



sexuality education
suggested reading for
children, young people
and parents

Lower primary and up

EVERYONE'S GOT A BOTTOM

T.Rowley
\$15.40

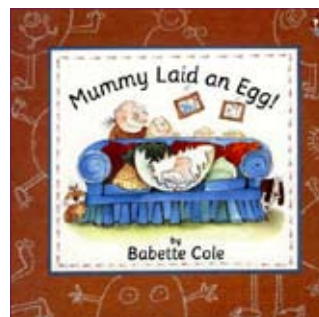
We all have bottoms and we all want to keep them safe! Here's a story about children keeping safe in a style that is fun, positive and protective. It's a tool for parents and carers to gently start a conversation with children about self-protection.



MUMMY LAID AN EGG

B.Cole
\$17.95

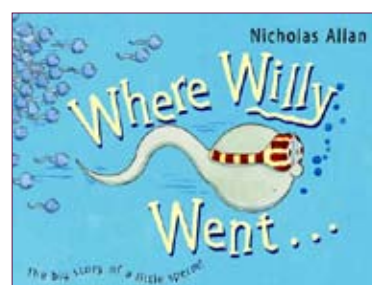
A very user-friendly, amusing and well illustrated book: kids explain to their embarrassed parents that no, they did not grow from a seed in a flowerpot, but from an egg in Mum and a seed from Dad. Suitable for all primary school aged children.



WHERE WILLY WENT

N.Allan
\$17.95

Willy is a sperm who lives inside Mr Browne with 300 million other sperm. They are practising for the Great Swimming Race and the prize is the egg inside Mrs Browne... A very humorous introduction to the facts of life for young children.



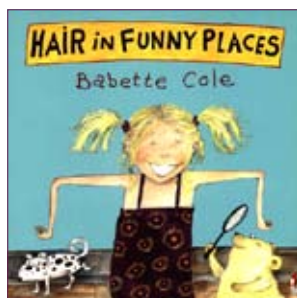
All books listed are available through Options Bookshop, Family Planning Victoria.
P/ 03 9257 0146.
All prices quoted were correct at time of publication (September 2009).

Middle primary and up

HAIR IN FUNNY PLACES

B.Cole
\$17.95

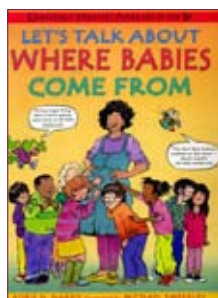
A picture story-book for middle to upper primary children about hormones, puberty, growing up and babies.



LET'S TALK ABOUT: WHERE BABIES COME FROM

R.Harris
\$25.00

A very child-friendly book for 8-12 year olds that answers questions about babies, bodies, love, sex, reproduction and families.



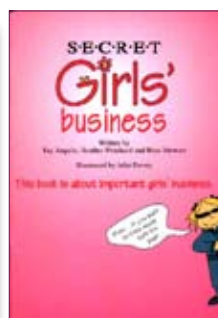
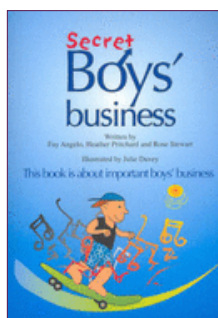
SECRET BOYS' BUSINESS

F.Angelo
\$17.00

SECRET GIRLS' BUSINESS

F.Angelo
\$14.00

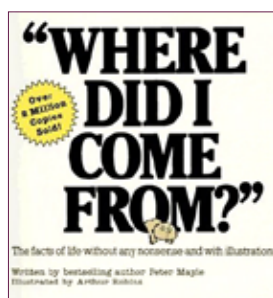
With brightly coloured illustrations and age appropriate text, these books have been written especially for young boys and girls. They cover all the physical and emotional changes of puberty and include handy hints for parents and carers, schools and teachers.



WHERE DID I COME FROM?

P.Mayle
\$14.95

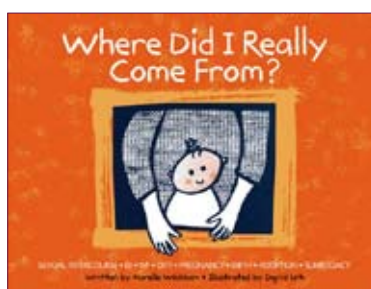
This illustrated book covers all the basic facts from love making, orgasm, conception and growth inside the womb to the actual birth day.



