



Puberty Library Books

Hair in Funny Places – *B. Cole*

This picture story book describes puberty, hormones and the stages of growing up.

Mummy Laid an Egg – *B. Cole*

A child friendly, detailed and illustrative book on where and how babies are created.

Secret Girls' Business – *F. Angelo*

This is a book that helps young girls to understand the changes they go through when reaching puberty.

Secret Boys' Business – *F. Angelo*

This book assists boys to understand the changes that occur in their bodies during puberty and beyond.

Puberty Girl – *S. Movsession*

This brightly coloured and detailed book will help girls through their puberty years with confidence.

Puberty Boy – *G. Price*

This is a well detailed and illustrative book that helps boys to understand the changes that will affect them as they go through puberty.

Sex, Puberty and all that stuff – *J. Bailey*

This book has detailed explanations on questions that teenagers are worried about or want to know more about and talks about puberty in a refreshing and honest manner.

Sextalk for parents and teenagers – *J. Morris*

This book answers all the commonly asked questions and is useful for parents who wish to improve communication around sex and sexuality, with their teenagers.

What's happening to me? – *P. Mayle*

Answering some of the big questions and explaining some of the changes that young people go through are some of this book's strengths.

Where did I come from? – *P. Mayle*

This book covers all the basic facts from love-making, orgasm, conception and growth inside the womb, through to the actual birth day.

Have you started yet? – R. Thompson

Using easy to understand language, this book mainly focuses on what periods are, why they happen and how they will affect you.

Let's Talk about: Sex – R. Harris

This book describes the facts about body changes during puberty, decisions you can make about sex and love, how to look after yourself, pregnancy and birth.

What's happening to me? – S. Meredith

Written especially for girls, this book uses easy to understand language and concepts to describe what happens to boys and girls as they mature.

Raising Boys – S. Biddulph

This book strives to empower parents to look after their son so that he becomes the best person that he can be.

Raising Girls – G. Preuschoff

In a similar way as "Raising Boys", this book teaches parents about how to successfully care for and teach their daughter to grow up as a confident young woman.

Surviving Adolescents: The must have manual for all parents – M. Carr-Gregg

This book has useful advice for parents on all the thorny issues that confront families with teenagers – sexuality, risky behaviors, laziness, school and study problems, and much more.

Self esteem for girls – E. Hartley-Brewer

100 tips are described that can help you improve the self-esteem of your daughter.

Self esteem for boys - E. Hartley-Brewer

By exploring the problems and solutions to your son's self-esteem issues, the 100 tips described will help you to address self esteem issues in boys.

The "S" Word: A boy's guide to sex, puberty and growing up – J. Roy

This book delves deeply into a boy's body, emotions, interests and body image, while maintaining a very easy to understand format that boys will enjoy.

The Puberty book – Wendy Davill & Kelsey Powell

Through easy information, witty pictures and interesting fast facts, this book helps children and teenagers better understand themselves, their bodies and growing up.

What's happening to me? – A. Frith

This book is written especially for boys and describes what happens to both boys and girls bodies during puberty in a straightforward and easy-to-understand way.