



BOOKS ON PUBERTY

Cole, Joanna. [Asking About Sex & Growing Up : A Question-And-Answer Book For Kids](#)

This book is designed for both boys and girls to answer questions they have about sex but are embarrassed to ask. Each chapter contains commonly asked questions about sex and other issues with growing up and provides concise, easy to understand answers. Well organized and designed for easy browsing.

Patterson, Claire. [It's OK to be You: A Frank and Funny Guide to Growing Up](#)

“We're all different, we're all alike, we're all okay” is the basic theme of this self-acceptance book. Straightforward text describes bodies, feelings, and the changes that come with growing up. Juxtaposed with this information are black-and-white line diagrams and cartoons, peopled by a cast of characters who add light commentary to the goings on.

Richardson, Justin. [Everything You Never Wanted Your Kids To Know About Sex, \(But Were Afraid They'd Ask\): The Secrets To Surviving Your Child's Sexual Development From Birth To The Teens](#)

Written by two Harvard-trained doctors, this one-of-a-kind survival guide helps parents stay sane through every stage of their child's sexual development—from infancy to the teen years and beyond. With confidence, wisdom, and humor, Dr. Justin Richardson, a psychiatrist and noted consultant on youth and sex, and Dr. Mark A. Schuster, a pediatrician and leading researcher on parenting strategies and adolescent sexuality, help us regain our equilibrium with this remarkable book. Smart, frank, and occasionally hilarious, this comprehensive guide offers practical and often surprising answers to the questions that bedevil parents at every stage in their children's coming-of-age.

Saltz, Gail. [Changing You : A Guide to Body Changes and Sexuality](#)

Written by a medical doctor, this is an informational picture book about body changes. Illustrations depict the subject to give a basic understanding without being overly graphic. It serves as a good introduction to the scientific details and biological processes of growing up.

FOR GIRLS

[American Medical Association Girl's Guide To Becoming A Teen](#)

This book is a comprehensive guide to puberty and becoming a teenager from a trusted authority on medical matters. It addresses matters such the changes puberty brings, the importance of exercise, and advice on relationships and information about sex.

Gravelle, Karen. [The Period Book: Everything You Don't Want To Ask \(But Need To Know\)](#)

A detailed and comprehensive discussion of the menstrual process, including discussions of changes of puberty, menstruation, feminine products, menstrual problems, and common questions many girls are embarrassed to ask but need to know.



Holmes, Melisa. [Girlogy's There's Something New About You! : A Girl's Guide To Growing Up](#)

Written by two female doctors who are also moms , this book takes a humourous look at an often stressful subject. In addition to the advice, there are great stories about a cast of characters who are going through the same things you may be:

Jukes, Mavis. [It's A Girl Thing: How To Stay Healthy, Safe, And In Charge](#)

Combining her own and friends' reminiscences with current research, Jukes discusses a wide variety of subjects from buying a bra to sexual harassment and abuse. In a warm, conversational style, she covers body changes in both boys and girls, menstruation, general health, drinking and drugs, sexual feelings, pregnancy, contraceptives, and sexually transmitted diseases including AIDS. The text is sometimes humorous, but always conveys caring, respect, and concern.

Jukes, Mavis. [Growing Up: It's A Girl Thing : Straight Talk About First Bras, First Periods, And Your Changing Body](#)

A slimmed-down version of Jukes's *It's a Girl Thing* (Knopf, 1996) that explores puberty firsts such as bras and periods. The author imparts the essential information vital to a young woman's early development. Speaking with the sensitivity of an older, trusted sister, Jukes assures readers that the changes, or lack of, in their bodies are perfectly normal. She covers body hair and shaving, perspiration and deodorant, and how to buy your first bra. The second half of the book is devoted to what to expect and how to plan for your first period. Jukes details the pros and cons of pads and tampons and gives practical, safe advice for alleviating cramps.

Madaras, Lynda. [Ready, Set, Grow!: A "What's Happening To My Body?" Book For Younger Girls](#)

Set up in a similar format to *On Your Mark, Get Set, Grow!*, this guide for girls is equally as informative and useful as its companion piece. It provides a solid introduction to all topics puberty related for girls and includes lots of useful illustrations and diagrams.

FOR BOYS

[American Medical Association Boys' Guide To Becoming A Teen](#)

The American Medical Association Boy's Guide to Becoming a Teen is filled with invaluable advice to get you ready for the changes you will experience during puberty. Learn about these important topics and more:

- * Puberty and what kinds of physical and emotional changes you can expect-from your developing body to your feelings about girls
- * The importance of eating the right foods and taking care of your body
- * Pimples, acne, and how to properly care for your skin
- * Your reproductive system-inside and out
- * Thinking about relationships and dealing with new feelings

Dunham, Kelli S. [The Boy's Body Book](#)

Written by a registered nurse, this book clearly explains the physical and emotional changes that puberty brings as well as dealing with school, problems at home and with peers. The format invites browsing and offers quick tips and bits of information.



Madaras, Lynda. [On Your Mark, Get Set, Grow!: A "What's Happening To My Body?" Book For Younger Boys](#)

A solid introduction to puberty and body change for boys in fourth through sixth grade. It is written in easy to understand language and provides detailed descriptions of the various aspects of puberty. Following each chapter is a question and answer section which addresses common questions for that topic.