WHERE DID I REALLY COME FROM?

N.Wickham
\$19.95

Offers simple, non-judgmental explanations about sexual intercourse, assisted conception—donor insemination and IVF, pregnancy, birth, surrogacy and adoption.



Upper primary/ lower secondary

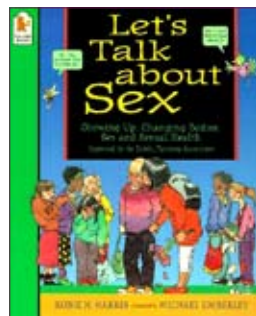
GIRL STUFF
Kaz Cooke
\$39.95

Written especially for girls to guide them through the teenage years. Each chapter includes useful information, hints, facts, and quotes from the thousands of girls who responded to the author's online survey. Written in extensive consultation with over 70 medical and practical experts, it provides the most up-to-date and useful information possible.



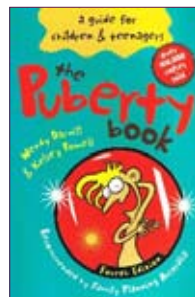
LET'S TALK ABOUT: SEX
R.Harris
\$24.95

With funny illustrations and facts about body changes during puberty, this book discusses the decisions you can make about sex and love, how to look after yourself, pregnancy and birth.



THE PUBERTY BOOK
W.Darvill
\$19.95

Puberty, sex, sexuality, health, relationships, pregnancy and birth and young people's questions about wet dreams, breasts, pubic hair, orgasms, are all discussed in this book with easy explanations and cartoons.



PUBERTY BOY
G. Price
\$26.95

PUBERTY GIRL
S. Movsession
\$26.95

Brightly coloured and illustrated, these books cover all aspects of puberty, including body changes, hygiene, body image, emotions, personal safety, and conflict resolution. Puberty Girl also covers menstruation. For children and teenagers aged 11-15.



WHAT'S HAPPENING TO ME?
P.Mayle
\$14.95

A warm and humorous look at the changes that happen during puberty.

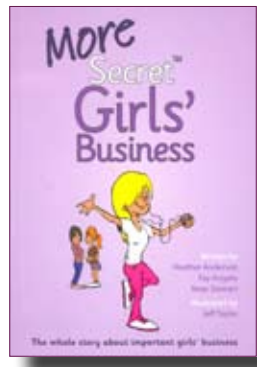


MORE SECRET GIRLS' BUSINESS

H. Anderson

\$17.00

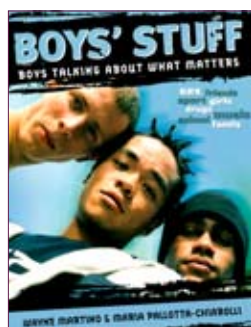
A companion volume to Secret girls' business , for older girls. This book aims to provide girls with a full understanding of the physical and emotional changes experienced at puberty.



Secondary

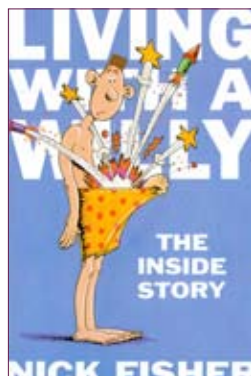
BOYS' STUFF
W. Martino
\$26.95

Teenage boys write frankly about their lives and tell us what they think about growing up, friends, sex, sport, drugs; heavily illustrated with a magazine –style design to appeal to those who are not keen readers.



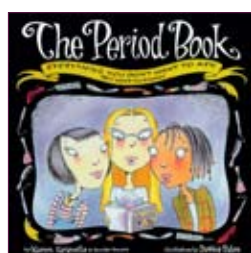
LIVING WITH A WILLY
Nick Fisher
\$14.95

Aimed at secondary school students, this is a down to earth and humorous book about all aspects of owning and caring for a penis. Addresses boys' fears and concerns, myths and misconceptions.



