

Girls and Sexuality (Resources for Girls)

Akagi, C. (1994). *Dear Larissa: Sexuality education for girls ages 11 to 17*. Littleton, CO: Gylantic Publishing. \$12.95 ISBN 1-880197-10-3 229 p.

Written for pre-teen and teen girls, these letters from a mother to her daughter should help parents and daughters feel more comfortable talking about sexuality issues together.

Bass, E. & Kaufman, K. (1996) *Free your mind: The book for gay, lesbian, and bisexual youth and their allies*. New York: HarperCollins. \$14.00 ISBN -06-095104-4 417 p.

Free your mind offers information on coming out to family and friends, finding positive role models and fitting religion into life. Topics such as HIV/AIDS and safe sex are also covered. Personal accounts from gay, lesbian, bisexual teens tell of situations faced and their reactions to those situations. A comprehensive list of resources is included.

Bell, A. & Rooney, L. (1996). *Your body, yourself: A guide to your changing body*. Chicago: RGA Publishing Group. \$8.95 ISBN 1-56565-532-X 159 p.

This book explains the changes experienced during puberty. Menstruation, sex, emotions and nutrition are all discussed.

Bell, R. (1998). *Changing bodies, changing lives*. New York: Random House. \$23.00 ISBN 0-8129-2990-X 411 p.

Changing bodies, changing lives is packed with information on sex, the body, sexual harassment and relationships. Teens' personal stories about these topics are used to throughout the book.

Gravelle, K. (1996). *The period book: Everything you don't want to ask (but need to know)*. United States: Walker. \$8.95 ISBN 0-8027-7478-4 117 p.

The Period Book covers everything about your period ranging from seeing a gynecologist to what kind of feminine products there are, and from changes during puberty to ways to handle embarrassing situations.

Gray, H. and Phillips, S. (1998). *Real girl/ Real World: Tools for finding your true self*. Seattle, WA: Seal Press. \$14.95 ISBN 1-58005-005-0 221 p.

An empowering book for all girls, *Real girl/Real World* talks about peer pressure, sexuality, homosexuality and bisexuality issues, sexually transmitted diseases and nutrition. A resource list provides information on where to find out more about topics of interest.

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Girls and Sexuality (Resources for Girls) 2

Gordon, S. (1991). *Girls are girls and boys are boys, So what's the difference?* Buffalo, NY: Prometheus Books. \$9.95 ISBN 0-87975-686-1 45 p.

"Is blue a boy's color?" "Is pink a girl's color?" This book helps explain the physical differences between boys and girls in sexual development, and explains that these differences do not effect choice of interests or careers.

Harris, R.H. (1995). *It's perfectly normal*. Cambridge, MA: Candlewick Press. \$9.99 ISBN 1-56402-159-9 89 p.

Puberty, sex, how babies are born, how to approach sexual decisions and how to take care of your changing body are all covered in *It's Perfectly Normal*. The illustrations help make the book understandable and entertaining.

Hatcher, R.A., et. (1995). *Sexual etiquette 101... and more*. Decatur, GA: Bridging the Gap Communications, Inc. \$4.95 ISBN 0-9638875-1-3 149 p.

Sexual Etiquette 101 is a crash course on sexuality. Information on the advantages and disadvantages of each type of contraception, pregnancy and ways to handle sexual situations are some of the topics. Stories from teens can be found throughout the book.

Johnston, A. (1997). *Girls Speak Out: Finding Your True Self*. New York, NY: Scholastic Press. \$17.95 ISBN 0-590-89795-0 210 p.

Girls Speak Out takes girls on a journey to find individual strengths as well as strengths in being female.

Levy, B. (1993). *In love & in danger: A teen's guide to breaking free of abusive relationships*. Seattle, WA: Seal Press. \$8.95 ISBN 1-878067-26-5 106 p.

Personal experiences of teens are related in a discussion of what dating violence is, how one can tell if their relationship is abusive, the cycle of violence and some causes, and what one can do if she or a friend is being abused.

