



# Recommended Books

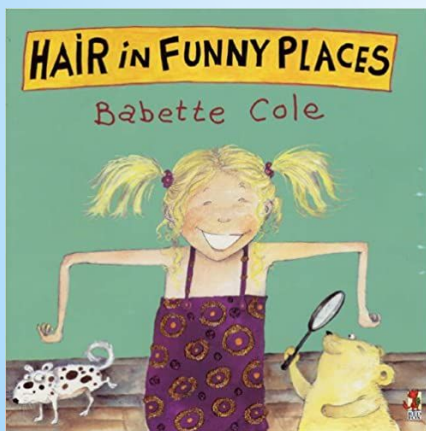
There are a wide range of materials to help parents and carers with introducing RSE to their children and responding to the questions and concerns they may have.

The following is recommended:

1. **Read any books** you plan to share beforehand – check language used and content covered.
2. Keep any explanations **short and to the point** – too much information can be overwhelming and your child may be too embarrassed to listen for long
3. **Be prepared for questions** and know where to find the answers! – children may be happier writing questions on post-it notes rather than asking aloud.

**‘Lift-the-Flap Questions & Answers About Growing up,’** by Katie Daynes, illustrated by Shelley Laslo (Usborne)

A great addition to the classic lift-the-flap range from Usborne. This one features over 60 flaps and tackles some of the whys and wherefores of growing older and puberty in bite-sized format. It looks at what changes might happen to a boy or girl’s body as they get older and why these changes occur. It uses proper biological vocabulary (vagina, penis, sperm, uterus) as it discusses hormones, periods, shaving and more. Although it describes the functions of the reproductive organs, no explanation as to the physical process of sex is given

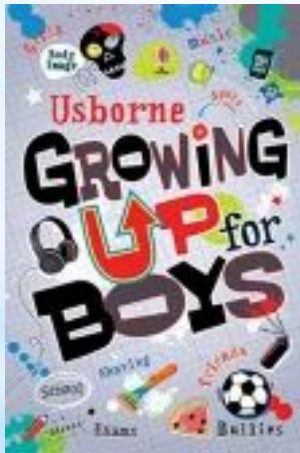


**Hair In Funny Places** by Babette Cole

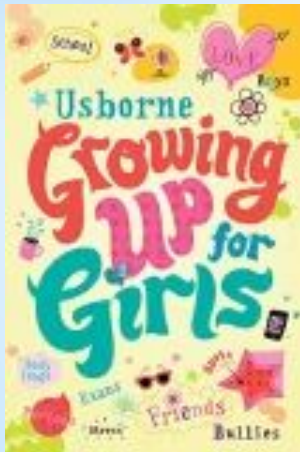
Girls and boys are always curious and sometimes even alarmed by the behaviour of their bodies as they grow up. Puberty being a particularly unsettling time, Babette Cole has made this the subject of the fifth title in her bestselling series of 'family dilemmas'.



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The **'Boys'** Edition (by Alex Frith, illustrated by Kate Sutton) – this title describes the physical and emotional changes a boy will experience as they go through puberty. It also tackles the subjects of drugs, cyber-bullying, and mental health, and explains in brief some of the changes girls go through too. There is a section about sex and contraception which is sensitively written yet factual and should help set minds at ease.



The **'Girls'** Edition (by Felicity Brooks, illustrated by Katie Lovell) – of course, this title explains the physical and emotional changes girls may experience as they get older, including periods, buying bras, mood changes, exam stress and eating disorders. It also covers sex and relationships, STIs, contraception and body image. There's a summary of the changes boys go through too.



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**'Respect: Consent, Boundaries and Being in Charge of You,' by Rachel Brian (Hachette Publishing)**



'Respect' is a very accessible, highly-illustrated text presented in a comic book style which makes it an easily digestible way of broaching potentially tricky subjects with children, starting with an explanation of what 'consent' actually means.

The book then goes on to explore the ideas of: body autonomy, trusting your gut feelings, giving and getting consent, saying no and changing your mind, growing healthy relationships, reflecting on your past behaviour and helping others in a bad situation. Although that may seem like a lot of information, all the concepts are explained in a short and snappy way which will appeal to young readers.