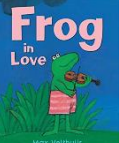


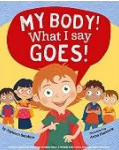
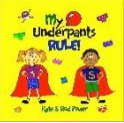

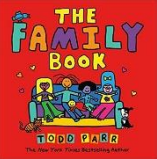




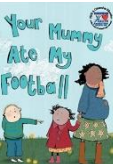
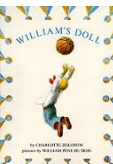





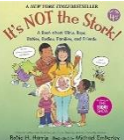


Books That Can Support 'Relationships & Sex Education' (RSE) At Home

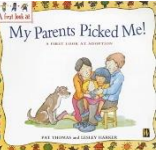

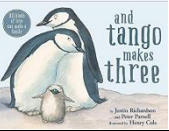
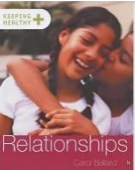






Title	Author	Brief Description	Suitable for
<p>Frog in Love</p> 	Max Velthuijs	Frog is feeling most unwell. He keeps getting hot, then cold, and something inside his chest is going 'thump, thump'. Hare says it means he's in love! But who with? And how can he show his devotion - perhaps by performing the biggest jump ever?	0-5 year olds
<p>We Belong Together</p> 	Todd Parr	In a kid-friendly, accessible way, this book explores the ways that people can choose to come together to make a family by showing one perspective on the adoption experience. <i>We Belong Together</i> is about sharing your home and sharing your heart to make a family that belongs together. With an understanding of how personal and unique each adoption is, and that not everyone comes to it in the same way, Todd Parr's colorful art explores the meaning of family.	2-4 year olds
<p>Usborne Flip-Flaps: How are babies made?</p> 	Alastair Smith	Discover how a baby forms inside its mother; Lift the flaps on the pages to see the baby changing as it grows...and...and grows!	3-5 year olds
<p>My Body! What I Say Goes!</p> 	Jayneen Sanders	A child-friendly and age-appropriate picture book to empower and teach children about personal body safety, feelings, safe and unsafe touch, private parts, secrets and surprises, consent, and respectful relationships.	3-7 year olds

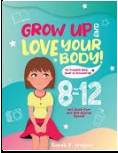
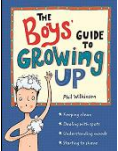


<p>My Underpants Rule</p> 	<p>Kate & Rod Power</p>	<p>Teaching kids to protect themselves is CHILD'S PLAY! My Underpants RULE! empowers without needing to go into the darkness of this tricky topic through rhyming language, colourful illustrations, a super-hero theme and child-friendly humour. LOVED by kids and EASY for parents/carers and educators, it engages and effectively teaches "What's under my PANTS belongs ONLY to ME!". Reinforced by games and scenarios, it clearly defines what is appropriate and inappropriate, and ingrains what to do should anything happen. Like a nursery rhyme, reading this book with your child will ensure the lessons stay with them for life.</p>	<p>3-8 year olds</p>
<p>It's Okay to be Different</p> 	<p>Todd Parr</p>	<p>This book cleverly delivers the important messages of acceptance, understanding, and confidence in an accessible, child-friendly format. The book features the bold, bright colors and silly scenes that made Todd a premiere voice for emotional discussions in children's literature. Targeted to young children first beginning to read, this book will inspire kids to celebrate their individuality through acceptance of others and self-confidence--and it's never too early to develop a healthy self-esteem.</p> <p><i>Please note that we use this book in school for lessons taught in Year 1.</i></p>	<p>3+ year olds</p>
<p>The Family Book</p> 	<p>Todd Parr</p>	<p>Open this book to read about all different kinds of families! <i>The Family Book</i> celebrates the love we feel for our families and all the different varieties they come in. Whether you have two moms or two dads, a big family or a small family, a clean family or a messy one, Todd Parr assures readers that no matter what kind of family you have, every family is special in its own unique way.</p> <p><i>Please note that we use this book in school for lessons taught in KS1 & KS2.</i></p>	<p>3+ year olds</p>
<p>Princess Smartypants</p> 	<p>Babette Cole</p>	<p>Princess Smartypants does not want to get MARRIED. She enjoys being a Ms. But being a rich and pretty princess means that all the princes want her to be their Mrs.</p> <p><i>Please note that we use this book in school for lessons taught in Year 1/2.</i></p>	<p>3+ year olds</p>

