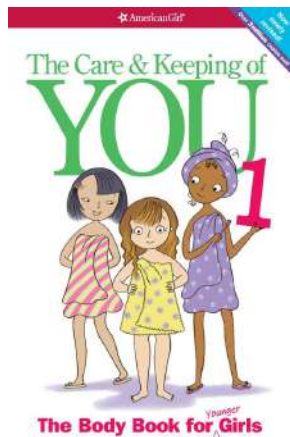
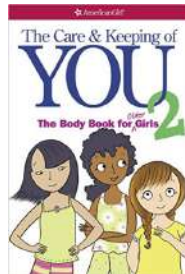


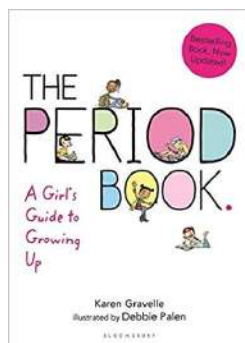
## Reading List - Books on Puberty, Growing up.



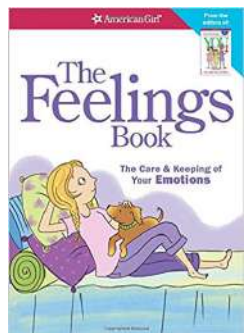
The Care and Keeping of You: The Body Book for Younger Girls, Revised Edition (American Girl Library)  
by Valorie Schaefer (Author), Josee Masse (Illustrator)  
AND The Care and Keeping of You 2: The Body Book for Older Girls



Celebrate Your Body (and Its Changes, Too!): The Ultimate Puberty Book for Girls  
by Sonya Renee Taylor (Author), Bianca I. Laureano (Foreword)  
AND Celebrate Your Body 2: The Ultimate Puberty Book for Preteen and Teen Girls

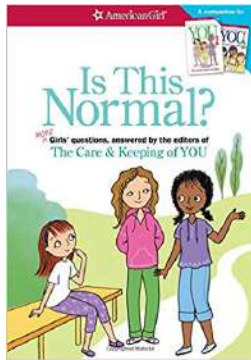


The Period Book: A Girl's Guide to Growing Up  
by Karen Gravelle (Author), Jennifer Gravelle (Author), Debbie Palen (Illustrator)

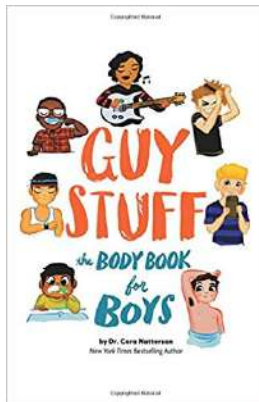


The Feelings Book: The Care and Keeping of Your Emotions  
by Dr. Lynda Madison (Author), Josee Masse (Illustrator)

\*Older addition may be at the library - updated in 2013



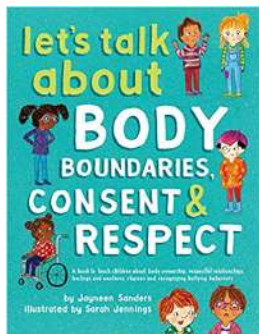
Is This Normal: MORE Girls' Questions, Answered by the Editors of The Care & Keeping of You, 2015  
by Darcie Johnston (Author)



Guy Stuff: The Body Book for Boys  
by Cara Natterson (Author), Micah Player (Illustrator)



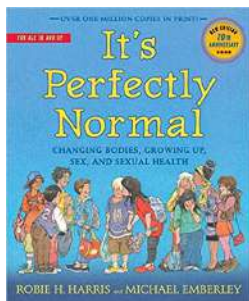
Growing Up Great!: The Ultimate Puberty Book for Boys  
by Scott Todnem (Author)



“READ WITH ME” - Be sure to read this book with the adults at home.

Let's Talk About Body Boundaries, Consent and Respect: Teach children about body ownership, respect, feelings, choices and recognizing bullying behaviors

by Jayneen Sanders (Author), Sarah Jennings (Illustrator)



“READ WITH ME” - Be sure to read this book with the adults at home.

It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health (The Family Library)

by Robie H. Harris (Author), Michael Emberley (Illustrator)