PUBERTY / PUBERTÉ

Kaitlin Atkinson Family Resource Library / Bibliothèque de ressources familiales Kaitlin Atkinson

Resource List / Ressources

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Puberty / Puberté

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

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

This is a story book about puberty and growing up. Appropriate for Ages: 8-10 years.
FAM HQ 53 .C64

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

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

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

Candidly discusses teenage sexuality and the many physical and emotional changes that occur during adolescence.

FAM HQ 35 .B44


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


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 798 .D5814


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


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


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


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 découvrent tout au long de ce livre comment se font les bébés et discutent de la sexualité

FAM HQ 53 .D47


This book is for children who are ready for the basic but complete story about sexual reproduction.

FAM HQ 53 .A56
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

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

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

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

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

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

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

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

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

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

This book covers the developmental, legal, medical and school issues that families of transgendered children may face.
Special Needs / Besoins particuliers

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

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

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

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

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

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

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