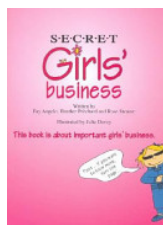


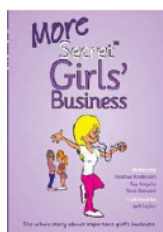
Following a Sex Ed 4 Schools Puberty Program, you may like to check out the following for further information - remembering, that it's best if you look at these suggestions before sharing with your young ones. Some titles may not be as inclusive as I'd prefer, but a lot of the content in these books is very good and child-friendly too.

[www.betterhealth.vic.gov.au/health/HealthyLiving/puberty](http://www.betterhealth.vic.gov.au/health/HealthyLiving/puberty) - this is a great site by the Victorian Government and has heaps of information about puberty.

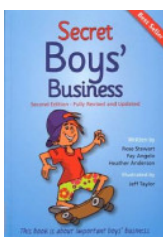
## Some Book ideas:



A book to help young girls understand the changes they go through when reaching puberty. 'Secret Girls' Business' will enable girls, and the important adults in their lives, to make this transition with joy and pride. This book aims to:- Present a simple brief account of puberty as part of a girls' life journey.- Celebrate changes to the female body.- Dispel myths, legends and fears by presenting accurate information in a colourful, child friendly format.- Promote comfortable discussion.- Enhance confidence and self-esteem of young girls. **Secret Girls Business Authors: Anderson, Angelo and Stewart**



More Secret Girls' Business is a companion volume to Secret Girl's Business. In addition to information about periods, More Secret Girl's Business includes details about physical and emotional changes. It will give girls a greater understanding and deeper knowledge about puberty and sexuality **More Secret girls Business. Authors: Anderson, Angelo and Stewart.**



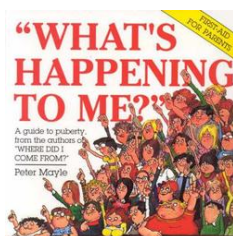
Here is a book to help boys understand the changes they go through when reaching puberty.'Secret Boys' Business' assists boys to understand the changes that occur in their bodies during puberty and beyond.This book aims to:- Present a simple, brief account of changes boys experience at puberty.- Celebrate changes to the male body.- Dispel myths, legends and fears by presenting accurate information in a colourful, friendly format.- Promote comfortable discussion.- Enhance confidence and self-esteem of boys.- include details about the physical and emotional changes of puberty. It will give boys a greater understanding and deeper knowledge about puberty and sexuality. Information is presented in a sensitive but open manner. It has simple language and fun illustrations which boys will enjoy. **Secret Boys Business Authors: Angelo, Stewart and Anderson**



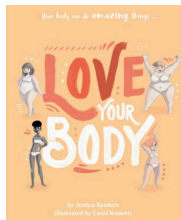
In this book, real men and boys share their stories about puberty. This light hearted, plain speaking and honest book tells you what puberty is, when it's likely to happen and how bodies will change. It explores the thinking and emotional changes that are happening alongside the physical changes. There's a brain shift happening inside you at puberty and Geoff Price makes sure that you know about it and are equipped to handle it. *Puberty Boy* explains the transitions that boys need to go through to become healthy young men in a unique, colourful and common sense way. **Puberty Boy Author: Price**



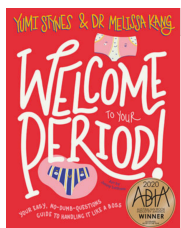
*Puberty Girl* is smart, intelligent, fun, colourful and factual and TELLS IT LIKE IT IS. It talks about the physical, social and emotional changes of puberty as well as periods, PMS and puberty power! This beautifully illustrated book lets you know what to expect, physically and emotionally, as you tread the path to becoming a woman. **Puberty Girl Author: Movsessian**



An oldie that has stood the test of time! Recognise this one? A humourous approach to puberty and the changes to expect. **What's Happening to Me Author: Peter Meryle**

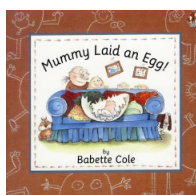


With so many changes happening, young people (more often, but not always, it's those with typically female bodies), can struggle with body image. Love Your Body is a book that celebrates bodies. It emphasises that your body is strong. Your body is your own. Your body can do amazing things. Love Your Body encourages us to help see that we are so much more than our bodies. **Love Your Body Author: Jessica Sanders**

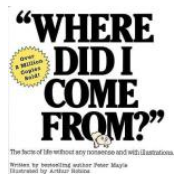


A frank, funny, age-appropriate guide for pre-teens about getting your period, from Dr **Melissa Kang and Yumi Stynes**. 'Welcome to your Period' is packed with honest advice on all the things you need to know: from what cramps feel like to whether you can feel it coming out, to what you should do if your pad leaks onto your clothes. The book includes case studies, first-person accounts and questions from real teens (and answers from real experts) so you can "manage your period like a boss".

