



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

Puberty/Sex/Sexuality

- **BISH** by Justin Hancock (age 14+)
- **Body Drama: Real Girls, Real Bodies, Real Issues, Real Answers** by Nancy Amanda Redd (age 14+)
- **Dating Smarts: What EVERY teen needs to know to date, relate or wait!** by Amy Lang (age 14+)
- **Dating and Sex: A guide for the 21st 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 Dr Meg-John Barker and Justin Hancock (age 15+)
- **For Foxes' Sake: Everything A Fox Needs To Know About Sex** by Row Murray (age 16+)
- **GIRL: Love, Sex, Romance, and Being You** by Karen Rayne (age 15+)
- **Girl Stuff** by Kaz Cooke (age 12+)
- **Hang-Ups, Hook-Ups and Holding Out** by Melisa Holmes and Trish Hutchison (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)
- **Love, Sex and No Regrets** by Elizabeth Clark (age 14+)
- **Making Sense of "It"** by Alison Macklin (age 14+)
- **Loveability: An Empowered Girl's Guide to Dating and Relationships** by Danielle Miller and Nina Funnell (age 14+)
- **Spare Me 'the Talk'!: A guy's guide 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 and 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 and Leissa Pitts (age 14+)
- **Take it as a Compliment** by Maria Stoian (age 15+)
- **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 Saleema Noon and 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 a 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>
She also reviews them individually on **YouTube**.