket Books, 1997
- *Everything You Never Wanted Your Kids to Know About Sex, But Were Afraid They'd Ask: The Secrets to Surviving Your Child's Sexual Development from Birth to the Teens*; by Justin Richardson; Crown, 2003
- *From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children*; by Debra Haffner; Newmarket Press, 2000
- *Questions Kids Ask About Sex: Honest Answers for Every Age*; by Melissa Cox; Revell, 2005
- *Sexuality: You Sons and Daughters With Intellectual Disabilities*; by Karin M. Schwier; Paul H. Brooks Co, 2000
- *The New Speaking of Sex: What Your Children Need to Know and When They Need to Know It*; by Meg Hickling; Northstone, 2005
• *Understanding Your Child's Sexual Behavior: What's Natural and Healthy*; by Toni Johnson; New Harbinger, 1999

Compiled by Catherine Smith, MLS, medical librarian at the Family Health Library, The Children's Hospital, Denver, CO.

This content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.