



2025-2026

Parent Supports and Book List for Puberty

You-Ology: A Puberty Guide for Every Body

By Kathryn Lowe, Melisa Holmes, and Patricia Hutchison ISBN 978-1-61002-569-0

A new kind of puberty guide, You-ology embraces an inclusive approach that normalizes puberty for all kids.

What's Happening To Me?

By Peter Mayle ISBN 0-8184-0312-8

This book is about the time between being a child and being an adult. Has a smarty pants approach to embarrassing questions most people do not talk about.

Where Did I Come From?

By Peter Mayle ISBN 0818402539

Describes the reproductive process from intercourse to birth.

Girlology: A Girl's Guide to Stuff that Matters

By Melisa Holmes and Patricia Hutchison ISBN 0757302955

A puberty guide for all things.

The Care and Keeping of You: The Body Book for Younger Girls, revised edition (March 2012)

By Valorie Lee Schaefer

For girls aged 8 and up. Featuring tips, how-tos, and facts from the experts. Answers questions about your changing body, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between.

The Care and Keeping of You 2: The Body Book for Older Girls (February 2013)

By Cara Natterson

An advice book to guide you through growing up. Updated information from experts about periods, your growing body, peer pressure, personal care, and more.

Just the Facts: A Guy's Guide to Growing Up

By Melisa Holmes and Patricia Hutchison ISBN 1939433010

A guy's puberty guide for all things.

The What's Happening to My Body? book for boys

By Lynda Madaras ISBN 1-55704-44...Newmarket Press, New York.

The Body Book for Boys: Everything You Need to Know for Growing Up You

By Kelli Dunham ISBN 1-60433-352-9 (for ages 9 and older)

The "What's Happening to my Body?" book for boys

By Lynda Madaras ISBN 978-1-55704 769-4

Everything preteen and teen boys need to know about their changing bodies and feelings.

My Body, My Self for Boys

By Lynda Madaras ISBN 1557042306

Companion workbook for What's Happening to my Body book for boys.

What's Going on Down There? Answers to Questions Boys Find Hard to Ask

By Karen Gravelle ISBN 0-8027-8671-5

This book is written by a nurse with guidance from two youngsters who reflect on questions they have/had about puberty.

It's a Girl Thing: How to Stay Healthy, Safe and In Charge

By Mavis Jukes ISBN 0679873929

The Teenage Guy's Survival Guide

By Jeremy Daldry ISBN 0316178241

A humorous guide for boys ages ten to fourteen, offering advice on dating, sex, body changes, and social life.

Parent information about growing up and sexual development

<http://kidshealth.org/parent/growth/index.html>

<https://kidshealth.org/en/parents/talk-about-puberty.html>

Kid information about growing up

<https://kidshealth.org/en/kids/grow/>

The Well Child Visit

<https://www.aap.org/en/practice-management/bright-futures/bright-futures-family-centered-care/well-child-visits-parent-and-patient-education/> Select an age and language.

Anticipatory Guidance on Sex and Sexuality for the Adolescent

<https://www.aap.org/en/practice-management/bright-futures/bright-futures-family-centered-care/>

<https://www.aap.org/en/practice-management/bright-futures/bright-futures-family-centered-care/bright-futures-resources-for-children-and-teens/>

American Social Health Association

<http://www.iwannaknow.org/>

Wisconsin Safe and Healthy Schools Center

<http://www.wishschools.org/resources/>

Healthy Children, a program of the American Academy of Pediatrics

<https://www.healthychildren.org/English/ages-stages/gradeschool/puberty/Pages/default.aspx>

Advocates for Youth age-span growth and development information

<https://advocatesforyouth.org/issue/growth-and-development/>

Girlology

[Girlology, Inc. - On Demand Puberty Education Program](#)

Public libraries offer free Internet access.

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