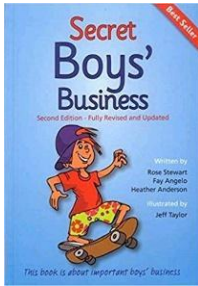
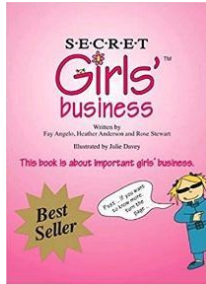


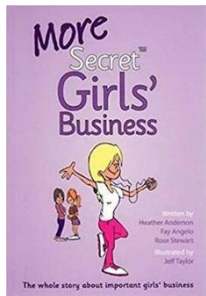
## Recommended Book List



Great for ages 9 – 13. Easy reading with lots of pics but still comprehensive enough. Includes a brief description of girls' changes and sexual intercourse.



Great for ages 7 – 10 especially early developing girls. Easy reading with lots of pics but still comprehensive enough to learn the basics.

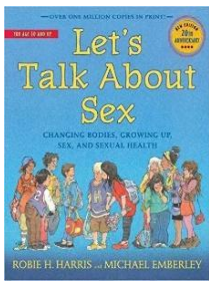


Great for ages 9 – 13. Easy reading with lots of pics but still comprehensive enough. Includes a brief description of boys' changes and sexual intercourse.

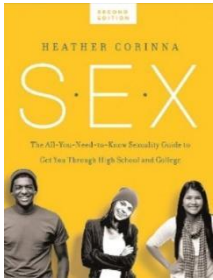


These two are great for readers and ages 12 – 15. Teenagers own anecdotes and useful information.





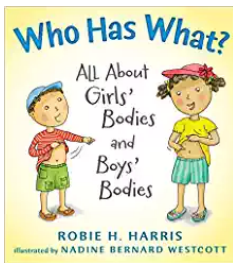
Comprehensive text with information about puberty, reproduction, sexual health, contraception, gender diversity and same sex relationships.



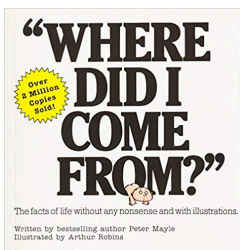
Similar to above but for older teenagers and young adults



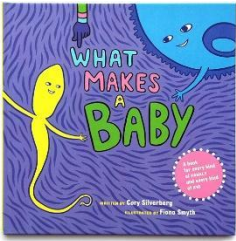
Puberty information for boys and girls. Includes reproduction.



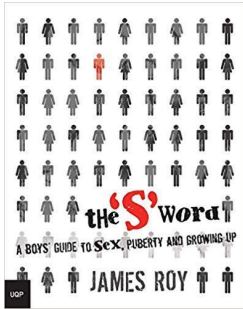
A thorough description of boy/man parts and girl/woman parts in a story format. Does not address gender diversity. Ages 5 +



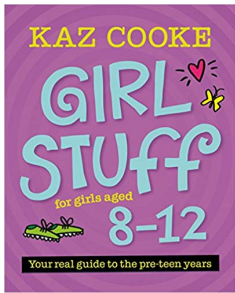
A classic. Includes cartoon drawings of 'making love' to create new life. Ages 7 +



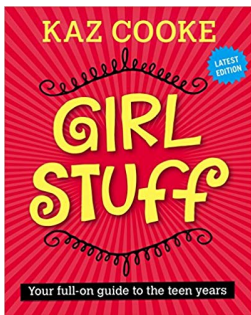
A book for under 5/6 years of age. A little abstract but gentle explanation of new life beginnings without the details of sexual intercourse.



With great humour and respect for women Roy tells it how it is for growing boys with raging hormones. Age 13 +



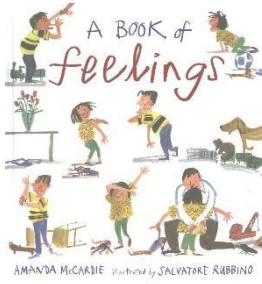
Published after the positive response to the older girls version (below) in response to the growing curiosity of the pre-teen girl



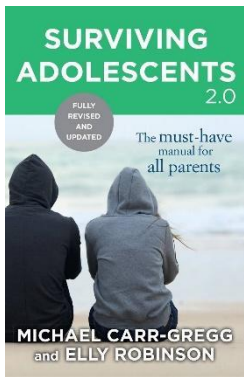
Iconic text for emerging young women – puberty, body image, sex and relationships.



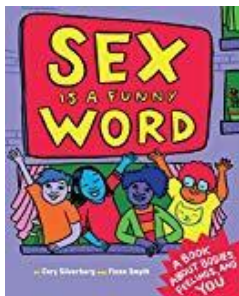
Celebrating the miracle of life recommended for ages 7-10.



