

FOR CHILDREN, TEENAGERS AND PARENTS

B742 BEFORE YOU WERE BORN

J. Davis \$29.95

A lift-the-flap book showing milestones in a baby's development during pregnancy and the mother's experiences as it grows.

B782 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 and will also appeal to those who are not keen readers.

B733 A BOOK ABOUT BIRTH

M. Collier \$19.95

Beautifully illustrated in full colour, the process of labour and delivery is clearly and simply explained. The images are non-threatening and self-explanatory with large type and simple text.

B854 BULLIES, BIGMOUTHS & SO-CALLED FRIENDS

J. Alexander \$14.95

A book for young people to help them 'bully proof' themselves against bullies who push you around, bigmouths who make sarcastic remarks about you and friends who turn their back on you without saying why. It contains useful information, quizzes and practical strategies

B727 BULLY BLOCKING: SIX SECRETS TO HELP CHILDREN DEAL WITH TEASING AND BULLYING

E.M.Field \$24.95

Offers practical advice to help children aged 4-16 deal with bullies who tease, exclude, intimidate or harass. Provides parents and teachers with understandings and tested approaches to assist a child who is a target or a bully.

B258 CHOICES: ANGER AND STRESS MANAGEMENT FOR YOUNG PEOPLE

K. Barker \$9.00

A very practical guide with strategies for relaxation, stress management, self esteem, goal setting, depression and assertiveness. Useful strategies for adults as well.

B124 EVERYGIRL

D. Llewellyn-Jones \$32.95

A reference book for girls about the physical, psychological and social changes of adolescence. Includes new material on eating disorders, STDs and sexual assault.

B290 EVERYONE'S GOT A BOTTOM

T. Rowley \$15.40

We all have bodies and we all want to keep them safe. This is a story about Ben and his brother and sister learning and talking together. It is a tool for parents and carers to gently start a conversation with children about self protection. A story about children keeping safe in a style that is fun, positive and protective.

B666 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 young 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.

B664 HAIR IN FUNNY PLACES

B. Cole \$17.95

Picture story-book for middle to late primary aged children about hormones, puberty, growing up and babies.

B302 HAVE YOU STARTED YET?

R. Thompson \$12.95

Written for girls, this book clearly explains periods, menstrual cycles and bodily changes.

B650 INSIDE OUT

E. Shale \$21.95

An anthology of real life stories from the Australian gay, lesbian, bisexual and trans-gendered community. Drawn from a wide range of experiences, cultural backgrounds and age groups, the collection explores the challenges and rewards of finding a way out of the closet and living a life of truth and integrity.

B575 LET'S TALK ABOUT: SEX

R. Harris \$24.95

Funny illustrations and facts about body changes during puberty, decisions you can make about sex and love, how to look after yourself, pregnancy and birth. For upper primary and lower secondary aged students.

X999 LET'S TALK ABOUT: WHERE BABIES COME FROM

R. Harris \$25.00

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

B126 THE LITTLE BOOK OF SELF ESTEEM

Anita Naik \$10.00

50 positive tips to boost teenage girls' self-esteem. Helps readers accept who they are, deal with peer pressure, aim high in life and feel better about themselves.

B102 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.

B134 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

B421 MUMMY LAID AN EGG

B. Cole \$17.95

A very user-friendly, amusing and well illustrated book. It has the kids explaining to their embarrassed parents that no, they did not grow from a seed in a flowerpot, but from an egg in Mum and the seed from Dad. For young children.

B193 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.

B132 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.

B573 THE PUBERTY BOOK

W. Davvill **\$22**
Discusses the changes of puberty, sex and sexuality, contraception, health, relationships, pregnancy and birth. Answers young people's questions about wet dreams, breasts, pubic hair, orgasms and more with easy explanations and cartoons.

B828 PUBERTY GIRL

S. Movsession **\$26.95**
Brightly coloured and beautifully illustrated, it covers all information for girls 11 – 15 about all aspects of puberty, from body changes and menstruation through to hygiene, body image, personal safety, and conflict resolution.

B847 PUBERTY BOY

G. Price **\$26.95**
Brightly coloured and illustrated, it covers all information for boys 11 – 15 about all aspects of puberty, from body changes through to hygiene, body image, emotions, personal safety, and conflict resolution.

