

SECOND LEVEL BOOKLIST



These books provide opportunities to talk about the themes of interest to RSHP learning, but they are also just good books to read and enjoy. The books can be used with a class or group, reading to pairs or individual children. Of course, they can be read at school and at home.

It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health.

Robbie Harris and Michael Emberley

ISBN 0763624330

The definitive book about puberty and sexual health for children age 10+

What's happening to me? Girls Edition

Susan Meredith

ISBN 9780746069950

A sensitive, detailed and informative guide to female puberty, this book will prove invaluable for both young girls and their parents alike.

What's happening to me? Boy (Facts of Life)

Alex Firth

ISBN 9780746076637

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.

What's Happening to Ellie?: A book about puberty for girls and young women with autism and related conditions

Kate E. Reynolds

ISBN 1849055262

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.

What's Happening to Tom?: A book about puberty for boys and young men with autism and related conditions

Kate E. Reynolds

ISBN 1849055238

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. 10+

Let's Talk about Sex

Robert Harris

ISBN 1406356042

An updated 20th anniversary edition of the definitive book on childrens' sexual health. Now with expanded information on internet and texting safety, birth control, LGBT (gay, lesbian, bisexual, transgender) issues and more, providing accurate and up-to-date information to answer young people's concerns and questions. 10+

Usborne Facts of Life: Growing Up

Susan Meredith

ISBN-10: 0746031424

This text describes exactly what takes place in the body at the time of puberty. It contains sections on sex and contraception, food, exercise, hygiene and drugs and other problems both physical and emotional.

Feather Boy

Nicky Singer

ISBN 0007120265

Feather Boy is more than just a story about bullying. It's bigger than that. It's about finding your voice, shouting from the rooftops about something you believe in, refusing to back down, helping a friend and never giving up. It's enormously uplifting, accomplished and satisfying. 10+

My Brother Bernadette

Jacqueline Wilson and David Roberts

ISBN 0749742232

Sara tries to take care of her younger brother when he is teased and called Bernadette at summer camp, but he finds an activity that he enjoys and that gives him the chance to shed his new nickname for good.

Stories for boys who dare to be different

Ben Brooks

ISBN 978-1-78747-198-6

True tales of amazing boys (who became famous and not so famous men) who changed the world.

Goodnight stories for rebel girls

Elena Favilli and Francesca Cavallo

ISBN 978-0-141-98600-5

The stories of heroic women from around the world

Girls who changed the world

Michelle Roehm McCann

ISBN 1471174913

A comprehensive collection of true, inspiring profiles of successful young women throughout history who made their mark on the world before turning twenty.

The boy in the dress

David Walliams

ISBN 9780007279043

Dennis was different. Why was he different, you ask? Well, a small clue might be in the title of this book. A comic tale about individuality.

What's the Big Secret?: Talking about Sex with Girls and Boys

Laurie Krasney Brown

ISBN 0316109150

This humorously illustrated book contains basic information children need to know and answers to tough questions about sex and the human body.

Asking about Sex and Growing Up: A Question-and-Answer Book for Boys and Girls

Joanna Cole and Alan Tiegreen

ISBN 0061429866

The author uses a question-and-answer format to offer straightforward information on a wide variety of subjects related to sex and puberty.

We Are All Born Free: The Universal Declaration of Human Rights in Pictures

Amnesty International

ISBN 1847806635

An illustrated celebration of the Universal Declaration of Human Rights, stunningly brought to life by internationally-renowned artists

What is Feminism? Why do we need It? And Other Big Questions

Bea Appleby and Louise Spilsbury

ISBN 0750298383

A brilliant introduction for children to the movement, looking at the history of feminism, what it is today and its enormous relevance to young people and a vital tool for children in the process of figuring out the world and how it works.

F is for Feminism: An Alphabet Book of Empowerment

Carolyn Suzuki

ISBN 0241387892

This bright and bold dictionary of twenty-six thought-provoking words from A-Z is perfect for equipping girls, boys and everyone with the words they need to empower themselves!

Fight Like a Girl: 50 Feminists Who Changed the World

Laura Barcella

ISBN 1786852047

Profiles 50 fearless women. Each extraordinary life story is accompanied by a stunning portrait, along with eye-opening sidebars on their hard-fought causes and iconic quotes. Be inspired by their stories, arm yourself with their knowledge and get active.

Growing up book for girls

Felicity Brooks

ISBN 9781409534976

This book prepares girls for what to expect from puberty and offers advice on what they can do to cope with the emotional, psychological and physical changes and stay happy and confident as they go through their early teens.

Growing up book for boys

Alex Firth and Kate Sutton

ISBN 1409534723

This book prepares boys for what to expect from puberty and offers advice on what they can do to cope with the physical, psychological and emotional changes and stay happy and confident as they go through their early teens.