

Sexual Health Resources for Schools

Primary Grades

For Educators:

1. **The New Speaking of Sex: What your children need to know and when they need to know it.**
By Meg Hickling. ISBN-13: 978-1896836706
Meg Hickling's early work in sexual health education formed the basis of the learning outcomes that are in use in BC schools today. This very readable book offers excellent suggestions for answering questions from kids of all ages.
2. **The Transgender Child: A handbook for families and professionals.** By Stephanie A. Brill.
ISBN-13: 978-1573443180
Through extensive research and interviews, as well as years of experience working in the field, the authors cover gender variance from birth through college, offering a deeper understanding of gender variant and transgender children and teens.
3. **From Diapers to Dating: A parent's guide to raising sexually healthy children.** By Debra W. Haffner.
ISBN-13: 978-1557048103
A helpful book with tips on how to find and use teachables and address matters around sexuality K-7.

For K-3 Students:

1. **Boys, Girls & Body Science: A first book about facts of life.** By Meg Hickling.
ISBN-13: 978-1550172362
Meg Hickling, the grandmother of sexual health education and local illustrator Kim LaFave, have created an engaging and educational book for young children offering age specific information about safety, body science, and the science behind conception.
2. **What's the big secret? : Talking about sex with girls and boys.** By Laurie Krasny Brown.
ISBN-13: 978-0316101837
The writers of the 'Arthur' books take on bodies, reproduction, and birth, all in a frank and positive style.
3. **Who has what? : All about girls' bodies and boys' bodies.** By Robie H. Harris.
ISBN-13: 978-0763629311
Robie Harris, a well-known children's book author, uses simple answers to address young people's questions about the body including the similarities and differences between boys and girls bodies.
4. **What makes a baby.** By Cory Silverberg. ISBN-13: 978-1609804855
A children's picture book about where babies come from that is written and illustrated to include all kinds of kids, adults, and families.

5. **It's NOT the Stork! A book about girls, boys, babies, bodies, families and friends.** By Robie H. Harris. ISBN-13: 978-0763633318
This book helps answers questions that preschool, kindergarten, and early elementary school children ask about how they began using cartoon characters with up-to-date and age appropriate information.

6. **Amazing You! Getting smart about your private parts.** By Gail Saltz. ISBN-13: 978-0142410585
A picture book for preschool, kindergarten, and early elementary school children that presents clear and age-appropriate information about reproduction, birth, and bodies.

7. **Where Willy Went... The big story of a little sperm!** By Nicholas Allan. ISBN-13: 978-0099456483
A story about a sperm who is in a race to be the first to get to the egg, written in a hilarious and age appropriate manner.

Researched and compiled by:

Myriam Dumont	Vancouver Teacher and SHEC Graduate
Catherine Evashuk	Certified Sexual Health Educator
Kristen Gilbert	Director of Education, Options for Sexual Health (OPT) and Certified Sexual Health Educator
Jessica Wollen	Vancouver Teacher and Certified Sexual Health Educator

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Intermediate Grades

For Educators:

1. **The New Speaking of Sex: What your children need to know and when they need to know it.**
By Meg Hickling. ISBN-13: 978-1896836706
Meg Hickling's early work in sexual health education formed the basis of the learning outcomes that are in use in BC schools today. This very readable book offers excellent suggestions for answering questions from kids of all ages.

For 4-7 Students:

1. **Hair in Funny Places.** By Babette Cole. ISBN-13: 978-0099266266
A hilarious take on a little mentioned topic for kids 8+ which also includes how hormones create chaos on bodies.
2. **Ready, Set, Grow!: A what's happening to my body? Book for younger girls.** By Lynda Madaras. ISBN-13: 978-1557045652
Puberty books written for younger girls and boys ages 8-11. Filled with cartoon drawings and funny, accurate information.
3. **On Your Mark, Get Set, Grow! A "what's happening to my body?" Book for younger boys.**
By Lynda Madaras. ISBN-13: 978-1557047816
Puberty books written for younger girls and boys ages 8-11. Filled with cartoon drawings and funny, accurate information.
4. **The What's Happening to My Body? Book for Girls: Revised Edition.** By Lynda Madaras. ISBN-13: 978-1557047649
The Madaras family has written some of the best puberty books available. These guides are gentle and thorough, covering puberty, reproduction, STIs and birth control.
5. **The 'What's Happening to My Body?' Book for Boys: Revised Edition.** By Lynda Madaras. ISBN-13: 978-1557047656
The Madaras family has written some of the best puberty books available. These guides are gentle and thorough, covering puberty, reproduction, STIs and birth control.
6. **My Body, My Self for Girls: The "what's happening to my body" workbook.** By Lynda Madaras. ISBN-13: 978-1557044419
This workbook is full of fun facts, checklists, quizzes and stories which answer common questions about girls growing up both physically and emotionally.
7. **My Body, My Self for Boys: the "what's happening to my body?" workbook.** By Lynda Madaras. ISBN-13: 978-1557044402
This workbook supports boys learning about their bodies and puberty using cartoons, games and cool exercises.