B106 READY OR NOT: STORIES OF YOUNG ADULT SEXUALITY

Ed. Mark Macleod **\$16.95**
A series of stories, written by people such as Leigh Hobbs, Jenny Pausacker and Gretel Killeen, tell what is like to be a young adult discovering their sexuality and being happy with who they are. These stories provide young people with examples of a range of human differences and sexual orientation, encouraging insight into their own and other people's feelings and sexuality

B850 SECRET BOYS' BUSINESS

F. Angelo **\$17.00**
With brightly coloured illustrations and age appropriate text, this book has been written especially for young boys. It covers all the physical and emotional changes of puberty and includes handy hints for parents and carers, schools and teachers.

B819 SECRET GIRLS' BUSINESS

F. Angelo **\$14.00**
With brightly coloured illustrations and age appropriate text, this book has been written specially for girls entering puberty as young as eight years old. It covers puberty, including periods, body changes and mood swings and includes handy hints for parents and carers, schools and teachers and important males in the girl's life.

B840 SEX

A. Naik **\$14.95**
Changing bodies, health, contraception and crushes. All the facts about love, relationships, thinking about sex (including resisting pressure and saying no), having sex and life after sex. Also includes questions from young people, answered sensitively and thoughtfully.

B843 SEX

J. Pollard **\$34.95**
Tells you all about sex in the real world: what it is, what you should think about before you have sex and what can happen if you have sex. Clear explanations from health professionals with bite sized facts and figures, questions and answers, case studies and Australian organisations for info and help. The full colour photos are of middle school age teens. Durable hard cover format.

B128 THE SEX EXPLANATION HANDBOOK

Martha Gelin **\$26.00**
Gives parents easy, straight forward 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.

B844 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 for boys and girls, moving on to changing emotions, relationships, sex and sexuality and finishing with pregnancy and pregnancy choices, contraception, safer sex and STIs. Informative, responsible and sensible with full colour line drawings

P104 SET OF CHILD PROTECTION/PROTECTIVE BEHAVIOURS POSTERS

Kayedon **\$15.00**
Nine beautifully illustrated colour posters on protective behaviours for children, with advice about strangers, getting lost, secrets, an emergency, caring, your body saying 'no' and more.

B513 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.

B637 SEXTALK FOR PARENTS OF YOUNG CHILDREN

J. Morris **\$16.50**
Help for parents who wonder about sexuality education. The factual information is here in short story form, along with ways of handling difficult situations. The common questions asked by both parents and children up to the puberty, including sexual abuse, are answered.

E113 TALKING TO KIDS ABOUT SEX

FPV **FREE**
Booklet for parents and caregivers of children under 10 years. Reassuring, common sense guides with basic facts, introducing positive sexuality into children's lives, answering questions and resources.

B112 THE 'S' WORD: A BOYS' GUIDE TO SEX, PUBERTY AND GROWING UP

James Roy **\$24.95**
Using humour and sensitivity, the author presents a book that will help any young man navigate the confusing minefield that lies between boyhood and manhood. He talks frankly about sex, puberty and relationships, and shows that becoming a man doesn't have to scare the pants off you.

B354 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, STDs, teen pregnancy, safe sex, making love and more; includes young people's stories, pregnancy, safe sex, making love and more; includes young people's stories.

B217 WHAT'S HAPPENING TO ME?

Peter Mayle **\$14.95**
Explains the changes that happen during puberty with honesty, sympathy and a sense of humour.

**B837 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.

**B378 WHERE DID I COME
FROM?**

P. Mayle **\$14.95**

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

**B122 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.

B110 WHERE WILLY WENT

N.Allan **\$19.95**

Willy is a sperm who lives inside Mr Browne with 300million 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.

**B130 XY100: ONE HUNDRED
STRATEGIES FOR LIFE**

M Whyman **\$18.00**

Aimed at teenage boys, this book covers everything from how to shave and iron a shirt, to how to sort a sex infection and what girls go for in a guy. Full of practical information about life, health, hygiene, communication and relationships.

FOR TEACHERS

B152 ADOLESCENT SEXUALITY

M. Mannison \$55.00

Topics cover sexual health, family planning, sex education, gender roles and dating, gay and lesbian relationships, unplanned pregnancy and interactive teaching strategies. Includes teaching strategies.

K104 BANANA PENIS \$5.50

Novelty plastic toy with an erect penis in a banana, with squeeze action for ejaculation. Used for demonstrating condom use.

Also available:

B816: Penis model (hot pink) with a suction cap to enable it to stand upright. \$48.95

P100: Flesh coloured penis model with suction cup \$11.00

B678 BOYS - TALK

B. Friedman \$44.00

This program for young men about personality, gender, non-violence and relationships includes information and photocopyable work sheets and teaching strategies, addressing learning outcomes outlined in the national Health and Curriculum Profile for Australian schools.

