

Female Resources:

American Girl Series

- The Care and Keeping of You 1: The body book for younger girls 2012 by Valorie Schaefer (revised edition)
- The Care and Keeping of You 2: The body book for older girls 2013 by Cara Natterson (revised edition)
- The Feelings Book: The Care & Keeping of Your Emotions by Dr. Lynda Madison 2013 (revised edition)
- The Smart Girl's Guide to Friendship Troubles-Dealing with Fights, Being Left Out and the Whole Popularity Thing by Patti Kellee Criswell 2013 (Revised edition)

The Period Book, Karen and Jennifer Gravelle 2017 (revised edition)

Girling Up: How to be Strong, Smart and Spectacular by: Mayim Bailik 2018

The What's Happening to my Body? Book for Girls: A Growing-up Guide for Parents and Daughters by Linda Madaras and Area Madaras 2007 (revised edition)

Male Resources:

Guy Stuff: The Body Book for Boys by Cara Natterson 2017

The What's Happening to My Body? Book for Boys by Linda Madaras and Area Madras 2007 (revised edition)

The Boy's Body Book: Everything You Need to Know For Growing Up YOU, fourth edition 2017 by Kelli Dunham, RN, BSN

Boying Up: How to be Brave, Bold and Brilliant by Mayim Bialik 2018

I'm a Boy, My Changing Body ages 8-10 by Shelly Metten, M.S., PhD 2017

General Resources:

Parenting Through Puberty: Mood Swings, Acne and Growing Pains by Suanne Kowal-Connelly, MD 2018

It's Perfectly Normal by Robie Harris 2014 (ages 10+)

Website Resources:

U.S. Dept. of Health and Human Services about talking to kids about sex
<https://healthfinder.gov/healthtopics/population/pre-teens-and-teens/safety/talk-to-your-kids-about-sex>

Always and Tampax products and information
<https://always.com/en-us>

National Assoc. of School Nurses
<https://www.nasn.org/home>

National Institutes of Health
<https://www.nih.gov/>

An interactive site dedicated to improving the self-esteem of girls
<https://www.dove.com/us/en/dove-self-esteem-project.html>

List of internet safety tips for social media, entertainment and being online
<https://www.common sense.org/>

Palo Alto Medical Foundation, information about your changing body
<http://www.pamf.org/preteen/index.html>

Center of Young Women's Health at Children's Hospital Boston
<https://youngwomenshealth.org/>

Extensive information and tips for kids and adults
<https://kidshealth.org/>

Updated 01/2019

National Institute on Drug Abuse

<https://www.drugabuse.gov/>

Information about eating disorders

<https://www.nationaleatingdisorders.org/>

Great educational site with videos and more on puberty, health and many other topics

<https://www.brainpop.com/>

Resource for parents regarding keeping their kids safe online.

<http://parentswhofight.com/>