

Some Resources for Teens and Pre-teens on Puberty and Sexuality

Puberty

Asking About Sex and Growing Up: A Question and Answer Book for Boys and Girls (includes parents' introduction). Joanna Cole, 1998.

Dr. Ruth Talks to Kids. Ruth Westheimer, 1998.

From Boys to Men – all about adolescence and you. Michael Gurian, 1999.
(great for guys who aren't big readers)

It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health. Robbie H. Harris, 1994.

The Period Book – everything you don't want to ask (but need to know).
Karen Gravell and Jennifer Gravell, 1996.

What's Going on Down There? - answers to questions boys find hard to ask.
Karen Gravell with Nick and Chava Castro, 1998.

What's Happening to My Body? (one for boys, one for girls). Lynda Madaras, 2000.

My Body, Myself (one for boys, one for girls). Lynda and Area Madaras, 2000.
Easy to read book/workbook/journal.

Sexuality

Changing Bodies, Changing Lives. Ruth Bell, 1998.

The New Teenage Body Book. Kathy McCoy and Charles Wibbelsman, 1992.

Videos

Growing Up Video Series. National Film Board of Canada.

What Kids Want to Know about Sex and Growing Up. Canadian Learning Company