

WE HELP KIDS AND FAMILIES
BE THEIR HEALTHIEST



PUBERTY / PUBERTÉ

*Kaitlin Atkinson Family Resource Library / Bibliothèque de
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Resource List / Ressources

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Puberty / Puberté

Ados, amour et sexualité: version fille / Borten-Krivine, Irene -- Paris: éditions Albin Michel, 2001.

Ce livre explore plusieurs sujets d'intérêts pour les adolescentes tels que la puberté, les visites chez le gynécologue, la contraception, les règles, l'image de soi, les maladies transmises sexuellement et plusieurs autres. Pour les enfants de 12 à 17 ans

FAM HQ 51 .B67

Changes in you, for girls / Siegel, Peggy C -- Richmond, VA: Family Life Education Associates, 1991.

This book explains changes of puberty in a simple, positive manner. It covers such topics as physical development, masturbation, and sexual abuse prevention.

FAM HQ 51 .S53

Hair in funny places / Cole, Babette -- London, UK: Jonathan Cape, 1999.

This is a story book about puberty and growing up. Appropriate for Ages: 8-10 years.

FAM HQ 53 .C64

Info santé jeunes / Cadeac, Brigitte -- Paris: Del La Martinière Jeunesse, 1998.

Un guide pour les adolescents qui répond à toutes sortes de questions sur le corps, la santé, l'amour, la dépression, la toxicomanie, la nourriture et les risques. Pour les enfants de 12 à 17 ans

FAM HQ 35 .C32

My body, my self for girls: The "what's happening to my body?" workbook / Madaras, Lynda. -- New York: Newmarket Press, 2007.

This book is acknowledged for its thorough coverage of both the physical and emotional issues surrounding puberty and adolescence. It also contains activities, checklists, illustrations, and plenty of room for journal jottings, plus lots of personal stories in which girls share their concerns and experiences about growing up. For ages 10 and up

FAM HQ 51 .M29 2007

The period book / Gravelle, Karen -- New York: Walker and Company, 1996.

A user-friendly book about menstruation and puberty that addresses many private worries that girls may have a hard time talking about.

FAM HQ 51 .G73

This is slow going but am I stuck? / Connaughty, Sharon -- Vancouver: British Columbia's Children's Hospital, 1998.

This is a short booklet for boys explaining the changes that are happening to their bodies and when to expect them.

FAM HQ 41 .C66

Sex Education / Éducation sexuelle

Changing bodies, changing lives: a book for teens on sex and relationships -- New York: Random House, 1997.

Candidly discusses teenage sexuality and the many physical and emotional changes that occur during adolescence.
FAM HQ 35 .B44

Dico ado: les mots de la vie / Dolto, Catherine -- Paris: Éditions Gallimard Jeunesse, 2001.
Offre de l'information sur la santé physique et émotionnelle d'un adolescent. Il couvre un large éventail de sujets qui incluent des aspects physiologiques, les compétences de communication et l'estime de soi.
FAM HQ 796 .D67

Dis-moi, d'où viennent les bébés? -- Belgique: Héritage, 1997.
Ce livre explique de manière générale, mais complète, comment un bébé est conçu, grandit et vient au monde. Pour les enfants de 4 ans et plus
FAM HQ 53 .D5814

Finding our way: the teen girls' survival guide / Abner, Allison -- New York: HarperCollins, 1995.
This guide for teens addresses a wide range of topics from self-image, identity issues, and health care to making friends, dating, and dealing with family.
FAM HQ 798 .A53

How can we talk about that? / Woody, Jane DiVita -- San Francisco: Jossey-Bass, 2002.
This resource can help you overcome your hang-ups so you can talk to your kids openly and honestly about sex. Throughout the book the author offers parent's practical ideas for making changes and gaining the information and communication skills they need to guide the next generation toward sexual health.
FAM HQ 57 .W66

How to talk with teens about love, relationships, & S-E-X: a guide for parents / Miron, Amy G. -- Minneapolis, MN: Free Spirit Publishing, 2002.
This candid guide covers everything you might ever want to discuss with your teen about intimacy and sex. This book provides a place to turn to, strategies to try, ideas for what to say, and guidance for meeting one of the biggest challenges parents face: communicating openly, honestly, and appropriately about these life-shaping, life-changing topics.
FAM HQ 35 .M592 2002

It's perfectly normal: a book about changing bodies, growing up, sex, and sexual health / Harris, Robie H. Cambridge, MA: Candlewick Press, 1994.
Providing accurate answers to nearly every imaginable question, from conception and puberty to birth control and AIDS, this book offers young people the information they need to make responsible decisions and stay healthy.
FAM HQ 53 .H37

Max et Lili veulent tout savoir sur les bébés / De Saint-Mars, Dominique -- Calligram, 1999.
Max et Lili découvrent tout au long de ce livre comment se font les bébés et discutent de la sexualité
FAM HQ 53 .D47

Sex and babies: first facts / Annunziata, Jane -- Washington, DC: Magination Press, 2003.
This book is for children who are ready for the basic but complete story about sexual reproduction.
FAM HQ 53 .A56

The sex lives of teenagers: revealing the secret world of adolescent boys and girls / Ponton, Lynn E -- New York: Penguin, 2000.

