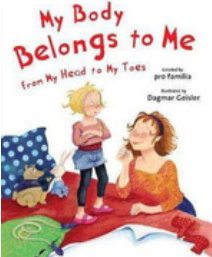
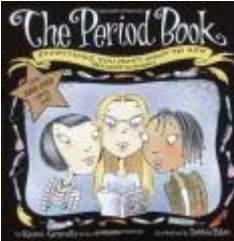



## Reading List for Parents

	<p><b>\$14.99</b> <u>Secret Girls Business</u></p> <p><b>Secret Girls' Business</b> is fun and easy to understand with lots of brightly coloured illustrations and minimal text. Girls learn about changes that happen at puberty, and are encouraged to make the transition with dignity and joy. There is a section at the back for parents, and another one on handy hints for schools and teachers. <i>Younger girls (9-11 years)</i></p>
	<p><b>\$16.99</b> <u>More Secret Girls Business</u></p> <p>More Secret Girls' Business is a companion book to Secret Girls' Business. It has everything a girl needs to know about puberty and includes details about physical and emotional changes. It gives girls greater understanding about puberty and sexuality. Information is presented in a sensitive but open manner, the language is simple and girls will enjoy the fun illustrations. More Secret Girls' Business celebrates the changes to the female body and aims to enhance girls' confidence and self-esteem. It also provides hints for teachers and carers, with special hints for dads.</p>
	<p><b>\$23.75</b> <u>My Body Belongs to Me from My Head to My Toes</u></p> <p><i>My Body Belongs to Me from My Head to My Toes</i> is an educational tool to help instil confidence in children when it comes to their bodies. The narrative of the story is led by a girl named Clara, who encourages kids to say "no" if they are uncomfortable with physical contact. The narrator gives readers tips about what they can say or do to avoid unwanted physical contact, or how to tell the right people in the event it has already occurred. <i>My Body Belongs to Me from My Head to My Toes</i> is an invaluable resource that gives children a voice in uncomfortable situations. For Ages: 7 - 8 years old</p>
	<p><b>\$17.95</b> <u>Hair In Funny Places</u></p> <p>In the book Mr and Mrs Hormone, two hairy monsters, mix potions that turn children into adults. We see some of the changes that result from these potions. Hair In Funny Places can be a good conversation starter, easing the way for more detailed discussion about puberty. <i>A picture story book about puberty for middle to late primary school boys and girls.</i></p>
	<p><b>\$24.99</b> <u>The Period Book</u></p> <p>Karen Gravelle and her fifteen-year-old niece, Jennifer Gravelle, have written a down to earth and practical book that answers any questions a girl might have about periods, from what it is and what it feels like, to how to choose a form of protection, to how to talk to parents about it. The Period Book will guide girls through all the physical, emotional and social changes that come with having periods, as well as related issues such as dealing with spots, mood swings and new expectations from friends and family. <i>For girls aged from 11 to 16.</i></p>
	<p><b>\$26.95</b> <u>Puberty Boy</u></p> <p>Boys who love to read will love this book. Bursting with information, its brightly coloured pages, illustrated with great photographs, drawings and diagrams will make them want to read it all and turn the page to see what's coming next. Puberty Boy explains the physical and emotional transitions that boys need to go through to become healthy young men. <i>All about puberty for boys 11-15 years old, their parents, carers, and professionals.</i></p>