B727 BULLY BLOCKING: SIX SECRETS TO HELP CHILDREN DEAL WITH TEASING AND BULLYING

E. Field \$24.95

An extremely practical book with many activity-based strategies and advice to help children (aged 4 – 16) overcome the damaging effects of teasing and bullying, deal with bullies who tease, exclude, intimidate or harass and to develop the understanding and skills to be used throughout life. For everyone.

B262 CHALLENGES AND CHANGE

FPNZ \$55.00

A sourcebook for teachers of secondary school students aimed at helping adolescents make informed choices about their sexual relations, body image, contraception and how to say no. Includes two program levels for junior and senior students.

B258 CHOICES: ANGER AND STRESS MANAGEMENT FOR YOUNG PEOPLE

K. Barker \$9.00

A very practical guide with strategies for relaxation, stress management, self esteem, goal setting, depression and assertiveness. Useful strategies for adults as well.

B848 CONTRACEPTIVE CHOICES FLIP CHART

FPQ \$40.00

The spiral binding enables the charts to stand up – one side has colour illustrations of the particular contraceptive method -this faces the viewer, the other side faces the educator. The latter side for the educator has information eg what it is, how it works, advantages, disadvantages, effectiveness, about the specific method.

K100 CONTRACEPTIVE KIT

FPV \$264.00

This helpful teaching aid contains samples of contraceptive methods. The contents include a diaphragm, an IUD, sample Implanon rod, spermicidal gel, 3 female condoms, 4 male condoms, 4 sachets of lubricant, vaginal ring, 2 pill packets, a packet of dental dams, "banana" penis for demonstrating condom use, plus 2 copies of FPV's booklet "Your quick guide to contraception". Components may also be purchased individually – please contact the bookshop for more information. An Emergency Contraception sample may be ordered for an additional cost of \$30.00.

B834 DOING IT DOWN UNDER: THE SEXUAL LIVES OF AUSTRALIANS

J. Richters \$22.95

Based on the Sex in Australia survey conducted by the Australian Research Centre in Sex, Health and Society (ARCSHS), the book is a very readable and informative 'digest' of this information and statistics. It has been divided into chapters, such as STIs and safer sex, first times, gay and straight, getting pregnant, not getting pregnant and much more. Fun to read with lots of useful stats and information for students.

E106 GROWING UP AND FEELING GOOD

P. Gourlay \$24.95

Thematically organised and linked to the Victorian CSFs, it includes classroom strategies and worksheets related to puberty. It is designed for use in the upper primary and lower secondary school.

M100 MAGNEL

The Magnel is a magnetic teaching resource produced by the Japanese Family Planning Association.

The kit includes a teaching booklet, a board outlining the male and female reproductive systems and 34 magnetic pieces depicting:

•ovulation, fertilisation, cell division and implantation •menstruation •foetal development •methods of contraception and their use.

The board can be supported by a wooden stand or hung from a wall while in use. The special vinyl coating on the board allows users to write or draw extra information on the Magnel using a crayon or whiteboard pen. The price varies according to the current exchange rate with the Australian dollar and is currently in the vicinity of \$930. Please contact the bookshop for further information.

B851 MANAGING ANGER

H. O'Neill \$74.95

This practical manual provides a series of session plans, with photocopyable blackline masters, to assist the teacher or therapist in leading/teaching anger management with groups or individuals. Although it has been written for treatment of people with cognitive impairment, the techniques are well able to be adapted for other settings and groups.

B184 PEOPLE SKILLS: HOW TO ASSERT YOURSELF, LISTEN TO OTHERS, AND RESOLVE CONFLICTS

R. Bolton \$26.95

A handbook full of practical ideas to help eliminate communication problems

B730 PUBERTY: HEALTHY/UNHEALTHY CARDS

FPQ \$40.00

Set of 16 laminated colour cards with cartoon illustrations showing a range of healthy and unhealthy behaviours and decision making during puberty. Includes a teacher activity outline.

P104 SET OF CHILD PROTECTION /PROTECTIVE BEHAVIOURS POSTERS

Kayedon **\$15.00**

Nine beautifully illustrated posters with advice about strangers, getting lost, secrets, an emergency, caring, saying 'no', the body and more.

E131 SEXUALITY AND THE LAW IN VICTORIA - FERTILITY AND SEXUAL HEALTH

FPV **\$7.50**

Deals with the legal issues that arise when a person seeks treatment or advice in relation to some aspect of their sexuality.