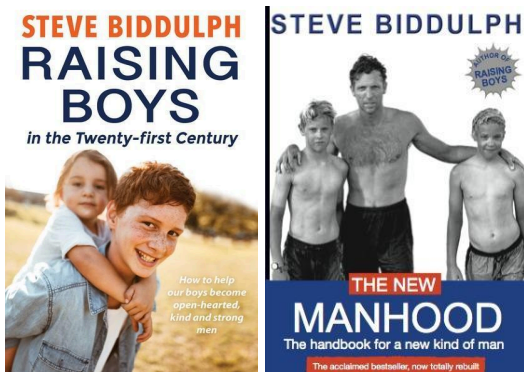
A great book to gently assist children identify, understand and manage their feelings. Primary levels



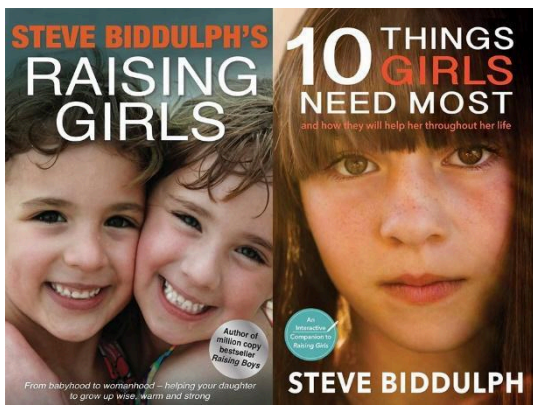
Adolescent health experts guide parents through these turbulent years. Information to keep you sane!



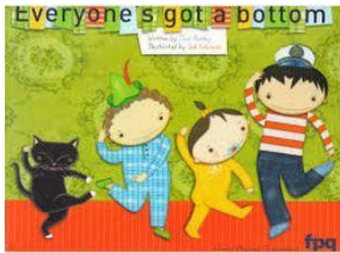
Lots of important messages here... about bodies, sex, privacy, gender, self-protection, feelings and respect in a colourful, cartoon format. Ages 9 +



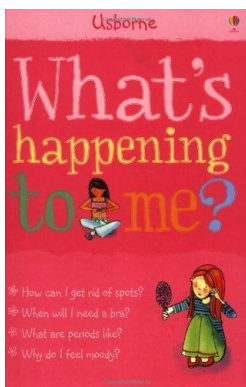
Great recipes for building a kind, strong and self-aware man from an expert child psychologist and family therapist.



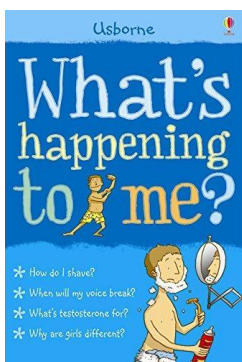
More Biddulph wisdom - this is much needed advice in response to worldwide concern for girls and how to help them grow into happy women.



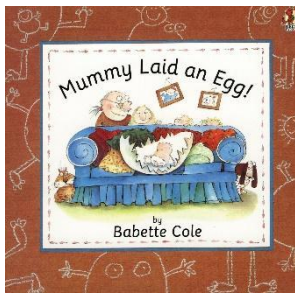
Excellent book to help young children understand they own their body and have the right to say no to touch. Preschool +



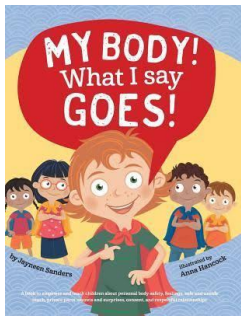
A great book for girls about puberty and much more...emotions, sex, nutrition, boys' changes.



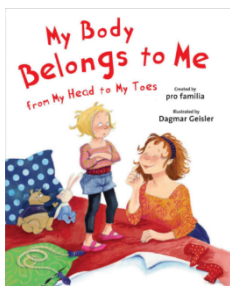
A great book for boys about puberty and much more...emotions, sex, nutrition, girls' changes.



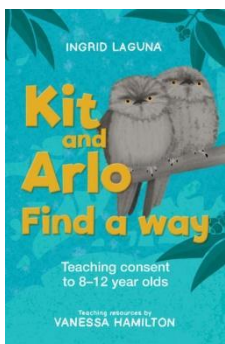
Humorous story where the children tell the adults how babies are really made. One double page of sketches of sexual intercourse in many positions to be aware of!



Body safety – detailed information – ages 5 -9



Body safety book -gentle but direct – ages 4 – 7



Fabulous new release about consent in friendships...building a foundation for future consent education – ages 8 -13

## **How to use the books -**

Read yourself

Consider reading with your child if they feel comfortable

Check in during reading...what do they think, how do they feel, do they understand, do they have questions?

Keep it lighthearted where appropriate

Try not to look shocked if they share something they've heard or seen. Just ask what they thought about it.

Read a small amount at a time to give them time to digest and reflect

Make comments "When I read that I thought..."

Remember no book will perfectly suit your values so be sure to convey these.

Leave with your child to keep in their own room but with a caution not to share with friends saying "that decision belongs with their parents"

When something relevant occurs remind them they have the book

Create/ find opportunities to talk further

Tell them you are always available to listen

## **Helpful websites –**

[Betterhealth.vic.gov.au](http://Betterhealth.vic.gov.au)

[Studentwellbeinghub.edu.au](http://Studentwellbeinghub.edu.au)

[Raisingchildren.net.au](http://Raisingchildren.net.au)

[Connectedspace.com.au](http://Connectedspace.com.au)

[Amazingme.com.au](http://Amazingme.com.au)

[Itstimewetalked.com](http://Itstimewetalked.com)

[Kidshealth.org](http://Kidshealth.org)

**About Real Life runs a workshop for parents to assist with strategies for productive conversations about sexuality & consent. Ask your school to host 'Talk Time'**

Kind regards

Sue Pain  
Manager/Educator

**ABOUT REAL LIFE**  
Positive Sex Education

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W: [www.aboutreal.life](http://www.aboutreal.life)