



Children's Books about Puberty

We are often asked for a list of books to recommend to parents to support the work in Changing Me. Books on this topic change frequently, and new editions sometimes have small but significant changes made to the wording and images, making it difficult to be always confident about the descriptions and images.

It is also true that what is suitable for one family may not be suitable for another, so we have been hesitant in recommending any of these books in the past. However, we have compiled a list of some of the easier to find books that we feel are worth considering recommending to either be read either by older primary children at home maybe by themselves or possibly with their parents.

Please do urge parents to always check the content carefully to see if there are any parts they might particularly want to discuss with their own child before sharing it.

All these books are written for pre-teens and teens to support children in learning about their changing adolescent body, and why these natural changes are happening. For this reason, nearly all of them do explain sexual intercourse, apart from the last 2 in the Picture Book section.

<u>Written more for Girls</u>	
Welcome to your period	by Yumi Stynes and Dr Melissa Kang (Little Tiger Publishing)
My period	by Millie Hill (Wren and Rook Publishers)
The Girls Guide to Growing up	by Anita Naik (Wren and Rook Publishers) <i>gentle shorter book, with cartoon pictures , briefly explains sexual intercourse</i>
The Girls Guide to Growing up Great	by Sophie Elkan, Laura Chaisty and Dr Madi Podichetty (Green Tree, part of Bloomsbury Publishers)
What's Happening to Me?	By Susan Meredith (Usborne books) <i>boys' version has same title.</i>
Growing up for Girls	by Felicity Brooks (Usborne Books) <i>older version of the previous book listed – suitable into secondary</i>
The Autism Friendly Guide to Periods	by Robyn Steward (Jessica Kingsley Publishers) <i>detailed photographs of what periods look like, menstrual products, what to do and how to deal with periods and other clear facts to support autistic children in understanding and preparing.</i>



<u>Written more for Boys</u>	
What's Happening to Me?	By Alex Frith (Usborne books) <i>girls' version has same title.</i>
Growing up for Boys	by Alex Frith and Felicity brooks (Usborne Books) <i>older version of the previous book listed – suitable into secondary</i>
How to Grow up and Feel Amazing, The No Worries Guide for Boys	by Dr Ranj (Wren and Rook Publishers)
The Boys' Guide to Growing Up	by Phil Wilkinson (Wren and Rook Publishers) <i>gentle shorter book, with cartoon pictures , but still briefly explains sexual intercourse</i>

<u>Written equally for both sexes</u>	
Brilliant Questions about Growing Up	by Amy Forbes-Robertson and Alex Fryer (Penguin publishers) <i>includes explanation of sex – lots of good questions/answers. Clear section on sex and gender which you would want to check for updates.</i>

<u>Picture Books for both sexes</u>	
Let's Talk About the Birds and the Bees	by Molly Potter and Sarah Jennings (Bloomsbury Publishers)) <i>very gently presented picture book for possibly younger age group, but does still contain explanation of sexual intercourse</i>
What's the Big Secret? Talking about Sex with Girls and Boys	by Laura Krasny Brown, Ed. D. and Mark Brown (Little Brown and Company Publishers) <i>also gently presented including sex</i>
Mummy Laid an Egg	by Babette Cole <i>great for unpacking myths, getting round embarrassment, and recapping with older primary pupils for sex education</i>
Where Willy Went	by Nicholas Allen (Red Fox publishers) <i>Picture book of the journey of the sperm to the egg as a story – sperm happens to be called 'Willy' – sexual intercourse not directly described but inferred.</i>
Where do babies come from?	Lift the Flap, First questions and answers Usborne. <i>Very gentle introduction, in line with Jigsaw up to Ages 7-8 materials – mentions sperm and egg needed to make a baby but not sexual intercourse.</i>