



## Some resources suitable for children up to age 11 on the topics of growing up, relationships and sex

### **4You : growing up...what's it all about?** fpa (2003)

Straightforward information about puberty and growing up for young people aged 9 and upwards, this booklet will help them prepare for the physical and emotional changes that happen to everyone.

### **A Very Touching Book... for Little People and for Big People** by Jan Hindman (1983)

A book aimed at children with learning disabilities to help them understand appropriate and inappropriate touch, but suitable for everyone.

### **Hair in funny places** by Babette Cole (2001), London: Jonathan Cape Ltd.

Children aged 9 and upwards are likely to be fascinated by the humour in both the illustrations and text of this book. The picture book format, which is more typical of a reading book for younger children, is cleverly used to provide factual information about the changes that take place at puberty.

### **King & King** by Linda de Haan and Stern Nijland (2000), Berkeley: Tricycle Press

The queen decrees that it's time for the prince to marry and the search is on! Princesses come from far and wide hoping to catch his eye. Will the prince be charmed by a magic act or mesmerised by the miss from Mumbai? Or will he simply follow his heart. A story book for children on the theme of same sex relationships.

### **Let's Talk About Where Babies Come From** by Robie H Harris (1999), London: Walker

Answers many of the questions 8 – 12 year olds have about babies, bodies, love, sex, reproduction and families. Full of colourful illustrations to keep children interested. Available via the **fpa** website

### **Let's Talk About Sex** by Robie H Harris (2004), London: Walker

Thorough, frank and up-to-date information on all aspects of growing up, puberty, sex and sexual health. Covers both biology and emotions, and includes information on contraception and parts of the body. Suitable for children aged 10 and upwards. Available via the **fpa** website

### **Mummy laid an egg!** by Babette Cole (2000), London: Red Fox.

A humorous twist on sex and relationships education as children tell their parents the facts about reproduction. Brilliantly illustrated and imaginative book. Suitable for children aged 6 and upwards.

### **Periods: what you need to know, fpa** (2004)

A colourful booklet for girls aged 9 to 12 prepares them for menstruation by explaining why girls and women have periods, what happens and how to deal with them.

### **Where did I come from?** by Peter Mayle (2006), London: Macmillan

A book suitable for young children to help explain conception and pregnancy in a clear and straightforward way.

**fpa** produces a wide range of booklets and resources aimed at people of all ages. Those listed above are relevant particularly to young people aged 11 and under. For other resources aimed at teenagers and adults contact **fpa** direct for more information.

Resources not available through fpa are available from [www.amazon.co.uk](http://www.amazon.co.uk) but some of the books listed above may also be available from your local library.