

# Recommended Reading for Let's Talk Month



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

### **WHAT MAKES A BABY**

by Cory Silverberg (2012), Preschool – 8 years

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

**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

### **SOMETIMES THE SPOON RUNS AWAY WITH ANOTHER SPOON**

Coloring Book by Jacinta Bunnell (2010), 3+

Topics and ideas: gender roles and norms, gender expression

### **IT'S NOT THE STORK**

by Robie Harris (2006), 4-6 years

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

### **DON'T TOUCH MY HAIR!**

by Sharee Miller (coming November 2018), Elementary

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

### **JULIÁN IS A MERMAID**

by Jessica Love (2018), 4-8 years

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

### **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

### **THE NONNIE SERIES**

by Dr. Mary Jo Podgurski, 7-12 years

Books include: Pregnancy and Birth, Puberty, Gender, Race, Sex, coming soon – Trauma

### **IT'S SO AMAZING!**

by Robie Harris (2014), 7-10 years

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

### **IT'S PERFECTLY NORMAL**

by Robie Harris (2014), 10 years+

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

**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

### **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

**AGES  
12+**

## **ADOLESCENTS AND YOUNG ADULTS**

### **GEORGE**

by Alex Gino (2015), 12-15 years

Topics and ideas: progressive middle school fiction, transgender girls

### **YOU DON'T KNOW EVERYTHING JILLY!**

by Alex Gino (2018), 12-15 years

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

**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

**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

**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

**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

**ADULT**

## **PARENTS, CAREGIVERS AND MENTORS**

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

by Al Vernachio (2014)

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

by Deborah Roffman (2013)

**BREAKING THE HUSH FACTOR:  
Ten Rules for Talking with Teenagers about Sex**

by Dr. Karen Rayne (2015)

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

by Mary Gossart (2015)

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

by Terri Couwenhoven (2007)

**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)

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

by Alison Macklin (2018)