Books to help with RSE at home

These books are suggestions/ recommendations from a number of sources: Southampton Library service, PSHE association, Common Sense media, parents and staff. We have not read them all, so if you choose to use any of these it may be a good idea to borrow them from the library first to check that you are happy with the content. Some of these we do use in school and these have been highlighted. NB: Some of the books in this section can be for up to mid-teens and so it would be a good idea to check that you are happy with the content yourselves first.

Book image	<u>Title and author</u>	Suggested age range	ISBN number		
Puberty/ Reproduction/ Growing up					
Bodies	All kinds of bodies Judith Heneghan	5 - 7	978-1445161112		
HAIR IN FUNNY PLACES Bebette Cole	Hair in funny places Babette Cole	7 - 9	978- 0099266266		
A mazing So	Amazing you! Getting smart about your private parts. Gail Saltz	3 - 7	978-0142410585		
Begin?	How did I begin? Mick Manning and Brita Granstrom	6 - 11	978-0749656614		
Help! WHY AM I CHANGING? THE GROWING-UP GUIDE FOR PHE-TEN BOYS AND GHILS REAL THE CHANGE THE CHANG	Help! Why am I changing ? The growing up guide for pre-teen boys and girls Susan Akass	9 - 12	978-1782497172		
LYNDA MADARAS WITH ALLA MADARAS ""WHAT'S HAPPENING, TO MY BODY?" SOOK 10% GMA. IN SECTION GROUP FAIRS FOR PRETENS AND EAST	What's happening to my body? Lynda Madaras	10 - 13	978-1557047649		
PERIOD COMIC	The Period Comic: A Girl's Easy Guide to Puberty and Periods	9 -15			
	Florence Igboayaka				

Che Period Book.	The Period Book Karen Graville (1998)	9 - 12	978- 0802784209
WHAT'S GOING ON DOWN THERE? A BOYS GUIDE TO GROWING UP Xana Grando Annotation behave Leighton	What's going on down there? A boy's guide to growing up Karen Gravelle	8 -12	978-1681193618
DR CHRISTIAN'S	Dr Christian's Guide to You Dr Christian Jessen Deals with growing up healthy in mind and body e.g stress, sleep, eating, body image and self-esteem	10 - 14	978-1407165448
A Gurls BOOK. Guide to Greening Up Score Greening Accord Control	The period book - A Girl's guide to Growing up	8 - 12	978-1619636620
CELEBRATE YOUR BODY WANTED W	Celebrate your body - The ultimate puberty book for girls Sonya Renee Taylor	8 - 12	978-1641521666
Growing up God's Way for gris	Growing up God's way for girls Dr Chris Richards and Dr Liz Jones	9 - 13	978- 1783970001
MY BODY'S SUITE PROVIDER	My body's superpower Maryann Jacobsen	9 - 12	978- 0999564530
GROW GROW MARING TO Re WORKES JUDE FOR BOSS	How to grow up and feel amazing!: The no worries guide for boys	10 - 13	978- 1526362957

Growing up God's way for boys	Growing up God's way for girls Dr Chris Richards and Dr Liz Jones	10 - 14	978- 0852349991
STUFF & BOYS & B	Guy Stuff - The body book for boys Carra Natterson	9 - 12	978- 1683370260
GROWING UP GREAT!	The ultimate puberty book for boys - Growing up Great! Scott Todnem	8 - 14	978-1641524643
Where Willy	Where Willy went Nicholas Allen	5 - 7	978- 0099456483
the Birds and the Beas	Let's talk about the birds and the bees Molly Potter	5 - 10	978-1472946416
etummy Laid an Egy/	Mummy laid an egg Babette Cole	5 - 7	978- 00992991105
AND THE STATE OF T	It's not the stork! Robert H Harris	4 - 8	978-0763633318
Making a baby	Making a baby - An inclusive guide to how every family begins Rachel Greener Includes IVF	6 - 10	978-1788008013
First Certifies and Agency But Seems Source Bu	Where do babies come from - lift the flap book Usborne	4 - 6	978- 1409598824
YOU REMOVE BOUT HORES!	Your growing body and clever reproductive system Find out how your body works Paul Mason	9 - 11	978-0750292511