



## Books suitable for Teen Sexuality

(Parents & Children aged 14+)

*Recommended reading for children and parents.*

Further information about **Kidz Biz Education** is available:

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

### Puberty/ Sex/ Sexuality

- **Bang: Masturbation for people of all genders & abilities** by Vic Liu (age 14+)
- **BISH** by Justin Hancock (age 14+)
- **Body Drama: Real Girls, Real Bodies, Real Issues, Real Answers** by Nancy Amanda Redd (age 14+)
- **Can We Talk About Consent** by Justin Hancock (age 14+)
- **Dating Smarts: What EVERY teen needs to know to date, relate or wait!** by Amy Kang (age 14+)
- **Dating and Sex: A guide for the 21<sup>st</sup> Century Teen Boy** by Andrew P. Smiler (age 14+)
- **Doing It** by Hannah Witton (age 14+)
- **Enjoy Sex!: (How, when and if you want to)** by Meg-John Barker & Justin Hancock (age 15+)
- **For Foxes' Sake: Everything A Fox Needs To Know About Sex** by Row Murray (age 16+)
- **Gender Queer: A Memoir** by Maria Kababe (age 14+)
- **Girl: Love, Sex & Romance and Being You** by Karen Rayne (age 15+)
- **Girls Stuff** by Kaz Cooke (age 12+)
- **Hang-Ups, Hook-Ups and Holding Out** by Melissa Holmes & Trish Hutchinson (age 14+)
- **Help your Kids with Growing Up: A no-nonsense guide to puberty and adolescence** by Dorling Kindersley Limited DK (age 12-14+)
- **How To Text Boys** by Kelli Dunham (age 10-14)
- **How To Text Girls** by Kelli Dunham (age 10-14)
- **I've Got my Period. So What?** by Clara Henry (age 14)
- **Let's Talk About It: The Teen's Guide to Sex, Relationships and Being Human** by Erica Moen (age 14+)
- **Love, Sex and No Regrets** by Elizabeth Clark (age 14+)
- **Making Sense of "it"** by Alison Macklin (age 14+)
- **Loveability: An Empowering Guide to Dating & Relationships** by Danielle Miller and Nina Funnell (age 14+)
- **Spare Me the Talk! A guy's guide book to sex, relationships and growing up** by Jo Langford (12+)
- **Sex and Other Stuff: The A to Z of Everything You Need To Know** by Annie Rose (age 13+)
- **Sex & Lovers: A Practical Guide** by Ann-Marlene Henning & Tina Bremer-Olszewski (age 15+)
- **S.E.X.: The All-You-Need-To-Know Sexuality Guide To Get You Through Your Teens and Twenties** by Heather Corinna (age 15+)
- **Sexual Decisions** by L. Kris Gowen (age 14+)
- **Sexpectations: Sex Stuff Straight Up** by Craig Murray & Leissa Pitts (age 14+)
- **Take it as a Compliment** by Maria Stian (age 15+)
- **Welcome to Consent** by Yumi Stynes & Melissa Kang (age 14+)
- **What Does Consent Really Mean?** by Pete Wallis and Thalia Wallis (age 14+)
- **What If? Answers to questions about what it means to be gay and lesbian** by Eric Marcus (age 14+)

### Parents

- **Help your Kids with Growing Up: A no-nonsense guide to puberty and adolescence** by Dorling Kindersley Limited DK (age 12-14+)
- **Talk Sex Today** by Salleena Noon & Meg Hickling
- **There's No Place Like Home For Sex Education** by Mary Gossart
- **Untangeled** by Lisa Damour
- <https://sexedrescue.com/sex-education-books/>

- ☀ **The Healthy Sex Talk: Teaching Kids Consent, Ages 1-21** (An article on The Good Men Project site about talking to kids about consent).
- ☀ **Teaching sexual health** (A Canadian government site with fantastic information for parents on how to talk to kids about a range of sexuality topics).
- ☀ **Talk soon. Talk often. A guide for parents talking to their kids about sex** (An Australian state government book on how to start talking to kids about sex).
- ☀ **Parents, Tweens + Sex App** by Sarah Calleja (available from the App Store)  
*(This app is resource that parents can use to talk about sex with their tweens).*
- ☀ **Traffic Light App for mobile devices** (available from the creator)  
*(This app by TRUE Relationships & Reproductive Health: helps parents with monitoring and managing sexual behaviour in children and teens).*

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