The **FPV BBV project** offers training and professional development in:

- Young people at risk
- Sexual orientation
- Safer sex
- Safer drug using approaches

Ring Mark Camilleri at the Action Centre on:

03 9660 4704

E105 SEXUALITY EDUCATION: CRITICAL FACTORS FOR SUCCESS

P. Gourlay **\$24.95**

Draws on the available research to present a reassuring and positive rationale for sexuality education. It addresses the common concerns of both schools and families, eg. What do young people need to know? How should sexuality be taught?

B202 SEXUALITY IN ADOLESCENCE: CURRENT TRENDS

S. Moore **\$72.00**

Completely revised and updated edition of *Sexuality in Adolescence*, it considers the latest theory and research on adolescent development, including the key issues of changes in teenage sexual behaviours and beliefs, sexual risk-taking, body dissatisfaction, sex education, teen pregnancy and abortion. Topical issues e.g. role of the internet, abstinence vs harm minimisation, sexuality, motives for sex, et al, and sexual health issues e.g. sexual risk-taking, disease, unplanned pregnancy and sexual coercion are included.

B827 TEACHING CHILDREN TO PROTECT THEMSELVES

F. Briggs **\$35.00**

A handbook for teachers and health professionals working with primary-aged and/ or children with disabilities. Part1 provides detailed guidance on how to handle all aspects of this issue including how to work with parents, appropriate responses, use of the internet, and integrating safety skills into the curriculum. Part 2 contains themes and activities, including, It's my Body, Talking and Touching, Staying Safe with Strangers and Secrets. Also includes blackline masters for teaching use.

E116 WE ARE SPECIAL

B. Oshry **\$16.95**

Health and human relations strategies for teachers from Preps to Grade 2. The book includes photo-copiable activity sheets which support the teaching program.

Activity sheets (E117) may be also purchased separately for \$6.60.

B837 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.

R100 YOUR QUICK GUIDE TO CONTRACEPTION

FPV

1 copy - \$5.50

2-20 copies \$4.40 per copy

21+ copies – \$3.30 per copy

Explains the key facts about contraception, the different types to choose from, how they work, how effective they are, plus advantages and disadvantages of each method.

TALKING SEXUAL HEALTH

A comprehensive 2 day course, suitable for teachers, youth workers, community health nurses and others who are responsible for the education of young people. It is designed to implement the national framework for education about STIs, HIV/AIDS and blood borne viruses. Explore sexuality issues that are relevant to young people today, including belief structures, the latest research, updates on clinical issues, impact of gender and power issues on sexuality, social competence skills and fun teaching strategies for working with groups around these issues.

Please ring 03 9257 0133 for more information.

DISABILITY

B241 ALL ABOUT SEX

FPNSW \$19.95

Simple illustrations and language for use with groups or individuals. Topics covered include women's and men's bodies, periods, public and private, masturbation, sexuality, contraception, pregnancy, STDs and sexual assault.

E120 BABIES - OUR RIGHT TO CHOOSE

P. Horsley \$8.00

Through the stories of young women, it explores questions and decisions about parenting in a positive and realistic way.

K104 BANANA PENIS \$5.50

Novelty plastic toy with an erect penis in a banana, with squeeze action for ejaculation. Used for demonstrating condom use.

Also available:

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M. Collier \$19.95

Beautifully illustrated in full colour, the process of labour and delivery is clearly and simply explained. The images are non-threatening and self-explanatory with large type and simple text.

B280 DUTY OF CARE

I. Parsons \$22.00

Revised edition which provides practical ways of understanding the diverse responsibilities of carers. Includes issues relating to paid/unpaid carers, children with disabilities and duty of care and anti-discrimination law. Includes Australia-wide resource list.

B154 JANET'S GOT HER PERIOD

J. Gray \$11.00

Picture book about planning for self care in menstruation for girls and young women with special learning needs. Contains step by step instructions supported by coloured photos.

E110 KNOWLEDGE & AWARENESS ASSESSMENT MANUAL

P. Frawley \$39.95

The manual includes photocopiable sections to identify a person's current knowledge and awareness in the areas of: body awareness, public and private, puberty, menstruation, feelings, masturbation, relationships, sexuality, reproduction, contraception and protective strategies.

B851 MANAGING ANGER

H. O'Neill \$74.95

This practical manual provides a series of session plans, with photocopiable blackline masters, to assist the teacher or therapist in leading/teaching anger management with groups or individuals. Although it has been written for treatment of people with cognitive impairment, the techniques are well able to be adapted for other settings and groups

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E131 SEXUALITY AND THE LAW IN VICTORIA: FERTILITY AND SEXUAL HEALTH

FPV \$7.50

Deals with the legal issues that arise when a person seeks treatment or advice in relation to some aspect of their sexuality.

