

# Reproductive and sexual health resources with order form attached

November 2017



## Resource Centre

901 Whitehorse Road  
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[www.fpv.org.au](http://www.fpv.org.au)

# FOR CHILDREN, TEENAGERS AND PARENTS

## CHILDREN

### B575 LET'S TALK ABOUT SEX

*R. Harris* \$27.95  
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 children.

### 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* \$15.00  
With brightly coloured illustrations and age appropriate text, this book has been written specially for girls entering puberty as young as eight. It covers puberty, periods, body changes and mood swings, and includes handy hints for parents and carers, schools and teachers.

### 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.

### B110 WHERE WILLY WENT

*N. Allan* \$19.95  
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 humorous introduction to the facts of life for young children.

## TEENAGERS

### B782 BOYS' STUFF

*W. Martino* \$20.00  
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.

### B134 MORE SECRET GIRLS' BUSINESS

*H. Anderson* \$17.00  
A companion book 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.

### B132 THE PERIOD BOOK: Everything you don't want to ask (but need to know)

*K. Gravelle* \$25.00

0 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. Darvill* \$25.00  
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, orgasm, and more with easy explanations and cartoons.

### B828 PUBERTY GIRL

*S. Movsession* \$26.95  
Brightly coloured and beautifully illustrated, this book covers all information for girls aged 11-15 about puberty, body changes, menstruation, hygiene, body image, personal safety, and conflict resolution.

### B112 THE 'S' WORD: A boy's 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, talking frankly about sex, puberty and relationships.

### B124 THE SECRET BUSINESS OF RELATIONSHIPS, LOVE AND SEX

*G. Anderson, F. Angelo, R. Stewart* \$20.00

Essential information for all young people navigating relationships during the teen years. Topics include: healthy friendships, romantic feelings, sexual decision-making, sexual diversity and gender identity, contraception, consent, sex and the law.

## **PARENTS**

### **DVD18 CONVERSATIONS WITH YOUR CHILD**

*Open Doors* \$32.00  
For parents of children and young teens. Covers babies and birth, how a baby begins, puberty, adolescence.

### **B113 IS THIS NORMAL? Understanding your child's sexual behaviour**

*FPQ* \$19.90  
Children's sexual behaviours can be embarrassing and confusing and sometimes cause concern. Knowing what's considered normal can ease some of the worry of parenting. Knowing more about sexual behaviours is part of helping protect children from harm.

### **B193 MY CHILD IS GAY**

*B. McDougall* \$16.15  
A compilation of letters written by parents who have a gay or lesbian child. Written to be shared, they aim to help parents as well as assist young people who are contemplating coming out.

## **PROTECTIVE BEHAVIOURS**

### **B290 EVERYONE'S GOT A BOTTOM**

*T. Rowley* \$19.90  
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.

### **B121 EXCEPTIONAL CHILDREN'S GUIDE TO TOUCH**

*H. Manasco* \$24.95  
A picture book which simply and clearly explains the difference between acceptable and inappropriate touch, for special needs children.

### **B168 HAYDEN-REECE LEARNS A VALUABLE LESSON**

*Holly-Ann Martin* \$20.00  
Lauren feels unsafe when Hayden-Reece appears over the wall of the toilet. She tells her teacher, who explains to the class the difference between Public and Private, and that no one should see or touch your private parts.

### **B167 MATILDA LEARNS A VALUABLE LESSON**

*Holly-Ann Martin* \$20.00  
Matilda learns that if you feel unsafe you need to tell someone, and she also learns the importance of persisting with telling until you feel safe again.

### **B165 THE PARENT'S HELPING HAND BOOK**

*Holly-Ann Martin* \$12.95  
An easy guide to teaching kids protective behaviours.

### **B128 A SECRET SAFE TO TELL**

*Naomi Hunter* \$11.50  
A gentle book that encourages children to tell someone about any confusing feelings they might be experiencing, as a way of healing.

### **B107 SOME SECRETS SHOULD NEVER BE KEPT**

*Jayneen Sanders* \$24.95  
Written to provide children with essential skills in self-protection, and to encourage them to always speak up.

## FOR TEACHERS

### **B163 ALL SET FOR HIGH SCHOOL: A protective behaviours approach**

*Protective Behaviours Consultancy Group*

\$23.00

Provides ideas to support young people's transition to high school.

### **B730 PUBERTY HEALTHY / UNHEALTHY CARDS**

*FPQ* \$45.00

Set of 16 laminated cards showing a range of healthy and unhealthy behaviours and decisions during puberty.

### **B148 STRENGTH CARDS FOR KIDS**

*St Luke's Innovative*

*Resources* \$49.50

A set of 40 vibrant cards which name and illustrate important strengths children can discover and identify with.

