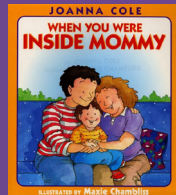


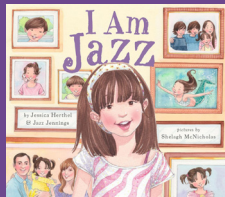
## **NO Trespassing - This Is MY Body!** by Pattie Fitzgerald

Siblings Katie and her little brother Kyle learn about personal safety, private parts, and “thumbs up and thumbs down” touches by talking with their mom in a loving and easy-to-understand manner. With an empowering dialog that is never fearful, parents can use this book to begin this important discussion with their children. Katie and Kyle’s mom also explains the essential “No Secrets” rule in their family, and that it is never their fault if they get an “uh-oh feeling” from anyone.



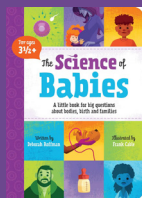
## **When You Were Inside Mommy** by Joanna Cole

With clear inviting text and lively illustrations, this book introduces young children to the concepts of pregnancy and childbirth — from the time they begin as one tiny cell to the joyful moment when their parents welcome them into the world.



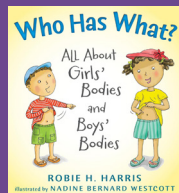
## **I Am Jazz** by Jessica Herthel and Jazz Jennings

From the time she was two years old, Jazz knew that she had a girl’s brain in a boy’s body. She loved pink and dressing up as a mermaid and didn’t feel like herself in boys’ clothing. This confused her family, until they took her to a doctor who said that Jazz was transgender and that she was born that way. Jazz’s story is based on her real-life experience and she tells it in a simple, clear way.



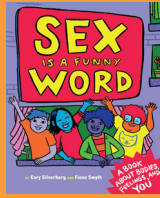
## **The Science of Babies: A Little Book for Big Questions about Bodies, Birth and Families** by Deborah Roffman

Where did I come from? How did I get out of there? How did I get in there in the first place? If the thought of answering these questions makes you feel awkward, relax! For young children, these are simply questions about science and how the world really works. This book is the perfect tool to help parents and caregivers discover the answers together with their curious kids. Through carefully crafted text and charming illustrations, you can prepare the ground early for a safe, happy and healthy life.



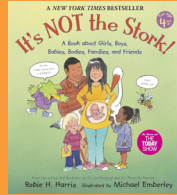
## **Who Has What?: All About Girls’ Bodies and Boys’ Bodies (Let’s Talk about You and Me)** by Robie H. Harris

Young children are curious about almost everything. Asking questions is one of many ways they learn about themselves and the world around them. This book provides easy-to-understand facts and answers to their delightful, thoughtful and often nonstop questions. The story follows Nellie and Gus on a family outing to the beach. Humorous illustrations, conversations between the siblings and clear text all reassure young kids that whether they have a girl’s body or a boy’s, their bodies are perfectly normal, healthy and wonderful.



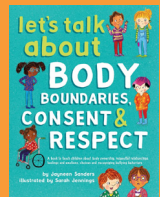
**Sex Is a Funny Word: A Book about Bodies, Feelings, and YOU**  
by Cory Silverberg

A comic book for kids that includes children and families of all makeups, orientations and gender identities, the book is an essential resource about bodies, gender and sexuality for children as well as their parents and caregivers. It opens up conversations between young people and their caregivers in a way that allows adults to convey their values and beliefs while providing information about boundaries, safety and joy.



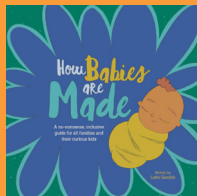
**It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends**  
by Robie H. Harris

Young children are curious about almost everything, especially their bodies. And young children are not afraid to ask questions. This book helps answer the endless and perfectly normal questions children ask about how they began. Vetted and approved by science, health and child development experts, the information is up-to-date, age-appropriate and scientifically accurate, and always aimed at helping kids feel proud, knowledgeable and comfortable about their own bodies, about how they were born and about the family they are part of.



**Let's Talk About Body Boundaries, Consent and Respect**  
by Jayneen Sanders

Teaching young children about body boundaries, both theirs and others, is crucial to a child's growing sense of self, their confidence and how they should expect to be treated by others. It is equally important a child understands, from a very young age, they need to respect another person's body boundary and ask for their consent when entering their personal space. This book explores these concepts with children in a child-friendly and easily-understood manner, providing familiar scenarios for children to engage with and discuss.



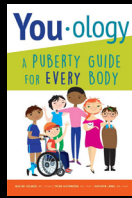
**How Babies are Made: A No-nonsense, Inclusive Guide for All Families and Their Curious Kids**  
by Leith Gamble

Through a series of fact-based, properly termed descriptions, the process of how babies are made is demystified and explained in a way that leaves room for every family to add their unique story. With all parents in mind, no family is left out in this comprehensive yet surprisingly simple tale that goes from conception to birth, gently covering topics on sexual intercourse, donor insemination, fertility treatments, surrogacy and adoption.