8. **What's Going on Down There? Answers to questions boys find hard to ask.** By Karen Gravelle. ISBN-13: 978-0802775405
This humorous, illustrated puberty book covers human reproduction, STIs, and body image.
9. **The Period Book: Everything you don't want to ask (but need to know)** by Karen Gravelle and Jennifer Gravelle. ISBN-13: 978-0802774781
This humorous, illustrated puberty book covers human reproduction, STIs, and body image.
10. **It's Perfectly Normal: Changing bodies, growing up, sex, and sexual health.** By Robie H. Harris. ISBN-13: 978-0763644840
A comprehensive award winning resource for teens/tweens and the adults in their lives with up-to-date information on multiple sexual health topics.
11. **The Care and Keeping of You: The body book for younger girls, revised edition.** By Valorie Schaefer. ISBN-13: 978-1609580834
A best seller book for girls ages 8-10 covering numerous topics such as pads, pimples, periods, and bras.
12. **The Boys Body Book: Everything you need to know for growing up YOU.** By Kelli Dunham. ISBN-13: 978-1604333527
Puberty changes are a normal part of becoming a teenager, this book is suitable for tweens, offering practical information, reassurance, and common sense tips about what body changes boys can expect during this time.
13. **Puberty Girl.** By Geoff Price. ISBN-13: 978-1741141047
These companion books written by two Australian authors are filled with beautiful photographs, and lots of advice and information about growing bodies and changing feelings.
14. **Puberty Boy.** By Geoff Price. ISBN-13: 978-1741145632
These companion books written by two Australian authors are filled with beautiful photographs, and lots of advice and information about growing bodies and changing feelings.
15. **What's Happening to Me? (Girls).** By Sue Meredith. ISBN-13: 978-0746069950
Engaging illustrations and youthful language makes this book ideal for tweens to better understand the typical body and mind changes that a girl will go through during puberty.
16. **What's Happening to Me? (Boys)** By Sue Meredith. ISBN-13: 978-0746076637
The illustrations, engaging language, and no-nonsense descriptions of body and mind changes make this book ideal for tween boys to better understand and prepare for their journey through puberty.
17. **The Care and Keeping of You 2: The body book for older girls.** By Dr. Cara Natterson. ISBN-13: 978-1609580421
Expert contributors offer in depth information for girls 10 and up covering anatomy, tampons and body image. Includes a helpful Q&A.

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Sexual Health Resources for Schools

Secondary Students & Educators

Books:

1. **S.E.X.: The all-you-need-to-know progressive sexuality guide to get you through high school and college.** By Heather Corinna. **ISBN-13:** 978-1600940101
Written by the founder of Scarleteen.com, this guide is a comprehensive, sex-positive reference for youth and those who serve them.
2. **Queer: The ultimate LGBT guide for teens.** By Kathy Belge and Marke Bieschke.
ISBN-13: 978-0981973340
Written for LGBTQ youth with advice on coming out and other important issues that teens face on a daily basis. This book also includes personal stories from the author and Queer history.
3. **The Little Black Book for Girlz, a book on healthy sexuality.** By St. Stephen's Community House.
ISBN-13: 978-1550379549
Written by teen girls, this book offers a collection of stories, artwork, interviews and poetry all dealing with the subject of sexuality.
4. **The Little Black Book for Guys: Guys talk about sex.** By St. Stephen's Community House. **ISBN-13:** 978-1550379624
Written by teen boys, this book offers a collection of stories, artwork, interviews and poetry all dealing with the subject of sexuality.
5. **Sex: A book for teens: An uncensored guide to your body, sex and safety.** By Nikol Hasler. **ISBN-13:** 978-0981973326
Nikol Hasler's, honest words and Michael Capozzola's humourous illustrations appeal to teen readers by providing in-depth information about sex, and the body, while clearly outlining the importance of safety and health in sexual relationships.
6. **Our Bodies, Ourselves.** By Boston Women's Health Collective. **ISBN-13:** 978-1439190661
This well-known guide uses inclusive language and evidence-based information to provide sexual health education to women of all ages.
7. **Deal with It! A whole new approach to your body, brain, and life as a gURL.**
By Esther Drill. **ISBN-13:** 978-0671041571
This colourful book is a page turner for early to middle age teens, peppered with bite size excerpts from real girls, useful information about body changes, and tips on building and maintaining healthy friendships.

Websites/Phonelines:

www.sexualityandu.ca

With videos, games, apps, a variety of virtual scenarios and relevant Canadian statistics, this website covers a variety of popular topics such as sexting, consent, healthy relationships and much more.

www.scarleteen.com

Since 1998, Heather Corinna, the founder of Scarleteen, and her well educated staff have provided online users, most often teens and young adults, with a supportive hub of comprehensive sexuality education in the form of articles, forums, and guest experts offering words of support.

www.optionsforsexualhealth.org

Options for Sexual Health (Opt) is Canada's largest sexual health organization, and has been serving British Columbians for more than 50 years. Opt offers sexual health education workshops and high quality clinical services in 60 clinics throughout BC.

Sex Sense Line #1-800-SEX-SENSE

Open 9am-9pm, Monday thru Friday, and staffed by nurses and sexual health educators, this line is a reliable source of sexual health information for youth and adults, alike.

Kids Help Phone #1-800-668-6868 (KidsHelpPhone.ca)

Open 24 hours, this bilingual and anonymous phone and web counseling service is available to children and youth as well as those serving them.

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