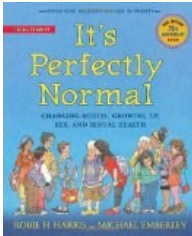


Books for Pre-Teens, Teens and Parents

Ages 10-14

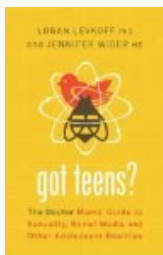


It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health by Robie H. Harris and Michael Emberley - This informative book covers a lot of ground and has many illustrations and cartoons to make heavy subjects lighter.

What's Happening to My Body? Book for Boys: A Growing-Up Guide for Parents and Sons Revised Edition and What's Happening to My Body? Book for Girls: A Growing-Up Guide for Parents and Daughters by Lynda Madaras, Area Madaras, and Simon Sullivan - Written by an experienced educator and her daughter in a reassuring and down-to-earth style. Features an introduction for parents and a helpful resource section. *These books are also available in Spanish.*

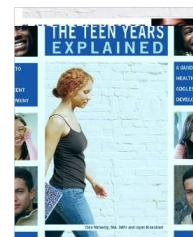


Reference



Got Teens?: The Doctor Moms' Guide to Sexuality, Social Media and Other Adolescent Realities by Logan Levkoff, Ph.D., and Jennifer Wider, M.D. - In *Got Teens?*, the Doctor Moms combine their medical and psychological knowledge with their own personal experiences to address the most cringe worthy and difficult questions that kids often ask their parents. Topics include body development, emotional changes, bullying, social media, substance abuse, and more—giving parents the confidence to tackle these subjects with authority and compassion.

The Teen Years Explained: A Guide to Healthy Adolescent Development by Clara McNeely, MA, PhD, and Jayne Blanchard - This practical and colorful guide to healthy adolescent development is an essential resource for parents, teens, and all people who work with young people.



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