



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

Recommended reading for children and parents.
Further information about **Kidz Biz Education** is available:

www.kidzbiz.edu.au

Girls

- ☀ **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)
- ☀ **Girl Stuff For Girls aged 8-12** by Kaz Cooke (age 8-12)
- ☀ **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) **coming soon**
- ☀ **Is This Normal? (American Girl)** (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)
- ☀ **Puberty Girl** by Shushann Movsessian (age 12+)
- ☀ **What's Happening To Me? Girls' Edition** by Susan Meredith (age 10+)

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)
- ☀ **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) **coming soon**
- ☀ **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+)

Girls & Boys Middle & Upper Primary (continued)

- **Hair in Funny Places** by Babette Cole (age 7-9)
- **How To Text Boys** by Kelli Dunham (age 10-14)
- **How To Text Girls** by Kelli Dunham (age 10-14)
- **Puberty And Growing Up** by Anna Claybourne (age 11-13)
- **Puberty: Coming to a body near you** by Kerri Isham (age 10-14)
- **The Secret Business Of Relationships, Love and Sex** by Heather Anderson, Fay Angelo and Rose Stewart (age 12+)
- **It's Perfectly Normal: Changing bodies, growing up, sex and sexual health** by Robie Harris (age 10+)
- **Sex Is A Funny Word** by Cory Silverberg (age 8-12)
- **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
- **Untangled** by Lisa Damo

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**.

<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
- **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