

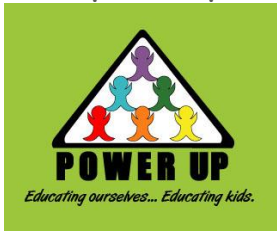
Body Smart from Child to Teen

Resource List

Books for: Pre-teen/Teens; Older Teens; Parents/Teachers
Websites for: Teens; Parents; Sexual Diversity for Pre-Teen/Teens

Books for Pre-teen/Teens

"Boy's Guide to Becoming a Teen"	<i>by Kate Gruenwald Pfeifer</i>
"Girls Guide to Becoming a Teen"	<i>by Kate Gruenwald Pfeifer</i>
"Hair, There, and Everywhere"	<i>by A Book about Growing Up by Jacqui Bailey</i>
"It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health"	<i>by Robie H. Harris</i>
"Puberty: Coming to a Body Near You"	<i>by Kerri Isham</i>
"The Boy's Body Book: Everything You Need to Know for Growing Up You"	<i>by Kelli Dunham</i>
"The Care and Keeping of You: The Body Book for Girls"	<i>by Valorie Lee Schaefer</i>
"The Girl's Body Book: Everything You Need to Know for Growing Up You"	<i>by Kelli Dunham</i>
"The "What's Happening to My Body?" Book for Boys: A Growing Up Guide for Parents and Sons"	<i>by Lynda Madras</i>
"The "What's Happening to My Body?" Book for Girls: A Growing Up Guide for Parents and Daughters"	<i>by Lynda Madras</i>
"Understanding the Facts of Life"	<i>by Susan Meredith</i>
"What's Happening to Me?: A Guide to Puberty"	<i>by Peter Mayle</i>
"What's Happening to Me?"	<i>by Alex Frith</i>
"What's Happening to Me?"	<i>by Susan Meredith</i>
"Where Did I Come From?"	<i>by Peter Mayle</i>



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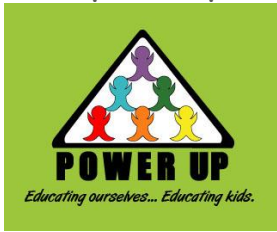
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Books for Older Teens

"Body Drama: Real Girls, Real Bodies, Real Issues, Real Answers"	by Nancy Redd
"Changing Bodies, Changing Lives: Expanded Third Edition: A Book for Teens on Sex and Relationships"	by Ruth Bell
"Girl Talk: All the Stuff Your Sister Never Told You"	by C. Weston
"Puberty: Coming to a Body Near You"	by Kerri Isham
"S.E.X.: The All-You-Need-To-Know Progressive Sexuality Guide to Get you Through High School and College"	by Heather Corinna
"The Guy Book: An Owner's Manual: Maintenance, Safety and Operating Instructions for Boys"	by Mavis Jukes
"The Little Black Book for Girlz" & "The Little Black Book for Guys"	St. Stephen's Community House
"The New Teenage Body Book"	by Kathy McCoy and Dr. Charles Wibbelsman

Books for Parents/Teachers

"From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children"	by Debra Haffner
"Meg Hickling's Grown-Up Sex"	by Meg Hickling
"Puberty: Coming to a Body Near You"	by Kerri Isham
"The Transgender Child: A Handbook for Families and Professionals"	by Stephanie Brill
"The New Speaking of Sex: What Your Children Need to Know and When They Need to Know It"	by Meg Hickling
"Sex and Sensibility: The Thinking Parent's Guide to Talking Sense about Sex"	by Debra Roffman



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Websites for Teens

www.powerupworkshops.ca	http://www.youngandhealthy.ca/caah/
www.optionsforsexualhealth.org	http://kidshealth.org/teen/sexual_health/
http://sexetc.org/	http://www.thatsosexy.com/
http://www.spiderbytes.ca/	http://www.takecaredownthere.org/#/watch/find-the-sti/
http://www.sexualityandu.ca	http://www.scarleteen.com/
http://www.iwannaknow.org/	http://bc.wontgetweird.com/
http://www.planetahead.ca/	http://www.plannedparenthood.org/teen-talk/
http://kidshealth.org/	http://www.itsyoursexlife.com/gyt?utm_source=gyt09

Celebrate Sexual Diversity for Pre-Teen and Teens

http://youthsafe.net/	http://www.fyrefly.ualberta.ca/
http://calgaryoutlink.ca/	http://www.ctys.org/about_CTYS/FamiliesInTransition.htm
http://www.galebc.org/	http://community.pflag.org/Page.aspx?pid=194&srcid=-2
http://outproud.org/	http://www.bidstrup.com/cool.htm

Websites for Parents

www.powerupworkshops.ca	www.optionsforsexualhealth.org
www.sexualityandu.ca	http://www.bccdc.ca/default.htm
http://talkingwithkids.org/	http://www.sexhealth.org/
http://bc.wontgetweird.com/	http://kidshealth.org/
http://islandsexualhealth.org/parents/overview	
http://media.oprah.com/lberman/talking-to-kids-about-sex-handbook.pdf	