As therapist and narrator, Dr. Ponton gives the reader the benefit of her wise and compassionate insights into why teenagers so often jeopardize their futures and lives with risky sexual behavior. But more than that, she provides invaluable information and revelations about how teenagers deal with sexual orientation, pregnancy, gender roles, puberty, menstruation, and sexual fantasies.
FAM HQ 35 .P66

Sex is a funny word / Silverberg, Cory. -- New York; Oakland: Seven Stories Press, 2015.

A comic book for kids that includes children and families of all makeups, orientations, and gender identities, this book is an essential resource about bodies, gender, and sexuality for children ages 8 to 10 as well as their parents and caregivers.
FAM HQ 76.25 .S58 2015

Sexuality, relationships and me -- Calgary: Canadian Down Syndrome Society, 1999.

This is a set of 8 booklets on the following topics: Being around other people; Changes in your body for girls; Changes in your body for boys; Pregnancy and sexually transmitted diseases; Intimacy and marriage; Facts on sexual hurting; Masturbation & privacy for girls; Masturbation & privacy for boys.
FAM HQ 57.2 .S49

The teenage guy's survival guide / Daltry, Jeremy -- Boston: Little, Brown, 1999.

This book tackles issues that adolescent boys face each day--from asking a girl out on a date to truths and myths about boys' "rites of passage". Appropriate for ages 12-17 years
FAM HQ 797 .D34

Where do babies come from? / Royston, Angela -- Toronto: Macmillan, 1996.

Answers to basic questions young children might have about reproduction. Appropriate for ages 4-6 years
FAM HQ 53 .R69

Sexual Identity / L'identité sexuelle

Always my child: a parent's guide to understanding your gay, lesbian, bisexual, transgendered, or questioning son or daughter / Jennings, Kevin; Shapiro, Pat. -- New York: Simon & Schuster, 2003.

Offers advice and support for parents with adolescents dealing with sexual identity, personal confusion, bigotry, tension, and other challenges of being gay, lesbian, bisexual, or transgendered.
FAM HQ 76.25 .J37 2003

Gender born, gender made: raising healthy gender-nonconforming children / Ehrensaft, Diane. -- New York: Experiment, 2011.

This book seeks to humanize the experience of gender-nonconforming and to remind us that children often will tell you what they need, if only we learn how to listen.
FAM HQ 76.25 .E58 2011

The gender quest workbook: a guide for teens & young adults exploring gender identity / Testa, Rylan Jay. -- Oakland, CA: New Harbinger Publications, 2015.

If you are a transgender and gender nonconforming (TGNC) teen, you may experience unique challenges with identity and interpersonal relationships. In addition to experiencing common teen challenges such as body changes and peer pressure, you may be wondering how to express your

unique identity to others. This book incorporates skills, exercises, and activities from evidence-based therapies-such as cognitive behavioral therapy (CBT)-to help you address the broad range of struggles you may encounter related to gender identity, such as anxiety, isolation, fear, and even depression.

FAM HQ 76.25 .T58 2015

My child is gay: how parents react when they hear the news -- Crow's Nest, Australia: Allen & Unwin, 2006.

This is a collection of letters by parents which share the journey towards understanding and acceptance of their child's sexuality.

FAM HQ 76.25 .M9 2006

My princess boy: a mom's story about a young boy who loves to dress up / Kilodavis, Cheryl. -- New York: Aladdin, 2011.

This is a non-fiction picture book about acceptance. It tells the tale of a 4-year-old boy who happily expresses his authentic self by enjoying "traditional girl" things like jewelry, sparkles, or anything pink. It is designed to start and continue a dialogue about unconditional friendship and teaches children and adults how to accept and support children for who they are and how they wish to look.

FAM HQ 76.25 .K535 2010

Now that you know: a parent's guide to understanding their gay and lesbian children / Fairchild, Betty -- San Diego: Harcourt Brace, 1998.

Discusses the nature of homosexuality and helps children and parents understand each other, how to respond supportively to gay children; health & emotional issues that affect gay communities today.

FAM HQ 76.25 .F34

Ryan's mom is tall / Jopling, Heather -- Cobourg, ON: Nickname Press, 2006.

This comparative book of opposites highlights the differences between Ryan's Mom and Mummy while using a puzzle motif to create a picture of families in the new millennium.