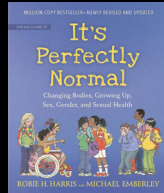
**Making a Baby**  
by Rachel Greener

To make a baby you need one egg, one sperm and one womb. But every family starts in its own special way. This book answers the "Where did I come from?" question no matter who the reader is and how their life began. From all different kinds of conception through pregnancy to the birth itself, this candid and cozy guide is just right for the first conversations that parents will have with their children about how babies are made.



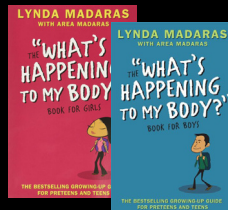
## **You-ology: A Puberty Guide for EVERY Body** by Trish Hutchison, Kathryn Lowe and Melisa Holmes

What if your kids could learn about changing bodies in a way that isn't secretive or shameful? This book offers fact-based, age-appropriate and body positive information about the physical, social and emotional changes ahead for all kids.



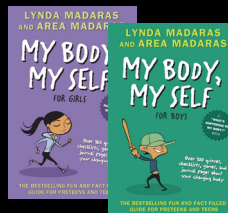
## **It's Perfectly Normal: Changing Bodies, Growing Up, Sex, Gender, and Sexual Health** by Robie H. Harris

Inclusive and accessible, this book provides young people with the knowledge and vocabulary they need to understand their bodies, relationships and identities in order to make responsible decisions and stay healthy.



## **What's Happening to My Body?** by Lynda Madaras and Area Madaras

With editions for girls and boys, these books feature detailed illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section. These bestselling growing-up guides are essential puberty education and health books for all girls and boys ages 10 and up.



## **My Body, My Self** by Lynda Madaras and Area Madaras

With editions for girls and boys, these fact-filled journal and activity books make it fun for girls and boys to find answers to their many questions about the physical and emotional changes that accompany puberty. With quizzes, checklists, games and illustrations throughout, the books also include journal pages and personal stories addressing concerns, experiences and feelings.



## **Let's Talk About S-E-X** by Sam Gitchel and Lorri Foster

This book provides accurate, age-appropriate information about sex. It is filled with sound information, illustrations and diagrams, appropriate body terminology, information on STDs and more. The changes all preteens go through are explained in a simple, straight-forward manner.



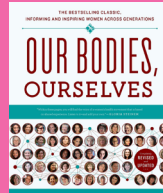
## **You Know, Sex: Bodies, Gender, Puberty and Other Things** by Cory Silverberg and Fiona Smyth

In a bright graphic format, this book grounds sex education in social justice, covering not only the big three of puberty — hormones, reproduction and development — but also power, pleasure and how to be a decent human being. Centering young people's experiences, there are chapters on body autonomy, disclosure, stigma, harassment, trauma, masturbation, consent, boundaries and safety in our media-saturated world, puberty and reproduction that includes trans, non-binary and intersex bodies and experiences, and more.



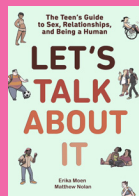
## **Teen Speak: A Guide to Understanding and Communicating with Your Teen** by Dr. Jennifer Salerno

The stronger your relationship with your teen, the greater the opportunity to guide them through any challenges the teen years present. Along with a greater appreciation and understanding of how your teen is wired, you'll also learn proven communication strategies for talking with your teen, instead of at your teen. This guide translates the strategies employed by health care professionals into accessible, practical tactics for parents who want to build and strengthen a trusting relationship with their tween or teen that will last through adulthood.



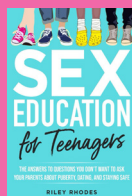
## **Our Bodies, Ourselves** by Boston Women's Health Book Collective

This book is a comprehensive guide to all aspects of women's sexuality and reproductive health, including menopause, birth control, childbirth, sexual health, sexual orientation, gender identity, mental health and overall wellbeing. Providing detailed and empowering information on women's reproductive health and sexuality, it shows how to find and access health information and offers additional resources and stories to educate women about health care injustices and inspires them to work collectively to address them.



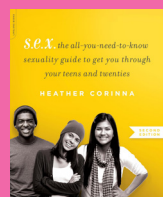
## **Let's Talk About It: The Teen's Guide to Sex, Relationships, and Being a Human** by Erika Moen and Matthew Nolan

How do you find the answers to all the questions you have about yourself, about your identity, and about your body? This book provides a comprehensive, thoughtful, well-researched graphic novel guide. Covering relationships, friendships, gender, sexuality, anatomy, body image, safe sex, sexting, jealousy, rejection, sex education and more, it is the go-to handbook for every teen.



## **Sex Education for Teenagers: Answers to Questions You Don't Want to Ask Your Parents About Puberty, Dating, and Staying Safe** by Riley Rhodes

As teenagers, venturing into the world of puberty, dating and sexual health can be as exciting as it is overwhelming. This book is a comprehensive guide that answers the pressing questions teenagers may find too awkward to ask their parents. It is a safe space for understanding and embracing puberty, dating and vital aspects of staying safe.



### **OLDER TEENS/YOUNG ADULTS**

## **S.E.X.: The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties** by Heather Corinna

As a teen or emerging adult, dealing with all the changes going on in your life, body and mind can be mighty overwhelming. Whatever your gender or sexual identity, whether you've already been actively exploring your sexuality or are only just getting curious, this book clearly spells out what you need and want to know — no shame, no judgement, just comprehensive and accurate info in a clear, straightforward language.