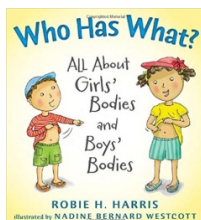
**For more information following a Program around Families, Bodies and Babies you may like to check out the following books and resources - remembering that it's best if you can look at these suggestions before sharing with your your young ones.**



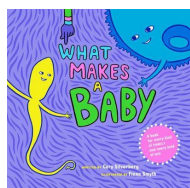
This is a light hearted and humourous book which follows a parents attempts to answer a curious child's question, "Where do babies come from?". **Mummy Laid an Egg. Author: Babette Cole**



This book has stood the test of time!! You may recognise it from when you were a kid. A humourous approach to reproduction. **Where Did I Come From? Author: Peter Mayle**



A book that easily and simply answers questions on how bodies are different. This book introduces appropriate terminology for private body parts. **Who Has What. Author: Rosie Harris**

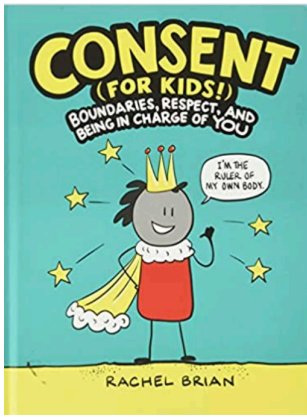


An inclusive book for every kind of family and every kind of birth story, emphasising that not everyone goes about having a baby in the same way. **What Makes a Baby? Author: Cory Silverberg**



In response to advice that parents needed support in their role as the primary sex educators of their children, WA Health has developed **Talk soon. Talk often**: a guide for parents talking to their kids about sex. This **free resource** has been developed to help parents initiate regular and relaxed conversations with their children about relationships and sexuality education. Use this link to access the information: [https://www.healthywa.wa.gov.au/Articles/S\\_T/Talk-soon-Talk-often](https://www.healthywa.wa.gov.au/Articles/S_T/Talk-soon-Talk-often) First published in 2011 and updated in 2019, this resource includes:

- age and stage guidance for parents of children 0 to 18 years
- how to answer tricky questions on topics such as how babies are made, puberty, sexting, contraception and sex conversations starters
- key messages on preparing your teen for healthy sexually active lives, consent, contraception and sexually transmissible infections



With clear explanations, fun illustrations, and expertly-presented information, *Consent (for Kids!)* is an empowering introduction to consent, bodily autonomy, and how to respect yourself and others.

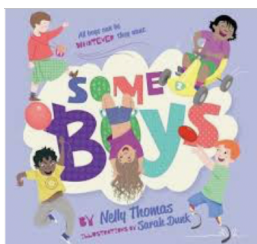
*Consent is like being ruler of your own country...population: YOU.*

*This is a smart, playful guide to consent and bodily autonomy, packed with bright and energetic illustrations. Readers will learn about boundaries and how to set them; ways to respect themselves and others; what to do if someone makes them feel uncomfortable or unsafe; and much more. Along the way, they'll be encouraged to reflect on (and improve!) their own behavior and to practice consent in their daily lives. Author: Rachel Brian*



An inclusive, frank and funny guide to navigating consent for tweens and teens of all genders, from the award-winning authors of *Welcome To Your Period*.

Adolescent health experts **Dr Melissa Kang and Yumi Stynes** have written the only guide you need to figuring out the rules of consent. Whether you're a curious 11 to 14-year-old, or the parent of someone with a bunch of questions, this book is reassuring, interesting, and full of the info you need!



These delightful books of simple and funny rhymes offer a great opportunity to help young people aged 0-7 years to grow into respectful, empathetic and confident people. These books are all about teaching the children in our lives – and the adults around them – that gender stereotypes do not have to dictate how a person looks and behaves, and need not be a basis for potentially hurtful judgement. **Some Girls and Some Boys. Author: Nelly Thomas**