### **B123 ILLUSTRATED BIRTH GUIDE**

*Family Planning NSW*

\$30.00

The process of childbirth in easy to understand words and pictures.

### **DVD9 HIS AND HERS:**

Gender and sexuality

17 minutes \$50.00

Australian produced, for upper primary / lower secondary. A teenage female and male presenter candidly and comfortably explain the changes that happen in puberty.

### **DVD 11 THE IMPACT OF PARENTHOOD**

31 minutes \$50.00

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 of pregnancy, options available, physiological and social impacts, the birth experience, and being at home with a small baby.

### **DVD15 WHY'S IT CALLED GAY?**

15 minutes + 25 minutes bonus material \$22

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.

### **K100 CONTRACEPTIVE KIT**

*FPV* \$275.00

This helpful teaching aid contains samples of contraceptive methods: IUDs, condoms, female condoms, contraceptive pills, Nuvaring, Implanon, emergency contraception, dams, "banana" penis for demonstrating condom use, contraception flipchart, and two copies of the booklet "Contraception: It's your choice".

### **K147 SET OF 3 FLIPCHARTS**

*Family Planning Victoria*

\$44 each or \$110 the set

### **K134: CONTRACEPTION**

A comprehensive guide to contraception with illustrations.

### **K135 CREATING BABIES**

A simple to follow series of pictures that explains the different ways babies are made, how sex selection occurs, and forms of assisted conception.

### **K136 SEXUALITY ILLUSTRATIONS**

Simple pictures covering male and female reproductive anatomy, and the physical stages of the life cycle. Demonstrates the diversity of sexual anatomy, how to insert a tampon correctly, and more.

## DISABILITY

### ABOUT MASTURBATION B116 FOR FEMALES B117 FOR MALES

\$5 each

A social story about masturbation for men and women with an intellectual disability. Emphasises privacy and hygiene.

### B241 ALL ABOUT SEX

*Family Planning NSW*

\$22.00

To help people with intellectual disability learn about sexuality and relationships.

### B121 EXCEPTIONAL CHILDREN'S GUIDE TO TOUCH

*H. Manasco* \$24.95

A picture book which simply and clearly explains the difference between acceptable and inappropriate touch, for special needs children.

### B158 EXPLORING SEXUAL AND SOCIAL UNDERSTANDING

*BILD* \$62.50

A CD-ROM containing 178 images, which can be used to assess sexual knowledge and capacity to consent, and help to teach about appropriate and inappropriate social and sexual behaviours.

### B123 ILLUSTRATED BIRTH GUIDE

*Family Planning NSW*

\$30.00

The process of childbirth in easy to understand words and pictures.

### DVD4 JASON'S PRIVATE WORLD

*Life Support Productions,  
UK* \$55.00

Animated sex education DVD suitable for men and boys with learning disabilities.

### DVD5 KYLIE'S PRIVATE WORLD

*Life Support Productions  
UK* \$55.00

Animated sex education DVD suitable for girls and women with learning difficulties.

### DVD3 LOVE AND KISSES

*Family Planning NSW*

\$49.95

A positive look at the intimate lives of people with disabilities. Personal stories are told through drama and interviews reveal the joys and heartbreak of love, sex and relationships.

### B111 PREGNANCY AND CHILDBIRTH

*BILD* \$18.70

How to keep healthy when expecting a baby; what to expect during pregnancy and labour.

### B730 PUBERTY HEALTHY / UNHEALTHY CARDS

*FPQ* \$45.00

Set of 16 laminated cards showing a range of healthy and unhealthy behaviours and decisions during puberty.

### B104 PUBERTY AND SPECIAL GIRLS

*R. Stewart* \$40.00

Written for girls with special needs, provides practical information about growing up and will help girls understand the changes they will experience at puberty.

### 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* \$15.00

With brightly coloured illustrations and age appropriate text, this book has been written specially for girls entering puberty as young as eight. It covers puberty, periods, body changes and mood swings, and includes handy hints for parents and carers, schools and teachers.

### B842 SPECIAL GIRLS' BUSINESS

*F. Angelo* \$40.00

Written for girls with special needs, this book takes a girl and her carer step by step through the process of managing menstruation.

### B853 SPECIAL BOYS' BUSINESS

*H. Anderson* \$40.00

Provides practical information about growing up and will help boys understand the changes they will experience at puberty.

**B106 THINGS ELLIE  
LIKES: A book about  
sexuality and  
masturbation for girls  
and young women with  
autism and related  
conditions**

*Jessica Kingsley*

*Publishers*      \$17.95

This accessible and positive resource helps parents and carers teach girls and young women with autism and related conditions about masturbation. It covers where and when it is appropriate and helps to establish boundaries surrounding privacy more generally.