E126 SEXUALITY: RIGHTS AND CHOICES DRAWING SET

FPV \$6.60

A set of 13 explicit drawings that simply illustrate the different forms of sexual behaviour. Useful for education about sexuality, reproduction and safe sex practice.

E129 SO YOU WON'T GET AIDS KIT

FPV \$104.50

STD/AIDS prevention education for people with intellectual disabilities. Contents include pamphlets, fact sheets, video, slides and relevant articles.

B842 SPECIAL GIRLS' BUSINESS

F. Angelo \$34.00

Has been written for girls with special needs, including intellectual and physical disability, communication disorder and autism. It takes a girl and carer step by step through the process of managing menstruation. The information is presented simply with clear pictures and simple text. The spiral binding is specifically included to enable the book to stand up to follow the instructions.

B853 SPECIAL BOYS' BUSINESS

H. Anderson, F. Angelo & R. Stewart \$30.00

Provides practical information about growing up and will help boys understand the changes they will experience at puberty. Easy to understand, with excellent illustrations; offers age appropriate information in a friendly and inclusive manner, ideal for boys with special needs.

B827 TEACHING CHILDREN TO PROTECT THEMSELVES

F. Briggs \$35.00

A handbook for teachers and health professionals working with primary-aged and/or children with disabilities. Part1 provides detailed guidance on how to handle all aspects of this issue including how to work with parents, appropriate responses, use of the internet, and integrating safety skills into the curriculum. Part 2 contains themes and activities, including, It's my Body, Talking and Touching, Staying Safe with Strangers and Secrets. Also includes blackline masters for teaching use.

E104 USING CONDOMS

FPV 65c

Explicit photographs and simple text showing how to use a condom. Also suitable for NESB.

FOR MEN AND WOMEN

K110 DENTAL DAMS \$3.00

Pack of 3 dams, a barrier against STIs for safer oral sex.

B834 DOING IT DOWN UNDER: THE SEXUAL LIVES OF AUSTRALIANS

J. Richters **\$22.95**

Based on the Sex in Australia survey conducted by the Australian Research Centre in Sex, Health and Society (ARCSHS), the book is a very readable and informative 'digest' of this information and statistics. It has been divided into chapters, such as STIs and safer sex, first times, gay and straight, getting pregnant, not getting pregnant and much more. Fun to read with lots of useful stats and information for students.

K107 FEMALE CONDOMS \$9.45

Pack of 3 condoms, contraception and a barrier against STIs.

B120 GOOD SEX BIBLE

J Bastyra **\$19.95**

The ultimate guide to sexual attraction, love-making techniques, and enjoying and maintaining a healthy sex life. With over 1000 photographs.

B822 THE GYNAECOLOGICAL CANCER BOOK: SEX SANITY AND SURVIVAL

M. Heffernan **\$24.95**

A broad ranging book written for women with gynaecological cancer, their carers, family, colleagues and medical support team. It provides information on the range of gynaecological cancers and the treatment options available. It also covers critical issues that survivors commonly experience, from sexuality, effective communication, complementary therapies, to 'staying sane'. It includes interviews with survivors and a comprehensive glossary and resources list.

B821 INCONTINENCE: THE HIDDEN EPIDEMIC

K. Lee **\$12.95**

Practical and clear information for women and men on a sensitive topic; ranges from childhood to adult incontinence, from pregnancy to the effects of aging. Includes prolapses, treatments, products, training the bladder and a list of where to seek help and advice in Australia.

B820 MENOPAUSE: MAKE IT EASY

K. Sundquist **\$12.95**

Comprehensive, clear information on the menopause, its effects, complementary & hormonal treatments, with the latest information on HRT. Includes chapters on sexuality, hysterectomy and prolapse, questions to ask and a list of where to seek help and advice in Australia.

B803 PROBLEM PERIODS

K. Cooke **\$22.95**

Complementary and medical solutions for common period complaints such as painful, heavy, erratic and no periods. Some more difficult and less talked about conditions such as fibroids, polycystic ovary syndrome and dysfunctional uterine bleeding are also explained.

B838 POLYCYSTIC OVARY SYNDROME

J. Eden **\$26.95**

Up to one in four women has pco and seven in one hundred pcos. What's the difference? Symptoms include acne, excess hair, weight and menstrual problems, infertility and even diabetes. Myths are dispelled and questions answered in this easy to understand and comprehensive guide on how to identify, manage and treat symptoms of PCOS.