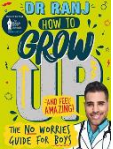
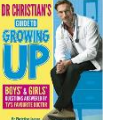

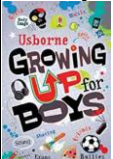
<p>Something Else</p> 	<p>Kathryn Cave & and Chris Riddle</p>	<p>A book about differences and friendships. A simple story, about a small creature who does his best to join in with the others. But he's different. No matter how he tries, he just doesn't belong. Then Something turns up and wants to be friends. But Something Else isn't sure he's like him at all... Kathryn Cave's poignantly simple story is brought to life by Chris Riddell in this enchantingly original picture book.</p>	<p>3-5 year olds</p>
<p>Your Mummy Ate My Football</p> 	<p>Lynwen Jones</p>	<p>This non-fiction book uses clear language and fun cartoons to explain how babies are made and how they need to be cared for once they are born. It uses the correct vocabulary for body parts in a non-threatening way that means these topics can be dealt with sensitively and accurately. It is designed for Reception, Years 1 & 2 children.</p>	<p>4+ years old</p>
<p>William's Doll</p> 	<p>Charlotte Zolotow</p>	<p>More than anything, William wants a doll. "Don't be a creep," says his brother. "Sissy, sissy," chants the boy next door. Then one day someone really understands William's wish, and make it easy for others to understand, too. William gets a doll, so he can learn to be a loving parent someday.</p> <p><i>William's Doll</i> was published in 1972 and was one of the first picture books to deal with gender stereotypes.</p> <p><i>Please note that we use this book in school for lessons taught in Year 1/2.</i></p>	<p>4-8 year olds</p>
<p>Billy and the Baby</p> 	<p>Tony Bradman</p>	<p>A good book to use to look at family changes when a new sibling appears and as an introduction to where babies come from.</p>	<p>5-6 year olds</p>

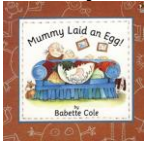
<p>Leon and Bob</p> 	<p>Simon James</p>	<p>Leon is new and town and doesn't know anyone until he makes friends with Bob. No one else can see Bob, but Leon knows he's there. Then, a new boy moves next door and Leon wants to make friends--but can he do it without Bob beside him? A touching urban tale about a boy and his imaginary friend making friends, from a multi-award-winning picture-book creator.</p>	<p>5-7 year olds</p>
<p>Cinderella's Bum</p> 	<p>Nicholas Allan</p>	<p>A big sister is horrified when she can't fit into her swimming costume. Her BOTTOM IS SOO BIG! But her little sister has some good advice. There follows a wonderful romp through history and fairyland, as the little sister explains exactly why a big bottom can be useful. Father Christmas needs one for crash landings and, if you are a queen, a big bum is vital to keep you comfy while sitting on your throne . . .</p> <p><i>Please note that we use this book in school for lessons taught in Year 3.</i></p>	<p>5-7 year olds</p>
<p>It's Not the Stork!</p> 	<p>Robie Harris</p>	<p>Notable for its use of comfortable language, It's NOT the Stork talks directly to its readers in a reassuring and straightforward way about where babies come from.</p>	<p>5-10 year olds</p>
<p>Do You Have a Secret?</p> 	<p>Jennifer Moore-Mallinos</p>	<p>Every child has secrets, and many secrets are fun to keep. This book will help distinguish between the fun secrets and the secrets that can make children feel bad or scared. These are the difficult ones that are best shared with parents, or with a trusted adult.</p>	<p>6-9 year olds</p>
<p>Respect, Consent, Boundaries and Being in Charge of You</p> 	<p>Rachel Brian</p>	<p>This book, from the co-creator of the viral 'tea consent' video, provides a perfect introduction to the concept of consent for kids. Your body belongs to you and you get to set your own rules, so that you may have boundaries for different people and sometimes they might change. Like when you hi-five your friends and kiss your kitten, but not the other way round! But consent doesn't need to be confusing. From setting boundaries, to reflecting on your own behaviour and learning how to be an awesome bystander, this book will have you feeling confident, respected, and 100% in charge of yourself and your body.</p>	<p>6-10 year olds</p>