FAM HQ 777.8 .J66 2006

So your child is gay: a guide for Canadian families and friends / Bain, Jerald -- Toronto: HarperCollins, 2000.

This empathetic book was written for parents, siblings, friends, medical professionals, and gay people themselves. This is the first Canadian guide to help families cope with their fears and concerns, offering well-researched, advice, comfort and hope. Filled with personal anecdotes, this book discusses male/female homosexuality in a family context. It explodes the myths and misconceptions surrounding the subject and deals clearly and compassionately with the real, everyday issues gays and their families face.

FAM HQ 76.3 .C3 B34

Some assembly required: the not-so-secret life of a transgender teen / Andrews, Arin. -- New York: Simon & Schuster BFYR, 2014.

Seventeen-year-old Arin Andrews shares all the hilarious, painful, and poignant details of undergoing gender reassignment as a high school student.

FAM HQ 76.25 .A63 2014

The transgender child / Brill, Stephanie A -- San Francisco: Cleiss Press, 2008.

This book covers the developmental, legal, medical and school issues that families of transgendered children may face.

Special Needs / Besoins particuliers

Couples with intellectual disabilities talk about living and loving / Schwier, Karin Melberg -- Rockville, MD: Woodbine House, 1994.

This is a collection of profiles of people with disabilities who speak about their lovers and partners.
FAM HQ 54.3 .S38

I openers: parents ask questions about sexuality and children with developmental disabilities /

Hingsburger, Dave. -- Vancouver, BC: Family Support Institute Press, 1993.

This book offers insightful and intelligent answers to real-life questions from parents, with the goal of teaching children with developmental disabilities about sexuality. The author has worked extensively with people with disabilities and he treats this subject not only with sensitivity but with good humour.

FAM HQ 57.2 .H56

Janet's got her period: planning for self-care in menstruation for girls and young women with special learning needs / Gray, Judi. -- Carlton, Australia: Social Biology Resources Centre, 1990.

This resource kit informs women and young girls with intellectual or physical disabilities about menstrual management and self-care. Using graphic depictions, the DVD and accompanying booklet give step-by-step instructions on what young women should know about menstruation.
FAM HQ 53 .G72 1990

Sexuality, relationships and me – Calgary: Canadian Down Syndrome Society, 1999.

This is a set of 8 booklets on the following topics: Being around other people; Changes in your body for girls; Changes in your body for boys; Pregnancy and sexually transmitted diseases; Intimacy and marriage; Facts on sexual hurting; Masturbation & privacy for girls; Masturbation & privacy for boys.

FAM HQ 57.2 .S49

Web Sites / Sites internet

Adolescent Sexuality: Talk the Talk Before They Walk the Walk – [healthychildren.org](http://www.healthychildren.org)

<http://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Adolescent-Sexuality-Talk-the-Talk-Before-They-Walk-the-Walk.aspx>

Talking to your Child about Puberty - Kids Health – Information for Kids, Teens and Parents from the Nemours Foundation

http://kidshealth.org/parent/positive/talk/talk_about_puberty.html

Puberty – Medline Plus from the U.S. National Library of Medicine

<http://www.nlm.nih.gov/medlineplus/puberty.html>

Teen Sexual Health – Medline Plus from the U.S. National Library of Medicine

<http://www.nlm.nih.gov/medlineplus/teensexualhealth.html>

Physical Health - Kids Help Phone / Santé physique - Jeunesse J'écoute

<http://www.kidshelpphone.ca/Teens/InfoBooth/Physical-Health.aspx>



Puberty and Sexual Health – Parenting in Ottawa / Puberté et santé sexuelle – Être parent à Ottawa
<http://www.parentinginottawa.ca/en/youth/puberty-and-sexual-health.aspx>

How to Talk to Your Child About Sex (ages 6 to 8) – Baby Center
http://www.babycenter.com/0_how-to-talk-to-your-child-about-sex_67908.bc

Sexuality and You / Ma sexualité
<http://www.sexualityandu.ca/>

Gay, Lesbian, and Bisexual Teens: Facts for Teens and Their Parents - Healthy Children
<http://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Gay-Lesbian-and-Bisexual-Teens-Facts-for-Teens-and-Their-Parents.aspx>

Sexuality and Disability: Guide for Parents – Alberta Health Services
<http://www.arc-spokane.org/PDFs/Sexuality%20and%20Developmental%20Disability%20parent%20guide.pdf>

YouTube

"The Talk" Sexual Health And Identity by Dr. Stephen Feder, Part 1 (Five part series)– CHEOvideos
<https://www.youtube.com/watch?v=5xu4K9T5SIQ>

This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.

The guide represents material available in the Family Resource Library collection at CHEO. It is not intended to be an exhaustive list. Your local public library may also be able to provide you with information.

If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.

Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à library@cheo.on.ca.

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