

Recommended Reading List



This list was developed by the Women's Fund of Omaha and includes resources for parents/caregivers and young people. The list includes books that are medically accurate, age appropriate and inclusive.

**AGES
3-12**

KIDS AND YOUTH

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 positive, 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

INSIDE OUT! YOUR BODY IS AMAZING INSIDE AND OUT AND BELONGS ONLY TO YOU

by Dr. Mary Jo Podgurski (2012), 6-10 years

Topics and ideas: safe vs. unsafe touch, caring adults, boundaries, body pride, bodily autonomy

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

SOMETIMES THE SPOON RUNS AWAY WITH ANOTHER SPOON

Coloring Book by Jacinta Bunnell (2010), 3+

Topics and ideas: gender roles and norms, gender expression

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

**AGES
12+**

ADOLESCENTS AND YOUNG ADULTS

A QUICK & EASY GUIDE TO CONSENT

(GRAPHIC NOVEL)

By Isabella Rotman 15+

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

A QUICK & EASY GUIDE TO SEX & DISABILITY

By A. Andrews, 15+

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

THE BODY IS NOT AN APOLOGY:

The Power of Radical Self-Love

by Sonya Renee Taylor (2018), 15+

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), 13+

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

GEORGE

by Alex Gino (2015), 12-15 years

Topics and ideas: progressive middle school fiction, transgender girls

NOT YOUR MOTHER'S MEATLOAF:

A Sex Education Comic Book

Edited by Saiya Miller & Liza Bley (2013), 14+

Topics and ideas: gender diverse, consent, safer sex, intimacy, real people telling real stories

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), 13+

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 (2015), 13+

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), 12-15 years

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

ADULT PARENTS, CAREGIVERS AND MENTORS

BREAKING THE HUSH FACTOR:

Ten Rules for Talking with Teenagers about Sex

by Dr. Karen Rayne (2015)

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)

Topics and ideas: conversation starters, reflection exercises and activities on bodies, safe & unsafe touch, consent, porn, gender, sex and more.

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)

THERE'S NO PLACE LIKE HOME... FOR SEX EDUCATION

by Mary Gossart (2015)