

Puberty Resources for Parents and Guardians

Check-out this list of puberty related websites, videos, and books for information and resources to learn more and spark conversations at home.

WEBSITES

- [KidsHealth](#)
KidsHealth.org provides information and advice for young people on hundreds of physical, emotional, and behavioral topics — from birth through the teen years. There are resources for parents, kids, teens, and educators with articles, videos, and lesson plans.
- [Sex Positive Families](#)
Sexpositivefamilies.com provides education and resources that help families raise sexually healthy children using a shame-free, comprehensive, and pleasure-positive approach. They provide live workshops for caregivers and their puberty-aged children as well as self-paced modules that caregivers and children can watch together.
- [Common Sense Media](#)
Commonsensemedia.org has reviews and tips for parents in finding age appropriate media (movies, books, video games, social media sites, etc.) for young people.

VIDEOS

- [Amaze](#)
Amaze.org provides engaging, educational, age-appropriate, animated sex education videos for young people ages 9-14 on a variety of puberty related topics. Amaze also has specific videos and resources for parents and educators.
- [Puberty: Planned Parenthood](#)
Planned Parenthood's YouTube channel has short videos that describe puberty that are inclusive of transgender and intersex youth experiences and are also available in Spanish.

BOOKS

Elementary School Age

- [It's So Amazing](#) by Robie Harris (2014)
Children have plenty of questions about reproduction and babies—and about sex and sexuality, too. *It's So Amazing!* provides the answers—with fun, accurate, comic book style artwork and a clear, lively text that reflects the interests of children ages 7 and up in how things work, while giving them a healthy understanding of their bodies.
- [Sex is a Funny Word](#) by Cory Silverberg (2015)
A comic book for kids that includes children and families of all makeups, orientations, and gender identities. It is a resource about bodies, gender, and sexuality for children ages 8-10 and their parents and caregivers. It can open up conversations in a way that allows adults to convey their values and beliefs while providing information about boundaries, safety, and joy.

- [**It's Perfectly Normal**](#) by Robie Harris (2021)
This updated illustrated guide to sexual health for girls and boys ages 10-14 presents sexual activity as enjoyable, but requiring mature, careful decision-making. It supports postponing and abstaining from sex, and also provides information on contraception and abortion. It uses both scientific language and slang to ensure both accuracy and relevance. The text is comprehensive, detailed, and supports young people to make responsible decisions to stay healthy.
- [**Respect!: Consent, Boundaries and Being in Charge of YOU**](#) by Rachel Brian (2020)
A guide for children ages 6-10 to understand consent and bodily autonomy. Kids learn about boundaries and how to set them; ways to respect themselves and others; what to do if someone makes them feel uncomfortable or unsafe; and much more. Along the way, they are encouraged to reflect on (and improve) their own behavior and to practice consent in their daily lives.
- [**The Every Body Book: The LGBTQ+ Inclusive Guide for Kids about Sex, Gender, Bodies, and Families**](#) by Rachel E. Simon (2020)
An illustrated book about sex, gender and relationships that is inclusive of all sexual orientations and gender identities and covers puberty, hormones, pregnancy, consent, sex, babies, relationships, and families. It uses gender-neutral language and celebrates diversity in all its forms, including race, ethnicity, faith, bodies, gender, and sexuality. Children ages 8-12 will find answers to their questions. The book also includes many resources, along with a guide for adults.
- [**The Gender Wheel: A Story about Bodies and Gender for Every Body**](#) by Maya Christina Gonzalez (2018)
This book provides a body positive approach that helps children and supportive adults see a wide range of bodies, understand the origins of the current gender binary system, and make room for all bodies and genders. The Gender Wheel offers a kid friendly, nature-based, holistic framework for understanding gender.

Pre-teen School Age

- [**Will Puberty Last My Whole Life?: REAL Answers to REAL Questions from Preteens About Body Changes, Sex, and Other Growing-Up Stuff**](#) by Julie Metzger (2018)
Preadolescents want answers to questions about puberty—from friendships and feelings, to pimples, babies, body hair, menstruation, bras, and much more. This book provides answers from an experienced nurse-physician team who have been giving seminars to preteens and their parents for more than 25 years. All questions in the book were asked by kids during their classes. The new edition contains updated language and additional questions and answers regarding sex, sexuality, consent, and gender identity.
- [**Vaginas and Period 101: A Pop-Up Book**](#) by Kristen Lilla (2019)
Use this Pop-Up Book as a fun and creative way to learn more about vaginas and periods. The book uses pop-ups to explain how the female reproductive system works, colorful graphics to normalize anatomy, and describes various menstrual product options. The book is primarily aimed at girls ages 9-12.

- [**The Every Body Book: The LGBTQ+ Inclusive Guide for Kids about Sex, Gender, Bodies, and Families**](#) by Rachel E. Simon (2020)
An illustrated book about sex, gender and relationships that is inclusive of all sexual orientations and gender identities and covers puberty, hormones, pregnancy, consent, sex, babies, relationships, and families. It uses gender-neutral language and celebrates diversity in all its forms, including race, ethnicity, faith, bodies, gender, and sexuality. Children ages 8-12 will find answers to their questions. The book also includes many resources, along with a guide for adults.
- [**Positive Sexuality: A Kid's Inclusive Guide to Being Body Aware**](#) by Sara Matilde Perry (2019)
Start conversations about positive sexuality with accurate information about gender identity, gender expression, consent, and self-trust. This book is based in the context of empowerment and on research findings that show teaching about pleasure and confidence are an integral part of sexual health.

Parents and Guardians

- [**The Sex Education Answer Book: By the Age Responses to Tough Questions Kids Ask Parents about Sex**](#) by Cath Hakanson (2021)
This book includes child-friendly answers to more than 200 commonly asked questions! With content organized by age group, navigation is quick and easy. Learn how to speak to your child about reproduction, sex, bodies, relationships, pregnancy, masturbation, sexual diversity, gender, STIs, and more!
- [**Sex Positive Talks to Have With Kids**](#) by Melissa Carnagey (2020)
This is a guide to creating an open, shame-free connection with the young people in your world. These talks will help caregivers create the kind of bond that keeps kids safer, empowered, and returning to you for support along their journey. Melissa Carnagey, renowned sexuality educator for youth and families, walks you through over 150 conversation starters, reflection exercises, and activities you can begin implementing at every age and stage on topics such as: bodies, consent, pleasure, sex, menstruation, gender, sexual orientation, safe & unsafe touch, pornography, feelings, relationships, and media literacy. This inclusive, medically accurate, comprehensive guide is perfect for any parent or caregiver that's ready to normalize the talks and be that trusted adult we all needed growing up.
- [**The Parents' Guide to Puberty: Proven Parenting Tips for Talking About Sex, Body Maturation and Teen Anxiety**](#) by Cath Hakanson (2021)
This book provides parents and guardians with a means of communication that will answer any question your curious kids can imagine. Pairing prompts with approachable talking points, Hakanson teaches techniques to reduce the stress and ensure nothing gets lost in translation. By following her effective, down-to-earth methods, you'll soon be building an environment with free-flowing information and understanding.