**B108 THINGS TOM  
LIKES: A book about  
sexuality and  
masturbation for boys  
and young men with  
autism and related  
conditions**

*Jessica Kingsley*

*Publishers*      \$17.95

This accessible and positive resource helps parents and carers teach boys with autism or other special needs about masturbation. It covers where and when it is appropriate and helps to establish boundaries surrounding privacy more generally.

**DVD6 YOU, YOUR BODY  
AND SEX**

*Life Support Productions*

*UK*      \$80.00

Based on *Jason's Private World* and *Kylie's Private World*, with additional material, this is a comprehensive sex education program for people with learning disabilities. There is a strong emphasis on consent.

# FOR THE HEALTH PROFESSIONAL

## **E139 CONTRACEPTION: AN AUSTRALIAN CLINICAL PRACTICE HANDBOOK 4<sup>th</sup> edition**

**\$88 + \$11 postage**

The Contraception handbook is an essential resource for all practitioners working in reproductive health. It is a clinically focused resource developed from the most up-to-date evidence and informed by leading clinicians in the field.

## **B846 SEXUAL HEALTH: A multidisciplinary approach**

*M. Temple-Smith* \$80.00

Sexual health is now seen as multi-dimensional, a product of complex interplay between biological, psychological, and socio-cultural factors. This book brings together 34 expert Australian practitioners and researchers to provide a comprehensive, authoritative, up-to-date and stimulating perspective on sexual health.

## **B845 SEXUAL HEALTH MEDICINE**

*D. Russell* \$95.00

Designed for health practitioners, this book 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, sexual function, and gay, lesbian and transgender health.

## FOR MEN AND WOMEN

### **K110 DAMS**

\$3.00

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

### **K107 FEMALE CONDOMS**

\$9.45 a pack of 3.

An alternative to the male condom, for contraception and as protection against STIs.

### **B125 THE COMPLETE BOOK OF MEN'S HEALTH**

*2011 edition* \$22.00

For men of all ages, a serious yet easy-to-read self-help manual. Combines inspirational, practical tips for maintaining a happy, healthy lifestyle with reassuring advice about medical problems.

### **B719 GETTING PREGNANT**

*R. Jansen* \$25.00

A compassionate resource to overcoming infertility and avoiding miscarriage.

### **B821 INCONTINENCE: The hidden epidemic**

*K. Lee* \$8.00

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.

### **B690 THE NATURAL WAY TO BETTER BABIES**

*F. Naish* \$24.00

Preconception health care for prospective parents.

### **B126 100 QUESTIONS & ANSWERS ABOUT MEN'S HEALTH:**

#### **Keeping you happy and healthy below the belt**

*P. Ellsworth* \$16.00

A comprehensive guide to men's genitourinary health. Provides authoritative, practical answers to the key questions about erectile dysfunction, prostate cancer and benign prostate diseases, urinary troubles, and treatments for these problems.





# FPV Resource Centre order form

All Prices Include GST

Family Planning Victoria Inc. ABN: 97379402182

901 Whitehorse Rd, Box Hill, VIC, 3128

T/ 03 9257 0128 . F/ 03 9257 0112 . E/ ea-ceo@fpv.org.au

CODE	TITLE	# COPIES	UNIT PRICE	TOTAL PRICE

## HOW TO ORDER

- **ORGANISATIONS** may mail, email or fax an order and be sent the items with an accompanying invoice; A postage charge will be added for orders weighing over 500g. A pro-forma tax invoice will be sent in advance, if payment is required to accompany the order. **Please do not send a cheque** accompanying an order unless you have confirmed availability and price.
- **PERSONAL ORDERS** may be made by credit card over the phone. If payment is preferred by cheque or money order, please phone, fax or email for a current price at the time of purchase. A tax receipt is sent with the resource/s. Postage is not charged on a personal order, however, tax-claimable professional text and reference books may attract a postage charge.
- **OVERSEAS ORDERS** will include a postage charge. An invoice will be supplied in advance, as payment in Australian dollars may only be made by bank draft in the country of origin. Australian GST does not apply on overseas orders.
- All titles are subject to price change and availability and are firm sale, unless agreed by prior negotiation.

<p><b>Please invoice: (organisations only)</b></p> <p>ORG. NAME.....</p> <p>ADDRESS.....</p> <p>POSTCODE..... PHONE.....</p> <p>ORDER NO.....</p> <p>PLACED BY.....</p>	<p>Please deliver to (if different to invoice address)</p> <p>NAME.....</p> <p>ADDRESS.....</p> <p>.....</p> <p>.....</p> <p>POSTCODE.....</p>
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Visa       Mastercard

Account no.    \_ \_ \_ \_ / \_ \_ \_ \_ / \_ \_ \_ \_ / \_ \_ \_ \_

Card holder.....      Card expiry date.....

Signature.....