<p>My Parents Picked Me!</p> 	<p>Pat Thomas and Lesley Harper</p>	<p>This book sensitively looks at the issue of adoption. It briefly explains the process of fostering and adoption, but the focus of the book is on exploring the fears, worries and questions that children have on this experience.</p>	<p>6+ year olds</p>
<p>Hair in Funny Places</p> 	<p>Babette Cole</p>	<p>Ted has seen many children grow up. In his wise but wildly funny way he explains how Mr and Mrs Hormone mix their outrageous potions that turn children into adults ... with the best results of course!</p> <p><i>Please note that we use this book in school for lessons in Years 4 & 5 to reinforce work taught about puberty and physical/emotional changes.</i></p>	<p>7+ year olds</p>
<p>And Tango Makes Three</p> 	<p>Justin Richardson & Peter Parnell</p>	<p>Based on a true story of a pair of male penguins at the Bronx Zoo bonding and treating a stone like an egg. This charming and heart-warming tale proves that all you need to make a family is love.</p>	<p>7+ year olds</p>
<p>Keeping Healthy Relationships</p> 	<p>Carol Ballard</p>	<p>Discover how to keep healthy by developing good relationships with people around us. This book covers such topics as: what makes a family, friends and friendships, joining in, teams, bullies and bullying, gangs, how to handle arguments, coping with family change and when someone dies. Packed with colour photographs, each spread also includes a fascinating fact, something to try out or a healthy hint.</p>	<p>8-11 year olds</p>

<p>Growing Up for Girls: Everything you need to know</p> 	<p>Dr Emily MacDonagh</p>	<p>A reassuring, fact-packed book for girls on what to expect when growing up. Dr Emily talks about the physical and emotional changes of puberty in a simple and friendly way, including: When and why will your body start to change? How will you feel different and why? What's happening to the boys? Plus expert tips on healthy eating, positive body image, self-esteem and more. Dr Emily is a practising NHS doctor and OK! magazine's popular Health and Parenting Columnist.</p>	<p>9-11 year olds</p>
<p>Growing Up For Boys: Everything you need to know</p> 	<p>Dr Emily MacDonagh</p>	<p>A reassuring, fact-packed book for boys on what to expect when growing up. Dr Emily talks about the physical and emotional changes of puberty in a simple and friendly way, including: When and why will your body start to change? How will you feel different and why? What's happening to the girls? Plus expert tips on healthy eating, positive body image, self-esteem and more. Dr Emily is a practising NHS doctor and OK! magazine's popular Health and Parenting Columnist.</p>	<p>9-11 year olds</p>
<p>What's Happening to Tom? A book about puberty for boys with autism and related conditions</p> 	<p>Kate E. Reynolds</p>	<p>Tom notices that his body is changing. Tom's voice is different and hair is growing in new places. There are other changes happening too. Tom learns that he has started growing into a man. Following Tom as he begins to notice changes to his body, this simple resource helps parents and carers teach boys with autism or other special needs about puberty. It covers all the changes that they will experience, both emotional such as new feelings and physical such as wet dreams. This fully illustrated positive and entertaining book provides the perfect opportunity to talk about puberty with boys and young men with autism or special needs.</p>	<p>9-11 year olds</p>
<p>What's Happening to Ellie? A book about puberty for girls with autism and related conditions</p> 	<p>Kate E. Reynolds</p>	<p>Ellie notices that her body is changing. Hair is growing in new places and there are other changes happening too. Ellie's mum helps her understand that she has started growing into a woman. Following Ellie as she begins to notice changes to her body, this simple resource helps parents and carers teach girls with autism and related conditions about puberty. It covers all the changes that they will experience, both emotional such as new feelings and physical such as periods. This fully illustrated positive and entertaining book provides the perfect opportunity to talk about puberty with girls and young women with autism or related conditions.</p>	<p>9-11 year olds</p>

