

PARENT READING LIST

The purpose of the following books is to give general sexual health information. However some of the sexually transmitted infection and birth control information may not be current or entirely accurate.

For up to date information, please visit www.sexualityandu.ca or call the Sexual Health Centre at 905-688-3817 or 1-800-263-5757

All of the following books can be found in the St. Catharines Public Library System.

Resources for Children Under 8

Where Willy Went. Allan, Nicholas, New York: Alfred A. Knopf, 2004

Who Has a Belly Button? Batten, Mary. Atlanta, GA: Peachtree Publishers, Ltd., 2004

What's The Big Secret: Talking About Sex With Girls and Boys. Brown, Laurie Krasny & Brown, Marc, Boston, MA: Little, Brown and Company, 1997

When You Were Inside Mommy. Cole, Joanna. New York: Harper Collins Publishers, 2001

Baby on the Way. Sears, William, Sears, Martha & Watts Kelly Christie. Boston, MA: Little, Brown and Company, 2001

Resources for Children 8-13

Changes in You and Me: A Book About Puberty, Mostly for Girls. Bourgeois, Paulette & Wolfish, Martyn. Toronto: Key Porter Books, 2005

Changes in You and Me: A Book About Puberty, Mostly for Boys. Bourgeois, Paulette & Wolfish, Martyn. Toronto: Key Porter Books, 2005

What's Going on Down There? Answers to Questions Boys Find Hard to Ask. Gravelle, Karen. New York: Walker & Co., 1998

It's So Amazing. Harris, Robie H. Cambridge, MA: Candlewick Press, 1999

Life Cycle: Birth, Growth and Development. Macnair, Patricia. Boston, MA: Kingfisher, 2004

Ready, Set, Grow! A "What's Happening to My Body?" Book for Younger Girls. Madaras, Lynda. New York: Newmarket Press, 2003

Reproduction. Parker, Steve.. Chicago, IL: Raintree, 2004

Resources for Teens

The Underground Guide to Teenage Sexuality. Basso, Michael. Minneapolis: Fairview Press, 2003

Changing Bodies, Changing Lives. Bell, Ruth, New York: Times Books, 1998

Sex Explained. Clausener-Petit, Magali & Daly, Melissa. New York: Amulet Books, 2004

Teen Sex. Endersbe, Julie Mankato, Minnesota: Capstone Press, 2000

The Guy Book. Jukes, Mavis. New York: Crown Publishers, 2002

Resources for Parents

So Your Child is Gay. Bain, Jerald. Toronto: Harper Collins, 2000

From Diapers to Dating. A Parent's Guide to Raising Sexually Healthy Children. Haffner, Debra. New York: Newmarket Press, 1999

More Speaking of Sex. Hickling, Meg. Kelowna, BC: Northstone Publishing, 1999

Ten Talks Parents Must Have With Their Children About Sex and Character. Schwartz, Pepper & Cappello, Dominic. New York: Hyperion, 2000

The above are resources recommended by Niagara Region Public Health. However, not all views expressed within may be representative of Niagara Region Public Health. These resources are recommended only as a means in which to facilitate family discussions.