	<p><b>\$26.95</b> <u>Puberty Girl</u></p> <p>Puberty Girl is an attractive book that will appeal to girls who like to read – or be read to. With brightly coloured pages, lots of gorgeous, full-colour photographs, illustrations, diagrams, information, and stories shared by girls about their experiences of puberty and growing up, this book talks about things that girls want to know about. Puberty Girl is smart, intelligent, fun and factual, and lets girls know what to expect, physically and emotionally, as they tread the path to becoming a woman.</p> <p><i>All about puberty for girls 11-15 years old, their parents, carers, and professionals.</i></p>
	<p><b>\$16.99</b> <u>Secret Boys Business Second Edition</u></p> <p>This 2nd edition includes details about the physical and emotional changes of puberty. It will give boys a greater understanding and deeper knowledge about puberty and sexuality. Information is presented in a sensitive but open manner. It has simple language and fun illustrations which boys will enjoy.</p> <p><i>Parents, Health educators, Health professionals, Teachers, Young people.</i></p>
	<p><b>\$14.95</b> <u>Where Did I Come From</u></p> <p>This much-loved book tells the facts of life in a way that children can understand and parents can enjoy. Where Did I Come From? covers the basic facts from lovemaking, orgasm, conception, and growth inside the womb through to the actual birth day. It names all the names and shows all the important parts of the body.</p> <p><i>Parents, young people.</i></p>
	<p><b>\$27.95</b> <u>Lets Talk About Sex</u></p> <p>Let's Talk About Sex gives pre-teens and younger teenagers the biological and psychological facts of sex from conception and puberty, to birth control and AIDS. It answers lots of questions and has sections about sex and feelings, our bodies, families and babies, internet safety, and sexual health. This attractive book full of amusing illustrations, by Michael Emberley, makes learning fun.</p> <p><i>Pre-teens and younger teens.</i></p>
	<p><b>\$14.95</b> <u>100+ Questions Kids Have About Puberty</u></p> <p>100+ Questions Kids Have About Puberty This is a great resource for educators, practitioners children and their parents to help understand more about what happens as we grow from children to adults. It is written in a straight forward manner and supported by sensitive, but fun illustrations.</p> <p><i>Suitable for families with pre-teens and teens.</i></p>
	<p><b>\$28.95</b> <u>400 Questions Kids Have About Relationships</u></p> <p>400+ Questions Kids Have About Relationships The questions in this book were raised by some Australian children in no particular order and interestingly enough, most were asked about the relationships they have with their parents. So, while this book was written by, and for children, it may be a valuable insight for parents.</p> <p><i>Parents and teachers.</i></p>
	<p><b>\$33.95</b> <u>500 plus Questions Kids Have About Sex</u></p> <p>500+ Questions Kids Have About Sex This is a valuable resource for all the family and will help both children and parents begin talking about a subject that can sometimes be a little tricky. Author Lyndall Caldwell and Gaye...</p> <p><i>Parents and teachers.</i></p>





	<p><b>\$47.95</b> <u>Girls Without Limits</u></p> <p>Girls Without Limits: Helping Girls Achieve Healthy Relationships, Academic Success, and Interpersonal Strength A girl's relationships, social skills, academic abilities, career choice, self-concept, and confidence are all impacted and influenced by her experiences in adolescence. Her sense of self can influence the choices she will make related to academics, career, and social and dating relationships. Educators who work with and care about girls must recognise that the barriers to girls' success occur on individual and systemic levels. Our society places clear value on certain types of behaviours for girls and boys, and many students feel pressured to adhere to these expectations. In many cases, these expectations hold girls back academically, in careers, and in relationships.</p> <p><i>Girls and parents.</i></p>
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### For students with a disability