<p>Grow Up and Love Your Body!: The Complete Girls' Guide to Growing Up</p> 	<p>Sarah P. Weston</p>	<p>As a young girl in today's modern world, it can be difficult to love yourself and love your body with so many outside influences telling you how you should look and feel. It is really important to learn to love yourself and appreciate the way you look so that you can have the self-esteem and self-confidence to feel good about yourself. This book explores some of the challenges that you might face in your daily life, at home and at school that can impact on your body image and yourself-esteem. Additionally, this book provides helpful tips on how to overcome these challenges so that you can feel really good about yourself.</p>	<p>9–12 year olds</p>
<p>The Boys' Guide to Growing Up</p> 	<p>Phil Wilkinson</p>	<p>A friendly-reassuring guide for boys as they approach puberty, explaining the changes that will happen to their bodies as they grow up and how these changes might make them feel. Covering everything from body hair and vocal changes to mood swings and self-esteem, puberty and parenting expert Phil Wilkinson addresses any worries that boys might have relating to what is 'normal'. He reassures readers and boosts their confidence, encouraging them to feel positive about the changes they will experiences as they go through puberty. The book also includes lifestyle advice on topics like healthy eating and exercise, as well as information on how puberty affects girls.</p>	<p>9-12 year olds</p>
<p>Usborne What's Happening to Me? (Girls)</p> 	<p>Usborne</p>	<p>This sensitive, informative guide to puberty for girls tackles everything from body image to mood swings, hormones and first bras. Bright, cartoon-styler illustrations and scientific diagrams explains the physical and emotional changes of growing up in a simple and reassuring way, while the contents and index pages make key topics easy to find.</p>	<p>9-12 year olds</p>
<p>Usborne What's Happening to Me? (Boys)</p> 	<p>Usborne</p>	<p>This volume is a detailed and sensitive guide to male puberty. It tackles key subjects from the physical changes that occur at this time to the emotional upheaval this can cause.</p>	<p>9-12 year olds</p>

<p>Dr Ranj How to Grow Up and Feel Amazing: The No Worries Guide for Boys</p> 	<p>Dr Ranj Singh</p>	<p>Dr Ranj is here to explain everything you ever wanted to know about puberty - plus lots more. It covers the obvious things like the physical changes you'll go through during puberty and adolescence, but also helps you to figure out how to manage your emotions, deal with friends and family and learn about healthy relationships.</p>	<p>10+ years old</p>
<p>Dr Christian's Guide to Growing Up (Boys' and Girls' Questions Answered by TV's Favourite Doctor)</p> 	<p>Dr Christian Jessen</p>	<p>A child's guide to growing up and the facts of life by TV's favourite doctor. In his assured, no-nonsense fashion, Dr Christian allays the fears and uncertainties of growing youngsters (and helps parents find answers) about puberty, sex, personal and emotional health and body image. Addressing all those cringy questions parents squirm at answering, Dr Christian's sensible, light-hearted advice guides boys and girls on the path to becoming healthy happy adults.</p>	<p>10+ years old</p>
<p>Usborne Growing Up for Girls</p> 	<p>Usborne</p>	<p>A clear and straight-talking guide to the ups and downs of the teenage years, covering body changes, mood swings, exercise, healthy eating, self-confidence, periods, bullying, social networking, drink, drugs, stress, STIs, hormones, relationships, sex, contraception, brain changes, feelings, friends, break-ups, fashion, safety, spots...and more. Includes links to carefully researched websites that enhance the information in the book.</p>	<p>10+ years old</p>
<p>Usborne Growing Up for Boys</p> 	<p>Usborne</p>	<p>A frank and friendly book offering boys advice on what to expect during puberty and how to stay happy and confident as they go through physical, psychological and emotional changes. Covers all the topics that boys want to find out about, including moods and feelings, what happens to girls, diet, exercise, body image, sex and relationships, contraception, sexual health, self-confidence, drink and drugs, exam stress and cyberbullying. Includes helpful tips and fact boxes, as well as quick quizzes and links to carefully researched websites that enhance the information in the book.</p>	<p>10+ years old</p>

