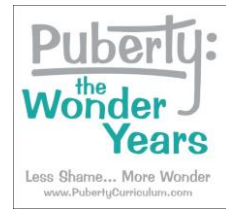


# Puberty Books



Dear Parents, Caregivers, and Other Supportive Adults,

Clearly, if you are looking for books about puberty, you care about a young person in your life who is growing up. Good for you! You have a wonderful opportunity to help make puberty a positive experience for your young person, and probably for some of their friends as well. Thank you for making sure your young person has sources of reliable information, and a trusted adult to talk to about any questions or concerns they might have.

This list of books includes a wide variety of options. Some will be a good fit for your young person, and some will not. Please use this list as a guide and know that your young person will look to you to learn family values and spiritual values through conversations and modeling. No book can provide those.

Best wishes to you and your young person!

Wendy L. Sellers, RN. MA, CSE

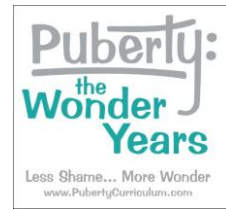
The Puberty Lady

2023

## Books Written for All Children:

- *100+ Questions Kids Have About Puberty* by the Interrelate Team (2010, AU)
- *Bloom Playbooks, Vols 1, 2, 3* by Bloom Science (2019)
- *It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health* by Robie H. Harris & Michael Emberley (2021)
- *Nonnie Talks about Gender* by Mary Jo Podgurski (2014)
- *Nonnie Talks about Puberty* by Mary Jo Podgurski (2016)
- *Sex Is a Funny Word: A Book About Bodies, Feelings, and You* by Silverberg and Smyth (2015)
- *Sex, Puberty, And All That Stuff: A Guide to Growing Up* by Jacqui Bailey (2004)
- *Tell Me About Sex, Grandma* by Anastasia Higginbotham (2017)
- *What's Happening to Me? An Illustrated Guide to Puberty* by Peter Mayle (2000)
- *Will Puberty Last My Whole Life* by Julie Metzger & Robert Lehman (2018)
- *You-ology*, by M. Holmes, T. Hutchison, K. Lowe (2022)

# Puberty Books



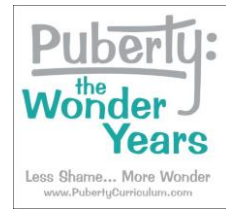
## Books Written for Younger Children:

- *Bloom Playbooks, Vol 1 & 2* by Bloom Science (2019)
- *Everybody, Every Body!* By Emmalinda MacLean (2019)
- *First Comes Love: All About the Birds and the Bees—and Alligators, Possums, and People, Too* by Jennifer Davis (2001)
- *Hair in Funny Places* by Babette Cole (2001)
- *It Feels Good to Be Yourself: A Book about Gender Identity* by Theresa Thorn (2019)
- *It's Not the Stork: A Book About Girls, Boys, Babies, Bodies, Families and Friends* by Robie Harris (2008)
- *It's So Amazing!* by Robie Harris and Michael Emberley (2014)
- *On Your Mark, Get Set, Grow! A What's Happening to My Body? Book for Younger Boys*, by L. Madaras (2008)
- *On Your Mark, Get Set, Grow! A What's Happening to My Body? Book for Younger Girls*, by L. Madaras (2003)
- *The Bare Naked Book* by Kathy Stinson (2006)
- *The Care & Keeping of You 1: The Body Book for Younger Girls* by American Girl (2012)
- *The Science of Babies: A little book for big questions about bodies, birth and families*, by D. Roffman (2021)
- *These are my eyes...* by Lexx Brown-James (2018)
- *What Makes a Baby: A book for every kind of family and every kind of kid* by Cory Silverberg (2012)
- *What's the Big Secret? Talking about Sex with Girls and Boys* by Brown and Brown (2000)
- *Where Did I Come From? An Illustrated Children's Book on Human Sexuality* by Peter Mayle (2000)
- *Where do babies come from?* Usborne (2016)
- *Who Are You? The kid's guide to gender identity* by Book Pessin-Whedbee (2017)
- *Who Has What? All About Girls' Bodies and Boys' Bodies* by Robie H. Harris (2011)
- *Worm Loves Worm* by J.J. Austrian (2016)
- *You Were Born on Your Very First Birthday* by Linda Walvoord Girard (1992)
- *Your Whole Body: From Your Head to Your Toes, and Everything In Between!* By Lizzie DeYoung Charbonneau (2022)

## Books Written about Bodily Autonomy, Consent, Rights:

- *An Exceptional Children's Guide to Touch: Teaching Social and Physical Boundaries to Kids* by Hunter Manasco (2012)
- *Body Boundaries Make Me Stronger*, by Elizabeth Cole (2022)
- *Consent for Kids! Boundaries, Respect, and Being in Charge of You* by Rachel Brian (2020)
- *Don't Hug Doug (He Doesn't Like It)* by Carrie Finison (2021)
- *My Social Justice Dictionary*, by OkaySo (2022)
- *We Listen to Our Bodies* by Lydia Bowers (2021)

# Puberty Books



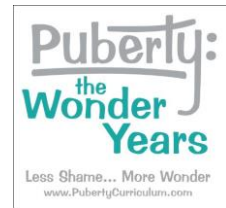
## Books Written for Boys:

- *Boy's Guide to Becoming A Teen (Getting Used To Life In Your Changing Body)* by the American Medical Association (2006)
- *Everything You Always Wanted to Know About Puberty—and Shouldn't Be Googling for Curious Boys* by Morris Katz (2020)
- *Growing Up Great! The Ultimate Puberty Book for Boys* by Scott Todnem (2019)
- *Guy Stuff: The Body Book for Boys* by Dr. Cara Natterson (2017)
- *My Body, My Self for Boys: Revised Edition* by Lynn Madaras and Aria Madaras (2007)
- *On Your Mark, Get Set, Grow! A "What's Happening to My Body?" Book for Younger Boys* by Lynda Madaras (2008)
- *The Body Book for Boys* by Jonathon Mar and Grace Norwich (2010)
- *The Boy's Body Book: Everything You Need to Know for Growing Up You!* by Kelli Dunham (2015)
- *Wait, What? A Comic Book Guide to Relationships, Bodies, and Growing Up* by Heather Corinna and Isabella Rotman (2019)
- *What's Going on Down There? Answers to Questions Boys Find Hard to Ask* by Karen Gravelle (2017)
- *What's Happening to My Body? Book For Boys* by Lynda Madaras (2008)

## Books Written for Girls:

- *A Girl's Guide to Puberty & Periods* by Marni Sommer, et al (2021)
- *Celebrate Your Body (and Its Changes, Too!)* by Sonya Renee Taylor (2018)
- *Celebrate Your Body 2: A Body-Positive Guide for Girls 10+* by Lisa Klein and Carrie Leff (2019)
- *Girl Stuff — A Survival Guide to Growing Up* by Margaret Blackstone and Elissa Haden Guest (2006)
- *Girl to Girl: Honest Talk About Growing Up and Your Changing Body* by Sarah O'Leary Burningham (2013)
- *Girl's Guide to Becoming a Teen (Getting Used To Life In Your Changing Body)* by the American Medical Association (2006)
- *Girls Only!* By Victoria Parker (2004, 2016 in U.K)
- *Is This Normal? Girls' Questions, Answered by the Editors of the Care and Keeping of You*, by Michelle Watkins (2009)
- *My Body, My Self for Girls: Revised Edition* by Lynn Madaras and Aria Madaras (2007)
- *Puberty Girl* by Shushann Movsessian (2005)
- *Ready, Set, Grow! A "What's Happening to My Body?" Book for Younger Girls*, by Lynda Madaras (2003)
- *The Care & Keeping of You 2: The Body Book for Older Girls* by American Girl (2012)
- *The Feelings Book: The Care and Keeping of Your Emotions*, by Dr. Lynda Madison (2013)
- *The Girls' Guide to Sex Education: Over 100 Honest Answers to Urgent Questions about Puberty, Relationships, and Growing Up* by Michelle Hope (2018)
- *The Girl's Body Book: Everything You Need to Know for Growing Up You!* by Kelli Dunham (2015)
- *What's Happening to My Body? Book For Girls* by Lynda Madaras (2007)

# Puberty Books



## Books Written about Menstruation:

- *Celebrate Your Period: The Ultimate Puberty Book for Preteen and Teen Girls* by Amanda d’Almeida (2022)
- *HelloFlo: The Guide, Period.* by Naama Bloom (2017)
- *Period. A Girl’s Guide* by JoAnn Loulan and Bonnie Worthen (2008)
- *Reaching for the Moon* by Lucy H. Pearce (2015)
- *The Period Book: A Girl’s Guide to Growing Up* by Karen Gravelle (2017)
- *The Autism-Friendly Guide to Periods* by Robyn Steward (2019)
- *Vaginas and Periods 101: A Pop-Up Book*, by Christian Hoeger & Kristen Lilla (2019)
- *We Need to Talk About Vaginas*, by Dr. Allison K. Rodgers & Annika Le Large (2023)

## Puberty Book Articles & Parent Resources:

- Books about Puberty by Common Sense Media <https://www.commonsensemedia.org/lists/books-about-puberty>
- The Best Books About Puberty for Girls by Family Education <https://www.familyeducation.com/best-books-about-puberty-for-girls>
- 7 Books on Puberty for Boys <https://www.parents.com/kids/development/puberty/books-on-puberty-for-boys/>
- 9 puberty books for boys <http://www.todaysparent.com/family/family-health/puberty-books-for-boys/>
- 9 puberty books for girls <https://www.todaysparent.com/family/books/puberty-books-for-girls/#gallery/puberty-books-for-girls/>
- 8 Mom-approved Gooks on Puberty That Kids Will Actually Like <http://thestir.cafemom.com/tweens-teens/166436/8-momapproved-books-on-puberty>
- “Puberty Help! Great Books to Help You with Questions and Challenges” by *Parenting Special Needs Magazine* <https://www.parentingspecialneeds.org/article/puberty-help-books-help-questions/>
- Book lists and book review videos by The Puberty Lady <https://pubertycurriculum.com/puberty-books/>
- Parent Resources from Puberty: The Wonder Years <https://pubertycurriculum.com/parent-resources/>

Note: Inclusion on this list is not an endorsement.

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