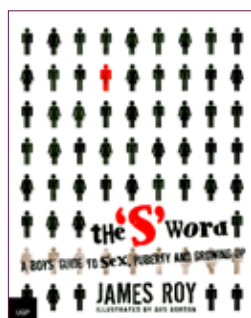
THE PERIOD BOOK
Everything you don't want to ask (but need to know)
K. Gravelle
\$25.00

A down-to-earth, practical book which answers questions about menstruation, from what it is and what it feels like, to how to choose a form of protection and how to talk to your parents about it.



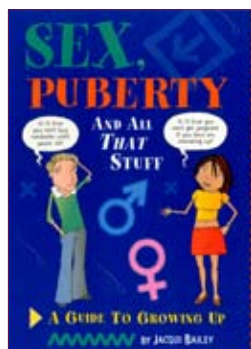
THE 'S' WORD: A BOYS' GUIDE TO SEX, PUBERTY AND GROWING UP
James Roy
\$24.95

Using humour and sensitivity, this book will help any young man navigate the confusing minefield between boyhood and manhood. He talks frankly about sex, puberty and relationships, and shows becoming a man doesn't have to scare the pants off you.



SEX, PUBERTY AND ALL THAT STUFF
J. Bailey
\$22.95

Covers a broad range of topics including bodies, growing up and the changes of puberty, relationships, sex and sexuality, pregnancy and pregnancy choices, contraception, safer sex and STIs. Informative, responsible and sensible with full colour line drawings



UNZIPPED

B. Donaghy

\$22.95

Deals frankly and sympathetically with the crucial role that love and emotions play in every aspect of adolescent sexuality. Covers puberty, virginity, relationships, sexual identity, STIs, teen pregnancy, safe sex, making love and more; includes young people's stories.

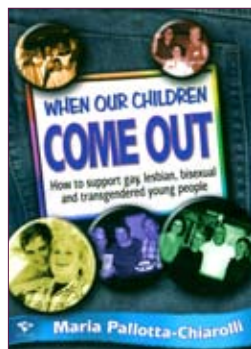


Parents

WHEN OUR CHILDREN COME OUT: HOW TO SUPPORT GLBT YOUNG PEOPLE

M. Pallotta-Chiarolli
\$29.95

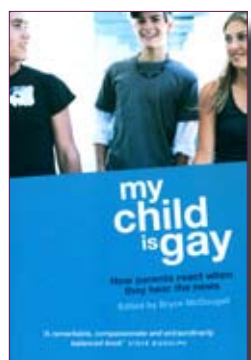
How do we support young people as they struggle with issues around their sexuality? Drawing on the experiences of young people, parents, teachers and youth workers, the author has compiled a practical guide with advice and strategies for supporting young people and combating homophobia.



MY CHILD IS GAY

B. McDougall
\$24.95

A compilation of letters written by parents who have a gay or lesbian child. Few are accepting from the start and many feel unsure where to turn for help and how to cope with their feelings. Written to be shared, they aim to help parents as well as assist young people who are contemplating coming out.



THE SEX EXPLANATION HANDBOOK

Martha Gelin
\$26.00

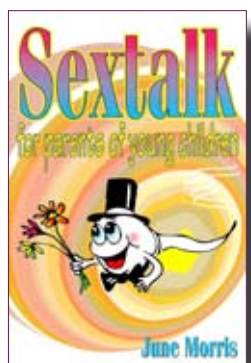
Gives parents easy, straightforward words to use to discuss a huge range of sexual topics with kids from preschool through to teens. Suggests ways to help children develop decision-making skills, self-protective behaviours and safer use of ever-changing communication technology.



SEXTALK FOR PARENTS OF YOUNG CHILDREN

J. Morris
\$16.50

To help parents who aren't sure about sexuality education, this book presents factual information in short story form, and suggests ways parents can handle difficult situations. Common questions asked by parents and children, including questions about sexual abuse, are answered.



SEXTALK FOR PARENTS AND TEENAGERS

J. Morris
\$14.30

Factual information presented in short story form followed by activities and commonly asked questions for parents who wish to improve communication around sex and sexuality with their teenagers.