B114 THE PILL: ARE YOU SURE IT'S FOR YOU?

J Bennett & A Pope **\$24.95**

Explores the physical and psychological repercussions of taking the pill. Accessible, informed, and inspired, with a wealth of case studies and information to help women make an informed choice.

FPV clinical services are available at:

*The Action Centre
Box Hill
Cranbourne
Hoppers Crossing*

Check the FPV website:
www.fpv.org.au
for all clinic contact details.

B8111 WOMAN TO WOMAN

C. Booth **\$27.95**

A helpful book for women who may be in a lesbian partnership or considering a same sex encounter, but also for the woman who wants to know more about her sexuality and herself. Also includes information on women's bodies, sexual health, orgasm, masturbation and fantasy and coming to terms with lesbian sexual identity.

PRE-PREGNANCY, PREGNANCY & BIRTH

B257 THE BILLINGS METHOD

E. Billings **\$26.95**

A clear guide for women on how to chart their menstrual cycle and recognise when they are fertile or infertile through the 'cervical mucus' indicator.

B733 A BOOK ABOUT BIRTH

M. Collier **\$19.95**

Beautifully illustrated in full colour, the process of labour and delivery is clearly and simply explained. The images are non-threatening and self-explanatory with large type and simple text.

B719 GETTING PREGNANT

R. Jansen **\$39.95**

Completely revised and updated, this excellent resource covers every aspect of conception, sterility, sub-fertility and miscarriage, with sections on special treatments and the different methods of assisted conception. Includes new material on embryo biopsy and stem cells, testing and the testing and treating of recurrent miscarriage.

B170 NATURAL FERTILITY

F. Naish **\$54.95**

Aims to provide women with the means to make clear and informed choices about the 'orthodox' and natural family planning alternatives available and to use these to avoid or achieve conception; to overcome fertility problems and how to understand and cooperate with the fertility cycle, and combine this with the 'lunar' biorhythmic cycle.

B690 THE NATURAL WAY TO BETTER BABIES

F. Naish **\$39.95**

Pre-conceptional health care for prospective parents provides information on the many dietary, lifestyle and environmental factors which are known to affect fertility, general reproductive health and the health for your child.

B725 THE NATURAL WAY TO BETTER BIRTH AND BONDING

F. Naish **\$39.95**

Part of the "Natural Way..." series, this is more than just a 'how to' book on labour. It focuses rather on the emotional and relational aspects of birth and bonding with your baby, more than the actual technical aspects of what will happen during the birth process.

B674 THE NATURAL WAY TO BETTER PREGNANCY

F. Naish **\$39.95**

The food you eat, the lifestyle you lead and the environment you live in can all have a profound effect on the physical, mental and emotional well being of your baby. This practical guide to a natural pregnancy shows you how to give your baby the best possible start in life.

B661 UP THE DUFF

K. Cooke **\$39.95**

Up to date information on pregnancy, birth and coping when you first come home. Lots of cartoons and humour combined with sane and sensible advice in a week by week guide.

FOR HEALTH PROFESSIONALS

E137 CONTRACEPTION: AN AUSTRALIAN CLINICAL PRACTICE HANDBOOK

SH&FPA **\$55.00**

Co-authored by medical experts from Australian FPOs, it provides information on all methods of contraception, with additional references. It aims to support and promote good clinical practice by providing current, evidence-based consensus recommendations on best practice in contraceptive delivery in an Australian setting. Also available as a book and CD-ROM set costing \$88.

B269 CONTRACEPTION: YOUR QUESTIONS ANSWERED

J. Guillebaud **\$89.50**

Answers to the questions asked about contraception; intended for general practitioners and family planning doctors, but would be of value to all health professionals.

B849 A HANDBOOK OF MEN'S HEALTH

T. Laws **\$65.50**

A text for health professionals which covers each stage of life from youth to maturity, so readers can quickly find information they need. Detailed information on investigations and procedures encourages the development of competencies such as assessing physical and mental health and identifying information needs. Clinical practice is evidence based, key points and concepts are highlighted, with guidelines from professional bodies. Indexed and with a wide range of websites, references and resources.

B708 NATIONAL MANAGEMENT GUIDELINES FOR SEXUALLY TRANSMISSIBLE INFECTIONS

SHSOV **\$11.00**

In this new edition, a user-friendly approach focuses mainly on symptomatic presentation to aid diagnosis, particularly for practitioners who do not address sexual health issues daily in their practices. The chapters are designed for ease of diagnosis with flow charts, tables and photos. In addition, the Guidelines include quick reference tables on the front and back covers for testing specimens and treatment of common sexual health issues.