McCoy, K., and Wibbelsman, C. (1996). *Life happens: A teenagers guide to friends, failure, sexuality, love, rejection, addiction, peer pressure, families, loss, depression, change, and other challenges of living*. New York: Berkley Publishing Group. \$11.00 ISBN 0-399-51987-4 213 p.

Life Happens offers advice and resources on how to cope with sadness, anger and anxiety often related to various issues faced by many teens today. Section topics include sexual abuse and gay/lesbian and bisexual issues.

Girls and Sexuality (Resources for Girls) 3

Madaras, L. & Madaras, A. (1988). *The what's happening to my body? book for girls: A growing up guide for parents and daughters*. New York: NewMarket Press. \$9.95 ISBN 0-937858-98-6 269 p.

This guide to growing up explains what will happen to girls' bodies, reproductive organs, and menstrual cycle during puberty. Though an older book, good basic information on changes taking place during puberty is offered.

Marcus, E. (1999). *Is it a choice?: Answers to 300 of the most frequently asked questions about gay and lesbian people*. San Francisco, CA: HarperSanFrancisco. \$13.00 ISBN 0-06-251623-X 224 p.

Using a question-and-answer approach, Marcus addresses a wide range of topics including, but not limited to, self-discovery, coming out, socializing and friends, dating, relationships and marriage, family and children, work, sex, mass media, sports, education, hate crime, religion, AIDS and activism.

Mathes, P.G. & Irby, B.J. (1993). *Teen pregnancy & parenting handbook*. Champaign, IL: Research Press. \$19.95 ISBN 0-87822-333-9 413 p.

A guide for pregnant teens or teen mothers, this handbook walks step-by-step through changes to the body and how the baby develops in the uterus. Tips on childproofing a home, eating right and delivery are also included.

O'Grady, K. & Wansbrough, P. (1997). *Sweet Secrets: Stories of Menstruation*. Toronto, ON: Second Story Press. \$9.95 ISBN 0-929005-33-3 231 p.

Sweet Secrets tells the story of menstruation and how different cultures and generations react to getting their period. There is factual information and a glossary to help you understand what you may be going through when you get your period.

Roberts, T. (Editor) (1997). *Am I the last virgin? Ten African American reflections on sex and love*. New York: Aladdin Paperbacks. \$3.99 ISBN 0-689-81254-X 145 p.

This book is a collection of essays written by African-American women that discuss sexuality – the choice to remain a virgin, incest, rape, AIDS and pregnancy. There is also a list of resources for teens dealing with these issues.

Solin, S. (1996). *The Seventeen guide to sex and your body*. New York: Aladdin Paperbacks. \$8.99 ISBN 0-689-80795-3 130 p.

This guide covers the changes your body may be going through and what guys experience during puberty. Your period, relationships, crushes and sex are all covered.

Girls and Sexuality (Resources for Girls) 4

Sutton, R. (1994). *Hearing us out: Voices from the gay and lesbian community*. Boston, MA: Little, Brown and Company. \$8.95 ISBN: 0316823139 144 p.

Nineteen American gay and lesbian people share their experiences. The a variety of different ages and backgrounds offers insight into the challenges and triumphs of people living in this community.

Weston, C. (1997). *GirlTalk, all the stuff your sister never told you*. New York: HarperCollins Publishers. \$14.00 ISBN 0-06-092850-6 337 p.

GirlTalk is a guide on sex, love, and your body. There is information on sexually transmitted diseases, how to talk to your partner about sex, contraception, your period, and relationships.

Westheimer, R. (1995). *Sex for dummies Ô*. Foster City, CA: IDG Books Worldwide. \$16.99 ISBN 1-56884-384-4 406 p.

“Dr. Ruth” contributes her expertise to the well-known Dummies Series™. She guides you through your teen years, choosing the right contraception, and making smart decisions about safer sex and sexually transmitted diseases.

Westheimer, R. (1998). *Dr. Ruth talks to kids: where you came from, how your body changes, and what sex is all about*. New York: Aladdin Paperbacks. \$5.99 ISBN 0-689-82041-0 96 p.

This famous sex therapist is offering advice on the physical and psychological changes your body may go through, STDs, pregnancy, and what sex is all about.