Books for Kids

Ages 3-5


Who Has What?: All About Girls' Bodies and Boys' Bodies (Let's Talk about You and Me) by Robie Harris - This book provides our youngest children with easy-to-understand facts and answers to their delightful, thoughtful, and often nonstop questions.

What's the Big Secret? Talking About Sex with Girls and Boys by Laurie Krasny Brown and Marc Brown - This short but detailed book uses all the proper terms for genitals, shares detailed information about anatomy and touches on topics like what is good and bad touch.

NO Trespassing: This Is My Body! by Pattie Fitzgerald - Written by a child safety expert, this book does educate children about good touch and bad touch without scaring them. The book helps empower children to listen to their "uh oh" feelings and Teaches them to make boundaries with adults. Parents guide is included in the back.

Ages 6-9

The Care and Keeping of You (American Girl Library) by Valorie Schaefer - This book answers questions preteen girls have about their bodies, from healthy eating to bra-buying to periods. It offers guidance on basic hygiene and health without Addressing issues of sexuality.

The American Medical Association Girls Guide to Becoming a Teen and Boys Guide to Becoming a Teen: Getting Used to Life in Your Changing Body - These books are filled with invaluable advice to get teens ready for the changes they will experience during puberty.

Disclaimer: The book list above is not meant to be exhaustive. It was created based on accessibility, language and age-appropriateness. The Tulsa Campaign to Prevent Teen Pregnancy cannot be held liable for the content of the books.

For more resources and information, go to www.tulsacampaign.org