



## Books Suitable for Middle & Upper Primary Years (Growing Up & Puberty)

*Recommended reading for children and parents.  
Further information about [Kidz Biz Education](http://www.kidzbiz.edu.au) is available:*

**[www.kidzbiz.edu.au](http://www.kidzbiz.edu.au)**

### Girls

- ✿ **A Smart Girl's Guide to Drama, Rumours & Secrets** by American Girl (age 8-12)
- ✿ **Are You There, God? It's Me Margaret** by Judy Blume (age 11-14)
- ✿ **Cycling To Grandma's House** by Jac Torres-Gomez (age 8-12)
- ✿ **Girlogy: There's Something New About You** by Melissa Holmes & Trish Hutchison (age 11+)
- ✿ **Girl Stuff For Girls** by Kaz Cooke (age 8-12)
- ✿ **Girl Stuff 12+** by Kaz Cook (age 12+)
- ✿ **Girl Talk** by Lizzy Cox (age 12+)
- ✿ **Have You Started Yet? You and your period: Getting the facts straight** by Ruth Thompson (age 10-14)
- ✿ **I'm A Girl: Hormones** by Shelley Metten (age 11+)
- ✿ **I'm A Girl: My changing body** by Shelley Metten (age 8-10)
- ✿ **I'm A Girl: Sexual Maturity** by Shelley Metten (age 12-14)
- ✿ **Invisible Emmie** by Terri Libenson (age 8-14)
- ✿ **Is This Normal? (American Girl)** (age 9-12)
- ✿ **Menstrupedia Comic: The friendly guide to periods for girls** (age 9-12)
- ✿ **More Secret Girl's Business** by Heather Anderson, Fay Angelo and Rose Stewart (age 9+)
- ✿ **My Body, My Self For Girls** by Lynda Madaras and Area Madaras (age 10-14)
- ✿ **My Changing Body: Girl's Edition** by Linda Picone (age 10-14)
- ✿ **The Care and Keeping Of Us (American Girl)** (age 10-12)
- ✿ **The Girl's Body Book** by Kellie Dunham (age 10-12)
- ✿ **The Period Book** by Karen Gravelle (age 12-14)
- ✿ **Ready Set Grow** by Lynda Madaras (age 8-10)
- ✿ **Period: A girl's guide** by Jo Ann Loulan and Bonnie Worthen (age 10-14)
- ✿ **Poppy Pretzel: Passage into Puberty** by Debi Slinger (age 11-13)
- ✿ **Puberty Girl** by Shushann Movsessian (age 12+)
- ✿ **What's Happening To Me? Girls' Edition** by Susan Meredith (age 10+)
- ✿ **What's Happening To My Body? Girls** by Lynda Madaras (age 11-13)

### Boys

- ✿ **Boy's Body Book – Everything You Need To Know For Growing Up You** by Kelli Dunham (age 10-12)
- ✿ **Growing Up For Boys** by Alex Frith (age 12-14)
- ✿ **Guy Stuff: The body book for boys** by Cara Natterson (age 10-13)
- ✿ **Guy Talk** by Lizzie Cox (age 12+)
- ✿ **I'm A Boy: Hormones** by Shelley Metten (age 11+)
- ✿ **I'm A Boy: My changing body** by Shelley Metten (age 8-10)
- ✿ **I'm A Boy: Sexual maturity** by Shelley Metten (age 12-14)
- ✿ **Levi Sprocket: What's in my Pocket?** by Debi Slinger (age 11-13)
- ✿ **My Body, My Self For Boys** by Lynda Madaras and Area Madaras (age 10-14)
- ✿ **Puberty Boy** by Geoff Price (age 12+)
- ✿ **"Spare Me The Talk"! A guys guide to sex, relationships and growing up** by Jo Langford (age 12+)
- ✿ **What's Happening To Me? Boys' Edition** by Alex Frith (age 10+)
- ✿ **What's Happening To My Body? Boys** by Lynda Madaras (age 11-13)

## Girls & Boys Middle & Upper Primary (continued)

- **A Kids First Book About Sex** by Joani Blank (age 8-12)
- **Changing you: A Guide to Body Changes and Sexuality** by Gail Saltz (age 8-12)
- **Does This Happen to Everyone?** by Jan Von Hollenbun & Antje (age 11+)
- **How To Text Boys** by Kelli Dunham (age 10-14)
- **How To Text Girls** by Kelli Dunham (age 10-14)
- **I'm A Boy: Hormones** by Shelley Metten (age 11+)
- **It's Sex Is A Funny Word** by Cory Silverberg (age 8-12)
- **Nonnie Talks About Sex... & More** by Mary Jo Podgurski (age 10-13)
- **Puberty And Growing Up** by Anna Claybourne (age 11-13)
- **Puberty: Coming to a body near you** by Kerri Isham (age 10-14)
- **Ready, Set, Grow!** by Lynda Madaras (age 8-10)
- **The Secret Business Of Relationships, Love and Sex** by Heather Anderson, Fay Angelo and Rose Stewart (age 12+)
- **The Fantastic Body** by Howard Bennett (age 8-12)
- **The Puberty Book** by Kelsey Powell & Wendy Darvill (age 11+)
- **What's Going On Down There?** by Karen Gravelle (age 12-14)
- **What's Happening To Me** by Alex Frith (age 10+)
- **What's Happening To Me?** by Peter Mayle (age 10+)
- **Will Puberty Last My Whole Life?** By Julie Metzger and Robert Lehman (age 10+)
- **500+ questions kids have about sex** by Interrelate (age 10-12)
- **100+ answers about puberty** by Interrelate (age 10-12)
- **100 questions kids have about having a baby** by Interrelate (age 10-12)

## Parents

- ✿ **Girl Puberty: How to talk about Puberty and Sex with your Tween Girl** by Cath Hakanson
- ✿ **Boy Puberty: How to talk about Puberty and Sex with your Tween Boy** by Cath Hakanson
- ✿ **Talk soon. Talk often. A guide for parents talking to their kids about sex**
- ✿ **The Sex Education Answer Book** by Cath Hakanson
- ✿ **Sex Education Quickies Web-based App for 3-13 year olds**
- ✿ **Untangled** by Lisa Damo

**Note:** All books listed above have written reviews by [Cath Hakanson](https://sexedrescue.com) online: <https://sexedrescue.com>.  
You can also watch her review them individually on [YouTube](https://www.youtube.com).

<https://sexedrescue.com/how-to-talk-to-your-kids-about-sex/>

<https://sexedrescue.com/sex-education-books/>

<https://sexedrescue.com/category/puberty/>

- ✿ **Closing The Gap: A Strategy for Bringing Parents and Teens Together** by Jay McGraw
- ✿ **For Goodness Sex** by Al Vernocchio
- ✿ **The Princess Bitchface Syndrome** by Michael Carr-Gregg
- ✿ **Real Wired Child** by Michael Carr-Gregg
- ✿ **The Butterfly Effect – a positive approach to raising happy, confident teen girls** by Dannielle Miller
- ✿ **Sexts, Texts & Selfies – how to keep your children safe in the digital space** by Susan McLean
- ✿ **Queen Bees and Wannabes – Helping Your Daughter Survive Cliques, Gossip, Boyfriends and the New Realities of Girl World** by Rosalind Wiseman
- ✿ **Masterminds & Wingmen – Helping Our Boys Cope with Schoolyard Power, Locker-Room Tests, Girlfriends, and the New Rules of Boy World** by Rosalind Wiseman
- ✿ **Traffic Lights App** by TRUE Relationships & Reproductive Health