

Puberty Information and Self Help Resources about Adolescence



For Girls

'*Girl Stuff Books*' (8-12 years and 13+ years) by Kaz Cooke. These books are about puberty and common pre-teen and adolescent challenges.

'*Secret Girls Business*' by Heather Pritchard, Rose Stewart and Julie Davey. This book is intended for young children (8 years +) that explains the changes girls undergo at puberty, focusing particularly on periods.

'Welcome to your Period' by Yumi Stynes and Dr Melissa Kang. A frank, funny, age-appropriate guide for pre-teens about getting your period.

The website 'A Mighty Girl' has great recommendations: <https://www.amightygirl.com/>

For Boys

'*Secret Boys Business*' by Rose Stewart, Fay Angelo, Heather Anderson and Jeff Taylor. This book is intended for 9-13yo boys. It explains the physical and emotional changes in puberty and discusses sexuality.

'*Growing Up Great!*' by Scott Todnem. This book is for 8-14yo boys. It includes information about the physical and emotional changes in puberty, managing these changes as well as managing social media and peer pressure.

For boys and girls aged 9-14

'*Sex is a Funny Word*' by Corey Silverman
A book about bodies, gender, and sexuality for children ages 8 to 10 as well as their parents and caregivers. Sex Is a Funny Word aims to help build 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.

'*The Every Body Book*' by Rachel Simon
For use with children aged 8-12, to help educate about puberty, hormones, pregnancy, consent, sex, babies, relationships and families. It uses gender-neutral language throughout and is inclusive of diversity in all its forms.

For Girls and Boys

"*The Puberty Book*" by Wendy Darvill and Kelsey Powell.
A book about puberty, sex, sexuality, pregnancy and birth, health and mental health and also common relationship challenges in pre-teen to early teenage years (such as cyber-bullying and online safety).