	<p><b>\$40.00</b> <u>Puberty and Special Girls</u></p> <p>This book is written for girls with special needs such as intellectual disability, physical disability, communication disorder or autism. The first book by these authors, <i>Special Girls' Business</i>, gives a step-by-step guide to managing periods. <i>Puberty and Special Girls</i> contains more comprehensive information and provides girls with a greater understanding about puberty and sexuality. Practical hints for parents, teachers and carers are also included</p> <p><i>For girls with special needs - helping them adjust to the changes experienced at puberty.</i></p>
	<p><b>\$40.00</b> <u>Special Boys Business</u></p> <p><b>Special Boys' Business</b> is easy to understand, with colourful illustrations and clear text. It is written for boys with intellectual disability, physical disability, communication disorder or autism, and can be suitable for any younger boy with reading difficulties. It includes a section on handy hints for mums, dads, and carers, and another for schools and staff, plus a list of reference books for parents, carers, boys and teachers.</p> <p><i>Disability workers, Health educators, Health professionals, Parents of children with disabilities, Teachers.</i></p>
	<p><b>\$40.00</b> <u>Special Girls Business</u></p> <p>Here is a terrific new book, which will help girls with special needs to enjoy learning how to manage their periods. <b>Special Girls' Business</b> comes in a large format and uses engaging, full colour illustrations and clear text to take girls with special needs and their carers step-by-step through the process of managing periods. It includes a section on handy hints for mums, dads and carers, and another section especially for school staff.</p> <p><i>Disability workers, Parents of girls with a disability, Teachers, Health educators, Health professionals.</i></p>
	<p><b>\$23.95</b> <u>Susan's Growing Up</u></p> <p>One of the <i>Books Beyond Words</i> series for healthcare professionals, parents and carers who support people with learning difficulties. This is a story about what can happen to a girl when she starts her period. People do not need to be able to read in able to understand the story.</p> <p><i>Recommended for students with learning difficulties.</i></p>
	<p><b>\$49.50</b> <u>Taking Care of Myself</u></p> <p>Through a combination of social stories and easy-to-understand activities, this book offers a curriculum that guides the child and the caregiver on issues of health, hygiene, and the challenges of puberty. <b>Taking Care of Myself</b> is a valuable resource for anyone who cares for, or works with, young people with autism.</p> <p><i>Counsellors, Carers, Disability Workers, Parents of children with disabilities.</i></p>



## For Educators and Health Professionals and Older Teens

	<p><b>\$43.95</b> <u>Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders</u></p> <p>Beginning with information on good practice, policy, teaching methods and recent research, the book then divides into key sex education topics that assist professionals in developing their own individualised and developmentally appropriate curricula. Covering issues of gender, public and private, puberty, hygiene, emotions, sex and more, each topic provides an overview of the difficulties that children with autism might experience, discussion and activity ideas and photocopiable resources including instructional stories, checklists and illustrations. The final section demonstrates how to respond to ongoing patterns of inappropriate behaviour and put together a behaviour plan.</p> <p><i>For educators, social workers and health professionals.</i></p>
	<p><b>\$18.99</b> <u>Sex And Other Stuff The A to Z of everything you need to know</u></p> <p>This book is informative and easy-to-read and is an essential reference for teenagers, but teachers can find it useful as well. <i>Sex and Other Stuff</i> is written by Annie Rose, a registered nurse/teenage pregnancy counsellor/ primary and secondary school sexuality educator. It contains heaps of facts in alphabetical order. Facts about the human body, facts about sex, facts about good and bad and ugly aspects of human behaviour – important facts that no-one else might tell you, for whatever reason. In the end knowledge is powerful. Here are the A to Z facts about sex – honest, sometimes surprising, no holds barred. And at the back of the book there are several pages of places to go for more information or help.</p> <p><i>Young people, high school students and teachers.</i></p>
	<p><b>\$26.99</b> <u>A to Z of Growing Up Puberty and Sex</u></p> <p>A – Z of Growing Up, Puberty and Sex The A-Z of Growing Up, Puberty and Sex is the perfect ready-reference guide to help you get through adolescence. Get to grips with all of the important, and sometimes embarrassing, facts of life. Packed with lots of practical support on how to deal with the physical and emotional changes that growing up brings. This book explains words and terms, both medical and slang, to help you find your way through puberty from A-Z.</p> <p><b>NB: has slang terms.</b> <i>Young people, Teachers and Students.</i></p>
	<p><b>\$12 – \$19</b> <u>Amazing True Story of How Babies are Made</u></p> <p>Available at ABC stores, Kmart, Big W and target and online. An upgrade on the 70's 'Where Did I Come' from by cartoonist and author Fiona Katauskas. Straightforward and honest and including alternative methods of contraception such as IVF, sperm and egg donation as well as different types of families and parents. With a hefty dose of humour to help alleviate the embarrassment.</p> <p><i>Parents, young people.</i></p>