<p>Mummy Laid an Egg!</p> 	<p>Babette Cole</p>	<p>Mum and Dad decide it is time their children knew the facts of life, but what they tell them is a load of rubbish! Looks like it's up to the children to put Mum and Dad right on a few things ...</p> <p><i>(Please note that we don't cover sexual intercourse in lessons until Year 6, but this book is a very simple and child-friendly story that explains intercourse to children.)</i></p>	<p>Year 6</p> <p>Suitable from 4+ years old</p>
<p>Books for parents/carers to use (reference)</p>			
<p>Great Answers to Difficult Questions About Sex</p>	<p>Linda Goldman</p>	<p>This guide offers practical, age-appropriate advice for parents and care-givers, with guidance on how to respond to difficult questions. The author explores some of the most common questions children ask about sex and provides sensitive yet candid answers, phrased in a way that children will be able to understand and relate to. The book recognises the emotions and reactions of children and family members and includes separate conclusions for adults and children.</p>	<p>Parents/ Carers</p>
<p>Beyond Birds and Bees: Bringing Home a New Message to Our Kids About Sex, Love, and Equality</p>	<p>Bonnie J. Rough (Seal Press)</p>	<p>In this groundbreaking book, Bonnie J. Rough examines how the Dutch approach of normalising sex and bodies from a young age can revolutionise our approach to sex education.</p>	<p>Parents/ Carers</p>
<p>The Sex Education Answer Book</p>	<p>Cath Hakanson (Sex Ed Rescue)</p>	<p>This essential book contains over 200 child-friendly answers to questions your kids might ask about sex, puberty, consent, and everything in between.</p>	<p>Parents/ Carers</p>
<p>Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex</p>	<p>Deborah M. Roffman (Perseus).</p>	<p>Sex and Sensibility, Debbie Roffman introduces five core developmental needs that are expressed through questions about sex, and how to meet these needs.</p>	<p>Parents/ Carers</p>

This is a Book for Parents of Gay Kids	Danielle Owen-Reid and Kristin Russo (Chronicle Books)	The go-to resource for parents who want to understand and communicate with their gay child, written in a handy Q&A format.	Parents/ Carers
The Book You Wish Your Parents Had Read	Philippa Perry (Penguin Life)	In this Sunday Times bestseller, leading psychotherapist Philippa Perry provides indispensable, realistic tips for discussing the dos and don'ts of relationships with your kids.	Parents/ Carers
Sex Positive Talks to Have With Kids	Melissa Pintor Carnagey (Sex Positive Families)	Renowned sexuality educator Melissa Carnagey walks you through more than 150 conversation starters to help you normalise talking about sex education with your kids.	Parents/ Carers
Everything You Ever Wanted to Ask About Willies and Other Boys' Bits	Tricia Kreitman, Dr Neil Simpson and Dr Rosemary Jones	"A clear approachable guide, providing all the facts boys need and want about this mysterious and unpredictable part of their anatomy."	Parents/ Carers Y6 and above
Everything you Ever Wanted to Ask About Periods	Tricia Kreitman, Dr Fiona Finlay, Dr Rosemary Jones	This book tells you everything you need to know about periods and answers all the questions that thousands of real girls have asked. Great, straightforward information about growing up and puberty for Girls	Parents/ Carers Y5 and above
Asking About Sex and Growing Up	Joanna Cole	Writing especially for preteens, the author uses a question-and-answer format to offer straightforward information on a wide variety of subjects related to sex and puberty.	Parents/ Carers Y5 and above

Let's talk about where babies come from	Harris H. R. and Emberley, M	Approved by the fpa, this book answers the many questions most children have about babies, bodies, love, sex and reproduction. Suitable for ages 8 to 12. A good book to have parents to read with their children	Parents/ Carers
Let's talk about sex: growing up, changing bodies, sex and sexual health,	Harris, Robie H. and Emberley, Michael	Approved by the fpa, this book is illustrated throughout with witty but always accurate cartoons. It tells pre-teens what they need to know about sex. Suitable for ages 10 to 14.	Parents/ Carers
Speakeasy: talking with your children about growing up	FPA : Foreward by Dr Miriam Stoppard	Talking with your children about growing up.	Parents/ Carers