

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.**

<u>Book image</u>	<u>Title and author</u>	<u>Suggested age range</u>	<u>ISBN number</u>
Puberty/ Reproduction/ Growing up			
	All kinds of bodies Judith Heneghan	5 - 7	978-1445161112
	Hair in funny places Babette Cole	7 - 9	978-0099266266
	Amazing you! Getting smart about your private parts. Gail Saltz	3 - 7	978-0142410585
	How did I begin? Mick Manning and Brita Granstrom	6 - 11	978-0749656614
	Help! Why am I changing ? The growing up guide for pre-teen boys and girls Susan Akass	9 - 12	978-1782497172
	What's happening to my body? Lynda Madaras	10 - 13	978-1557047649
	The Period Comic: A Girl's Easy Guide to Puberty and Periods Florence Igboayaka	9 -15	

	The Period Book Karen Graville (1998)	9 - 12	978-0802784209
	What's going on down there? A boy's guide to growing up Karen Gravelle	8 -12	978-1681193618
	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
	The period book - A Girl's guide to Growing up	8 - 12	978-1619636620
	Celebrate your body - The ultimate puberty book for girls Sonya Renee Taylor	8 - 12	978-1641521666
	Growing up God's way for girls Dr Chris Richards and Dr Liz Jones	9 - 13	978-1783970001
	My body's superpower Maryann Jacobsen	9 - 12	978-0999564530
	How to grow up and feel amazing!: The no worries guide for boys	10 - 13	978-1526362957

	Growing up God's way for boys Dr Chris Richards and Dr Liz Jones	10 - 14	978-0852349991
	Guy Stuff - The body book for boys Carra Natterson	9 - 12	978-1683370260
	The ultimate puberty book for boys - Growing up Great! Scott Todnem	8 - 14	978-1641524643
	Where Willy went Nicholas Allen	5 - 7	978-0099456483
	Let's talk about the birds and the bees Molly Potter	5 - 10	978-1472946416
	Mummy laid an egg Babette Cole	5 - 7	978-00992991105
	It's not the stork! Robert H Harris	4 - 8	978-0763633318
	Making a baby - An inclusive guide to how every family begins Rachel Greener Includes IVF	6 - 10	978-1788008013
	Where do babies come from - lift the flap book Usborne	4 - 6	978-1409598824
	Your growing body and clever reproductive system Find out how your body works Paul Mason	9 - 11	978-0750292511