



Books suitable for Teen Sexuality

(Parents & Children aged 12+)

Recommended reading for children and parents.

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

www.kidzbiz.edu.au

Sexuality/Puberty

- **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 21st Century Teen Boy:** by Andrew P. Smiler (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+)
- **Girls Stuff** by Kaz Cooke (age 12+)
- **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)
- **Love, Sex and No Regrets** by Elizabeth Clark (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+)
- **What's Going On Down There** by Karen Gravelle (age 12-14)

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
- **Untangled** 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**

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

She also reviews them individually on **YouTube**.