

# Parents Corner Topics:

# Puberty



Aurora  
Public  
Library  
District

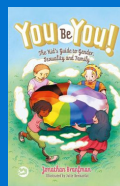
JGN  
CORI, H



Wait, What?: A Comic Book Guide to Relationships, Bodies, and Growing Up  
Heather Corinna & Isabella Rotman

A graphic novel guide that covers essential topics for preteens and young teens about their changing bodies and feelings.

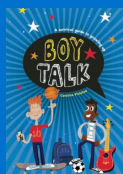
J 305.3  
BRAN, J



You Be You!: The Kid's Guide to Gender, Sexuality, and Family  
Jonathan Branfman

This is an illustrated children's book for ages 7-11 that makes gender identity, sexual orientation and family diversity easy to explain to children.

J 612.6  
PLAI, C



Boy Talk  
Caroline Plaisted

Discusses body changes that happen to boys during puberty, such as acne, body hair, body odor, mood swings, crushes, and more, and gives suggestions to teen boys for taking care of their hygiene and keeping good relationships.

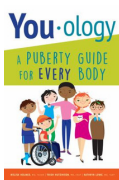
J 612.661  
DUNH, K



The Girl's Body Book  
Kelli S. Dunham

The newly updated fifth edition of the Girl's Body Book helps prepare girls and their parents for the ups and downs of puberty, middle school, and everything in between, including topical issues like school safety and #MeToo. Covering body changes, personal hygiene, self-confidence, and leadership, the Girl's Body Book helps prepare girls for puberty and beyond.

J 612.661  
HOLM, M



You-ology: a Puberty Guide for Every Body

Melisa Holmes, Trish Hutchison & Kathryn Lowe

For curious kids and parents looking to talk about puberty in an inclusive way, You-ology offers fact-based, age-appropriate, and body positive information about the physical, social, and emotional changes ahead for all kids.

J 612.661  
LOVE, G



Puberty is Gross But Also Really Awesome  
Gina Loveless

Get the whole picture with this honest, humorous, and empowering survival guide to the tween years. It's packed with straightforward illustrations, easy-to-understand scientific information, interesting studies, and tips from experts, covering everything from breast development and gender identity to acne and mental health.

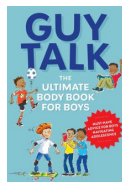
J 612.662  
STYN, Y



Welcome to Your Period  
Yumi Stynes

Getting your period for the first time can be mortifying, weird, and messy--and asking questions about it can feel even worse. But it doesn't have to be that way. This taboo-free guide is packed with honest advice and big-sisterly wisdom on all the things girls need to know: from what cramps feel like to whether you can feel blood coming out, to what you should do if your pad leaks onto your clothes.

J 613.042  
GUY



Guy Talk: The Ultimate Body Book for Boys

This easy to read, diverse guide is illustrated for better understanding and includes bodies of all shapes, abilities, and sizes. With Guy Talk, get the answers to the questions you don't know who to ask or are too embarrassed to.

Also available: Girl Talk: The Ultimate Body Book for Girls

J 613.042  
SCHA, V

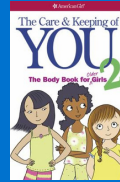
The Care & Keeping of You 1,  
The Body Book for Younger Girls  
Valorie Lee Schaefer



Our best-selling body book for girls just got even better! With all-new illustrations and updated content for girls ages 8 and up, it features tips, how-tos, and facts from the experts. You'll find answers to questions about your changing body, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between.

J/T  
613.042  
NATT, C

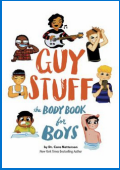
The Care & Keeping of You 2:  
The Body Book for Older Girls  
Cara Natterson



This thoughtful advice book will guide you through the next steps of growing up. With illustrations and expert contributors, this book covers new questions about periods, your growing body, peer pressure, personal care, and more! Written for girls 10 and up, it follows up the original bestseller with even more in-depth details about the physical and emotional changes you're going through.

J 613.0423  
NATT, C

Guy Stuff: The Body Book for Boys  
Cara Natterson



This book will provide you with the answers that will help you take care of yourself better, from hair care to healthy eating, bad breath to shaving, acne to voice changes, and everything in between. With tips, how-tos, and facts from a real pediatrician, it's the perfect book to help you learn about your body's changes.

J 613.0424  
TAYL, S

Celebrate Your Body: (and its  
Changes, Too!)

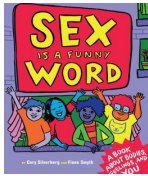
Sonya Renee Taylor



Celebrate your body (and it's changes, too!) is your guide to understanding and loving your body - now and as it continues to change. Here's everything you need to know about breasts and bras, your period, hair here and there, feelings and friends, and so much more.

J 613.9071  
SILV, C

Sex is a Funny Word  
Cory Silverberg & Fiona Smyth



Sex Is a Funny Word is an essential resource about bodies, gender, and sexuality for children ages 8 to 10 as well as their parents and caregivers. This book opens up conversations between young people and their caregivers in a way that allows adults to convey their values and beliefs while providing information about boundaries, safety, and joy.

PT 158.2  
BRIA, R

Consent (for Kids!): Boundaries,  
Respect, and Being in Charge of YOU  
Rachel Brian



This is a guide to consent and bodily autonomy, packed with bright and energetic illustrations. Readers will 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.

## ADDITIONAL RESOURCES:

Parenting Through Puberty: Mood Swings, Acne, and Growing Pains | PT J 613.0433 KOWA,S

When Boys and Girls Become Men and Women: Everything You Need to Know About Growing Up | PT 305.2355 MULL, J

It's Perfectly Normal: Changing Bodies, Growing Up, Sex, Gender, and Sexual Health | J 613.9 HARR, R