



Resources

Lesson 1: Puberty

Websites & Books

for further reading and research

Websites:

NHS website. "Stages of Puberty: What Happens to Boys and Girls." *Nhs.Uk*, 2 Mar. 2020, www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls.

Brazier, Yvette. "What to Know about Puberty." *Medical News Today*, 26 Oct. 2020, www.medicalnewstoday.com/articles/156451.

"Different Is Normal - Changing Bodies and Genitals | Planned Parenthood Video." *Planned Parenthood*, www.plannedparenthood.org/learn/teens/puberty. Accessed 23 Feb. 2021.

"Menstrual Cycle Tool." *Womenshealth.Gov*, Office on Women's Health, www.womenshealth.gov/menstrual-cycle/your-menstrual-cycle.

"Menstrual Cycle Calendar and Phases." *Conception Advice*, www.conceptionadvice.com/menstrual-cycle-calendar-phases.

Canadian Paediatric Society. "Growing up: Information for Boys about Puberty." *Canadian Paediatric Society*, www.caringforkids.cps.ca/handouts/behavior-and-development/information_for_boys_about_puberty.

Books:

***What's Happening to My Body* by Lynda Madaras and Area Madaras**

The writers go into great detail on a number of subjects including puberty changes, how to buy a bra, hygiene, periods, falling in love and more. There's even a detailed guide that explains the changes boys go through when entering puberty, which can answer a lot of questions a girl might wonder about.

If your daughter is just looking for the basic information she has to know, *What's Happening to My Body* might offer more than she's looking for. On the other hand, it's probably better to have too much information, rather than not enough.

***The Period Book: A Girl's Guide to Growing Up* by Jennifer Gravelle and Karen Gravelle**

The book delves into all the issues girls wonder about, and even has a section to help get them through the dreaded parent/child sex talk. Another section answers "what if" questions, helping ease girls' anxieties about a number of potentially embarrassing situations, without having to ask.

Humor is scattered throughout, but make no mistake, *The Period Book* is a solid resource and doesn't shy away from tough topics. If your [daughter has questions about menstruation](#), puberty, or is shy about asking them, this book can break the ice.

Guy Stuff: The Body Book for Boys (American Girl) by Cara Natterson

The American Girl Body Book has always been my choice for girls and now there is a boys book titled *Guy Stuff: Body Book for Boys*," says Dr. Feldman. The author, Cara Natterson, is also a pediatrician, a mom, and "go-to puberty expert," as her [website states](#). "These easy reading books provide basic information every tween needs to approach this next phase in life and feel confident while doing it," adds Dr. Feldman.

What's Going on Down There?: A Boy's Guide to Growing Up by Karen Gravelle

You could call this a classic now that it's more than 20 years and has sold more than 150,000 copies. It has been described as part manual and part older brother with its funny and relatable illustrations and interviews with real pre-teen boys. It's filled with all the facts that every boy needs to navigate their way from boyhood to manhood with confidence. The latest version includes new sections that cover body image, sexual harassment, consent, and using social media safely.

Hair in Funny Places by Babette Cole

A highly entertaining and light hearted look at the fact that one day your child's body will start to change to that of an adult.

It is recommended that most kids should read this book a couple of times each year, from the age of 5.

You can find a [video review](#) here and buy a copy of **Hair in Funny Places** from [Amazon](#) and [Book Depository](#).

If your child is about 9 or 10, and you are looking for your first book on puberty, then these gender-specific books are perfect.

Secret Boys Business and Secret Girls Business by Rose Stewart, Fay Angelo and Heather Anderson

This book focuses on puberty without getting into sex or anything like that – all that stuff is for later on! And there are 2 more books from the same authors that also build onto that knowledge!

I would suggest sitting down and reading this book together and then letting your child take it off to read on their own.

You can find a [video review](#) here of Secret Boys Business and buy a copy from [Book Depository](#).

And you can find a [video review](#) here of Secret Girls Business and buy a copy from [Book Depository](#).

This is a good book to have for kids aged between 10-12. It is a pretty in-depth and detailed book that talks about puberty, but also about sex, contraception, STIs and sexual abuse. But it is age-appropriate, which means that there is not too much information!

Perfectly Normal by Robie H. Harris

This is one of many sex education books written by this author. They are frequently updated and are still a best-seller, many years later.

You can find a [video review](#) here and buy a copy from [Amazon](#) and [Book Depository](#).

Asking about Sex and Growing Up: A Question-and-Answer Book for Boys and Girls, by Joanna Cole and Alan Tiegreen

Today's children hear about sex all the time-on television, in the movies, and from their friends. But what they hear and see does not always give a healthy or even an accurate view of sexuality.

This unique book, the only one of its kind for preteens, uses a question-and-answer format to offer straightforward information on a wide variety of subjects that often concern and mystify young people