B823 OBSTETRICS, GYNAECOLOGY AND WOMEN'S HEALTH

V. O'Connor **\$99.00**

An essential textbook for GPs, students and other health professionals on O & G and women's health. It covers clinical topics and surgical procedures written by acknowledged leaders in their respective fields. It is fully illustrated with many useful guides, tables, photographs, and diagrams. Broad topics covered include sexual health, mental health, genetics, hormones throughout the lifecycle, health promotion and psychological and behavioural issues.

B846 SEXUAL HEALTH: AN AUSTRALIAN PERSPECTIVE

M. Temple Smith **\$65.00**

Practitioners from a wide range of disciplines provide information on all aspects of sexual health in Australia. It includes a snapshot of sexual health in Australia today, how it is measured, the biological, psychological and socio-cultural foundations are described, with two key transitions (adolescence and old age) used to illustrate how these impact on well-being. Sexual health inequalities in specific groups (eg indigenous Australians), STIs and dysfunctions are outlined. Sexual health promotion and strategies for future action are also included.

B845 SEXUAL HEALTH MEDICINE

D. Russell **\$95.00**

Designed for health practitioners, it covers the breadth of sexual health medicine including STIs and HIV/AIDS. It covers the concept of sexual health, human sexuality and diversity, sexual assault and function and gay, lesbian and transgender health. It recognises the importance of public health, sets priorities and outlines the international perspectives in STI control.

B118 SEXUALLY TRANSMITTED INFECTIONS: THE FACTS

D Barlow **\$36.95**

Providing essential information on all the main forms of sexually transmitted infections in a readable and light style.

B720 WOMEN, HORMONES AND THE MENSTRUAL CYCLE

R. Trickey **\$59.95**

Second edition of this essential text on women's health; a comprehensive and practical explanation of menstrual complaints from adolescence to menopause, covering common problems eg PMS & period pain to complex disorders eg endometriosis. Treatment options from natural, self help, specific drugs and surgical options are included.

B839 WOMEN'S HEALTH: A HANDBOOK

S. McDonald **\$68.95**

Australian text for students and health professionals, contains detailed information about sexual & reproductive, and mental, health issues for women. Each chapter includes contact points, key points, health issues boxes and further readings and references. Specialist ethico-legal & rural & remote references, and patient education resources for use in practice, are also included.

B826 WOMEN'S HEALTH IN GENERAL PRACTICE

D. Mazza **\$85.00**

An extremely clear, accessible and practical guide for health professionals working in women's health. With numerous case studies, an evidence-based approach and a helpful question and answer, and descriptive, format, a broad range of topics across the female sexual and reproductive lifespan are covered, including adolescent health, unplanned pregnancy, urinary and sexual problems, gynaecology, menopause and more.

B689 WOMEN'S SEXUAL HEALTH

G. Andrews **\$106.00**

New edition reference and text book for health professionals, it covers women's health issues from adolescence to the post menopausal woman. Topics include sex and sexuality, unplanned pregnancy, STIs, common gynaecological problems, continence, breast and cervical issues and screening PMS, contraception and more.

VIDEOS & DVDS

BULLYING:

V158 BULLYING IS UNCOOL

DVD 13 minutes **\$100.00**

Uses dramatisation to describe bullying, demonstrate suggested responses and the responsibilities of all involved. For upper- primary age children.

BIRTH, PREGNANCY AND PARENTING

DVD11 THE IMPACT OF PARENTHOOD

DVD 32 mins **\$110.00**

Explores the options available to young women who are, or think they might be, pregnant. Issues addressed include, how pregnancy occurs, common myths, early signs and confirmation of pregnancy, options available, (adoption, foster care, keeping the baby, termination), physiological and social impacts, the birth experience and being at home with a small baby. Includes teaching notes, suggestions for and about discussion.

DVD14 LIFE AS A TEENAGE MUM

DVD 19 mins

\$110.00

Follows the story of 4 teen mothers from their ideas and fantasies about motherhood before they became pregnant, to the reality of their life during pregnancy and after giving birth. Topics include the physical impact of pregnancy and labour, the effect on all significant relationships, loss of freedom, the responsibilities of parenthood and the financial demands of children.

