

Books for Preschoolers and Primary Children

Boys, Girls and Body Science: A First Book About Facts of Life, by Meg Hickling: Harbor Publishing, 2002.

It's So Amazing!, by Harris, Robbie. 2014. ISBN 0-7636-6874-5

The Very Touching Book, by Jan Hindman: Alexandria Association, 1983.

What's the Big Secret? Talking About Sex with Girls and Boys, by Laurie Krasny Brown and Marc Brown: Little, Brown Books for Young Readers, 2000.

Where Did I Come From?, by Peter Mayle: Citadel Press, 2000.

Puberty Books for Children

It's Perfectly Normal: Changing Bodies, Growing Up and Sexual Health, by Robie H. Harris: Candlewick Press, 2009.

Let's Talk About Sex, by Robie H. Harris: Walker Books, 2010.

Puberty Boy and **Puberty Girl**, by Geoff Price: Allen & Unwin, 2006.

The Care and Keeping of You: The Body Book for Girls, by Valerie Schaefer: American Girl Publishing, 2012.

The "What's Happening to My Body?" Book for Boys/Book for Girls, by Lynda Madaras and Area Madaras: Newmarket Press, 2007.

Books for Teens

Changing Bodies, Changing Lives: A Book For Teens on Sex and Relationships, by Ruth Bell: Three Rivers Press, 1998.

S.E.X.: The All-You-Need-To-Know Progressive Sexuality Guide to Get you Through High School and College, by Heather Corinna: Da Capo Press, 2007.

Books for Parents

The New Speaking of Sex: What Your Children Need to Know and When They Need to Know it, by Meg Hickling: Northstone Publishing, 2005.

The Transgender Child: A handbook for families and professionals, by Stephanie A Brill:
Cleis Press, 2008.

Hold on to Your Kids: Why Parents Need to Matter More Than Peers, by Gordon
Neufeld and Gabor Mate: Vintage Canada, 2013.

**The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's
Developing Mind**, by Daniel J. Siegel and Tina Payne Bryson: Bantam, 2012.

Internet/Phone Resources

Options For Sexual Health - Sexual and reproductive health care, information, and
education.

www.optionsforsexualhealth.org

Sexuality and U – Sponsored by The Society of Obstetricians and Gynaecologists of Canada
(SOGC)

www.sexualityandu.ca

Teaching Sexual Health – Alberta Health Services

www.teachingsexualhealth.ca

Saleema Noon – A private sexual health educator in the Lower Mainland

www.saleemanoon.com

Be Web Aware - A national, bilingual public education program on Internet safety. Developed
and supported by MediaSmarts, Bell and Microsoft Canada.

www.bewebaware.ca

PFLAG (Parents, Families and Friends of Lesbians and Gays) - Information, resources
and support for parents of lesbians and gays.

www.pflag.ca

Clementine Wants to Know – Where Do Babies Come From? - Free app available for
download on Apple and Android Devices www.clementinewantstoknow.com/#app

Sex Sense Line # 1-800-SEX-SENSE

Open 9am to 9 pm, Monday to Friday. Staffed by nurses and sexual health educators – a
reliable source of sexual health information for youth and adults, alike.