



## Books + info suitable for **Disabilities**

(Parents & Children aged 9-16)

*Recommended reading for children and parents.*

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

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

### Tweens & Teens

- **Boyfriends & Girlfriends: A Guide to Dating for People with Disabilities** by Teri Couwenhoven
- **Puberty and Special Girls** by Rose Stewart, Heather Anderson and Fay Angelo
- **Special Boys' Business** by Fay Angelo, Heather Pritchard and Rose Stewart
- **Special Girls' Business** by Fay Angelo, Heather Pritchard and Rose Stewart
- **The Boys' Guide to Growing Up : Choices & Changes in the Tween & Teen years** by Teri Couwenhoven (age 9-16)
- **The Girls' Guide to Growing Up: Choices & Changes in the Tween & Teen years** by Terri Couwenhoven (age 9-16)
- **The Growing Up Guide for Girls** by Davida Hartman (age 9-14)
- **The Growing up Guide for Boys** by Davida Hartman (age 9-14)
- **Things Elli Likes** by Kate E Reynolds (aged 10+)
- **Things Tom Likes** by Kate E Reynolds (aged 10+)
- **What's Happening to Ellie** by Kate E Reynolds (aged 10+)
- **What's Happening to Tom** by Kate E Reynolds (aged 10+)

### Parents

- **Healthy Relationships, Sexuality and Disabilities Resource Guide**  
[https://www.enoughabuse.org/images/stories/gk\\_resourcebank/hrhs-sexuality-and-da-resource-guide.pdf](https://www.enoughabuse.org/images/stories/gk_resourcebank/hrhs-sexuality-and-da-resource-guide.pdf)
- **Puberty – Resources for parents of children with a developmental disability**  
<https://blogs.rch.org.au/neurodevelopment-and-disability/2016/03/31/puberty-resources-for-parents-of-children-with-a-developmental-disability/>
- **Respectability Sex Education Resources**  
<https://www.respectability.org/resources/sexual-education-resources/>
- **SECCA App** <https://app.secca.org.au/>
- **Sexuality Education for Students with Disabilities: Centre for Parent Information & Resources** <https://www.parentcenterhub.org/sexed/>
- **TES** <https://www.tes.com/en-au/>
- **Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders: A Professionals' Guide to Understanding, Preventing Issues, Supporting Sexuality and Responding to Inappropriate Behaviours** by Davida Hartman
- **Teaching Children with Downs Syndrome About Their Bodies, Boundaries & Sexuality: A guide for Parents & Professionals** by Teri Couwenhoven
- **Sex Ed Rescue** <https://sexedrescue.com/sex-education-books/>

**Note:** All books listed above have written reviews by **Cath Hakanson** <https://sexedrescue.com>  
She also reviews them individually on **YouTube**.