



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

- 🌸 **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)
- 🌸 **Girlology: There's Something New About You** by Melisa Holmes & Trish Hutchison (age 11+)
- 🌸 **Girl Stuff For Girls Aged 8-12** by Kaz Cooke (age 8-12)
- 🌸 **Girl Stuff For Ages 13+** by Kaz Cooke (age 13+)
- 🌸 **Girl Talk** by Lizzie Cox (age 12+)
- 🌸 **Have You Started Yet? You and your period: Getting the facts straight** by Ruth Thomson (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 Girls' 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 Kelli 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 JoAnn 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 guy's 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 Kid's 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 Hollebun & Antje Helms (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+)
- **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 sexuality** 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
- **The Sex Education Answer Book** by Cath Hakanson
- **Sex Education Quickies Web-based App for 3-13 year olds**
- **Untangled** by Lisa Damour

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

<https://sexedrescue.com/sex-education-101/>

<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 Vernacchio
- **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