

Recommended Reading List



This list was developed by the Women's Fund of Omaha and includes resources for parents/caregivers and young people. The books included on this list are medically accurate, age appropriate and inclusive. Additional books can be found on Sex Positive Parents reading list by age at <https://sexpositivefamilies.com/resources/reading-list/>.

AGES
3-12

KIDS AND YOUTH

BODIES ARE COOL

by Tyler Feder (2021), 3+

Topics and ideas: body positivity, body diversity, disability

CELEBRATE YOUR BODY (and it's changes too!): The Ultimate Puberty Guide for Girls

by Sonya Renee Taylor (2018), 8 years+

Topics and ideas: body positivity, judgment-free, body changes, bras, moods, feelings, resources

DON'T TOUCH MY HAIR!

by Sharee Miller (2018), Elementary

Topics and ideas: black hair positivity, consent, appropriate touch

THE EVERY BODY BOOK: The LGBTQ+ Inclusive Guide for Kids about Sex, Gender, Bodies and Families

by Rachel E. Simon (2020), 8-12 years

Topics and ideas: puberty, gender, inclusive language, diverse families

GUY STUFF: The Body Book for Guys

by Cara Natterson (2017), 8-12 yrs

Topics and ideas: cis boys, body changes, emotions, masculinity

IT'S NOT THE STORK

by Robie Harris (2006), 4-6 years

Topics and ideas: Babies, bodies, girls, boys, families

IT'S PERFECTLY NORMAL

by Robie Harris (2014), 10 years+

Topics and ideas: changing bodies, sex, sexual health, STIs, online safety

IT'S SO AMAZING!

by Robie Harris (2014), 7-10 years

Topics and ideas: eggs, sperm, birth, babies, families

JULIÁN IS A MERMAID

by Jessica Love (2018), 4-8 years

Topics and ideas: gender non-conforming child, self-love, Spanish language

MY BODY! WHAT I SAY GOES!: A book to empower and teach children about personal body safety, feelings, safe and unsafe touch, private parts, secrets and surprises, consent, and respectful relationships

by Jayneen Sanders (2016), 3-10 years

Topics and ideas: consent, safe vs. unsafe touch, correct names for private parts, body safety
Indigenous Edition and Activity book available

THE NONNIE SERIES

by Dr. Mary Jo Podgurski, 7-12 years

Books include: pregnancy and birth, puberty, gender, race, sex, trauma, relationships, consent, disability

SEX IS A FUNNY WORD

by Cory Silverberg, Illustrated by Fiona Smyth (2015), 8-11 years

Topics and ideas: privacy, safety, respect, boundaries, gender identity, safe touch, crushes, love

THESE ARE MY EYES, THIS IS MY NOSE, THIS IS MY VULVA, THIS IS MY NOSE

by Dr. Lexx Brown James (2018), 2-8 years

Topic and ideas: body parts, gender diversity, pronoun usage, body positive, diverse families

WHAT MAKES A BABY

by Cory Silverberg (2012), Preschool – 8 years

Topics and ideas: diverse ways babies are made, conception, gender-inclusive

YES! NO! A FIRST CONVERSATION ABOUT CONSENT

by Megan Madison (2022), Jessica Ralli, Isbael Roxas, 3+

Topics and ideas: consent, touch, bodily autonomy, empathy

**AGES
12+**

ADOLESCENTS AND YOUNG ADULTS

A QUICK & EASY GUIDE TO CONSENT

(Graphic Novel)

by *Isabella Rotman (2020)*

Topics and ideas: navigating relationships, boundaries, gender-inclusive, sexual violence

A QUICK & EASY GUIDE TO SEX & DISABILITY

by *A. Andrews (2020)*

Topics and ideas: communication tips, accessibility issues, navigating relationships and sex

BEYOND THE GENDER BINARY

by *Alok Vaid-Menon (2020)*

Topics and ideas: gender, self-love

THE BODY IS NOT AN APOLOGY:

The Power of Radical Self-Love

by *Sonya Renee Taylor (2018)*

Topics and ideas: Body positivity, body shame, radical self-love

DATING AND SEX: A Guide for the 21st Century Teen Boy

by *Dr. Andrew Smiler (2016)*

Topics and ideas: masculinity, body image, healthy relationships, communicating about sex, consent

MELISSA

by *Alex Gino (2015)*

Topics and ideas: progressive middle school fiction, transgender girls

ME AND WHITE SUPREMACY: How You Can Fight Racism and Change the World Today, Young Readers Edition

by *Layla Saad (2022)*

Topics and ideas: racism, white privilege, becoming anti-racist

S.E.X.: The All-You-Need-To-Know Progressive Sexuality Guide to Getting You Through High School and College, 2nd Edition

by *Heather Corinna (2016)*

Topics and ideas: gender-inclusive, healthy relationships, safer sex, birth control, STIs, consent, body image, sexual orientation, managing cultural conflicts, extensive resources

THIS BOOK IS GAY

by *Juno Dawson (2021, Revised and updated)*

Topics and ideas: LGBTQ instruction manual, real stories from diverse youth across the gender and orientation spectrum, includes asexual identity

YOU DON'T KNOW EVERYTHING JILLY!

by *Alex Gino (2018)*

Topics and ideas: deaf child, ASL, race, affirming identities

YOU KNOW, SEX

by *Cory Silverberg and Fiona Smith (2022)*

Topics and ideas: body autonomy, gender, porn literacy, boundaries, stigma

ADULT

PARENTS, CAREGIVERS AND ASKABLE ADULTS

FOR GOODNESS SEX: Changing the Way We Talk to Teens about Sexuality, Values and Health

by *Al Vernacchio (2014)*

MAKING SENSE OF "IT": A Guide to Sex for Teens (and Their Parents, Too!)

by *Alison Macklin (2018)*

NOT THAT BAD: Dispatches from Rape Culture

by *Roxane Gay (2018)*

QUEERING SEXUAL VIOLENCE: Radical Voices from Within the Anti-Violence Movement

by *Jennifer Paterson (2016)*

SEX POSITIVE TALKS TO HAVE WITH KIDS

by *Melissa Pintor Carnagey, LBSW (2020)*

TALK TO ME FIRST: Everything You Need to Know to Become Your Kids' "Go-To" Person About Sex

by *Deborah Roffman (2013)*

TEACHING CHILDREN WITH DOWN SYNDROME ABOUT THEIR BODIES, BOUNDARIES AND SEXUALITY

by *Terri Couwenhoven (2007)*

THE ESSENTIAL SEX EDUCATION BOOK FOR PARENTS: Guided Conversations to Have with Your Tweens and Teens

by *Daniel Rice (2022)*

MY BODY BELONGS TO ME: A PARENT'S GUIDE: How to Talk with Young Children about Personal Boundaries, Respect and Consent

by *Dr. Elizabeth Schroeder (2021)*