



Puberty books for Girls

- The Care and Keeping of You: The Body Book for Girls, Revised Edition. March 26, 2012, by Valorie Schaefer
- Celebrate Your Body (and Its Changes, Too!): The Ultimate Puberty Book for Girls. May 29, 2018, by Sonya Renee Taylor
- Will Puberty Last My Whole Life? REAL Answers to REAL Questions from Preteens About Body Changes, Sex, and Other Growing-Up Stuff. August 21, 2018, by Julie Metzger, RN, MN, and Robert Lehman, MD
- This is Me: A Girls Journal Aug 26, 2014, by Julie Metzger, RN, MN

Puberty books for Boys

- Guy Stuff-The Body Book. August 8, 2017, by Cara Natterson
- Will Puberty Last My Whole Life? REAL Answers to REAL Questions from Preteens About Body Changes, Sex, and Other Growing-Up Stuff. August 21, 2018, by Julie Metzger, RN, MN, and Robert Lehman, MD
- What's Happening to My Body. June 6, 2007, by Lynda Mandaras

Books about Sex

- Sex is a Funny Word: A Book about Bodies, Feelings, and YOU. July 28, 2015 by Cory Silverberg
- Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids. October 1, 2018, by Kristen A Jenson

Website Resources:

www.greatconversations.com

www.healthychildren.org/English/ages-stages/gradeschool/puberty/pages/default.aspx

www.amaze.com