V155 YOUNG FATHERS

Video 27 minutes, 1999

\$25.00

Documents the feelings and attitudes of a group of young fathers who took part in a camp at Kurrajong, NSW. They discuss the desire to be good fathers, in the face of social stigma and in the absence of good role models and/or support services. Produced by Family Planning NSW

PUBERTY:

DVD18

CONVERSATIONS WITH YOUR CHILD ABOUT SEX, PUBERTY AND GROWING UP

Open Doors 2008 **\$38.50**

For parents of children and young teens. Topics: babies and birth, how a baby begins, puberty, adolescence

DVD8 WHAT'S HAPPENING TO ME?

DVD 29 minutes

\$110.00

Animated program from the makers of "Where did I come from?" that answers the world's most embarrassing questions about puberty. Looks at why you go through puberty, what happens at each stage and suggestions for how to cope with pimples, periods and sexual desires.

DVD7 WHERE DID I COME FROM?

DVD 29 minutes

\$110.00

Animated program outlining the story of conception through to birth in an informative and entertaining presentation. Based upon the book by Peter Mayle. For children under ten.

DVD16 REAL SMART ABOUT PUBERTY

DVD 27 minutes

\$110.00

Poses and answers important questions about puberty, like what exactly is going on with my body? Why do I feel emotional highs and lows – often for no apparent reason? What are these feelings of attraction I'm starting to have towards other people? The sensitive issue of puberty is demystified and normalised for young adolescents, in a fun, non-threatening way.

Produced in Australia, 2003

For Middle –Senior Primary.

RELATIONSHIPS & BODY IMAGE:

V153 GORGEOUS

DVD 10 minutes

\$33.00

Tackles the issues raised in "Real Gorgeous" including feelings of inadequacy, plastic surgery, beauty therapy, bulimia, exercise and chocolate biscuit abuse. Includes teacher notes.

SSAY:

DVD12 DEALING WITH HOMOPHOBIA

DVD 26.30 minutes

\$110.00

Provides definitions and lots of information around homophobia. Includes interviews with experts in adolescent health, interspersed with young people's stories. It includes suggestions as to what measures schools can undertake, and SSAY people can do. Excellent springboard for discussion. For middle secondary school and up.

DVD15 WHY'S IT CALLED GAY?

DVD 15 minutes + 25 minutes bonus material **\$22.00**

A short film script around the issues of being young and gay in the City of Melbourne. Aims to engage, confront, challenge and provide insight into the often silent voice of same sex attracted young people who lack representation. Filmed on location in the City of Melbourne.

SEXUAL HEALTH:

DVD13 CHOICE: YOUTH HARM MINIMISATION

DVD 16 minutes

\$110.00

Thought provoking program which encourages students to think about and discuss some of the choices they may face in the near future or are facing at present. Dramatised scenarios cover: sex, violence, drug use and suicide. Value judgements are not offered and the story is stopped at the point where a choice has to be made. The aim is to raise questions for discussion rather than give prescriptive answers. For middle and upper secondary school and includes teaching notes.

DVD10 HEALTH, PROTECTION AND INFORMED DECISION MAKING

DVD 31 minutes

\$110.00

Covers sexual decision making, (being ready, values, pressure, the law), common STIs and safer sex, including abstinence. It includes interviews and 7 scenarios dramatising some of the issues raised by the subject matter.

V167 SEX SAFELY

DVD 11 minutes

\$90.00

Covers safer sex issues, including choice, decision-making, contraception and STIs. Its peer education focus has messages about safer sex sent to young people by young people and acknowledges cultural, religious and sexual diversity, aiming to promote acceptance of individual choice and lifestyles in regard to sexuality. Includes a teaching booklet.

**TEENAGERS GUIDE TO THE
GALAXY SERIES**

Three Programs \$198.00

DVD1 contains

- **Eating Well Feeling Good**
(healthy eating, hygiene and body image)
- **Making a Good Impression**
(manners and presentation skills)
- **Reach for the Stars**
(motivation, self confidence, discipline and reaching potential)
- **We're All Different**
(diversity, prejudice and racism)
- **Boys, Girls and Equality**
(sexual stereotyping)

DVD2 contains

- **Assertive with Adults**
(assertiveness, negotiation and compromise)
- **Puberty Periods and Pimples**
- **Girls Boys and Sex**
- **Friendships Making and Breaking**
- **Bullying and Teasing**

DVD3 contains

- **Losing Your Cool**
- **On the Edge** *(effects of stress and how to cope with it)*
- **Family Fireworks** *(how to survive crises such as family fights, marriage break ups and domestic violence)*
- **Safe and Smart** *(personal safety and abuse)*
- **Risks and Wrongs** *(lying, risk taking and standing up to peer pressure)*

All fifteen programs include teaching notes and strategies.