

SENIOR PHASE BOOKLIST



These books provide opportunities to read and 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 or individual young people. Ofcourse, they can be read at school and at home.

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

Karen Gravelle

ISBN 0802775405

For younger readers at this Level, Karen Gravelle, with some help from young advisors, has written a down-to-earth and practical book that will help guide boys through changes.

The Period Book: A Girl's Guide to Growing Up

Karen Gravelle

ISBN 161963662X

For younger readers, a down-to-earth practical book that answers questions about periods, from what it is and what it feels like, to how to choose your form of protection, to how to talk to your parents about it. A guide through all the physical, emotional and social changes that come.

Sex explained

Justin Hancock

ISBN 0957648308

Aimed at young people who are thinking about having sex, or having sex. Sex and relationships explained using clear, matter of fact language with images and humour.

The sex book: a no nonsense guide for teenagers

Jane Pavanel

ISBN 1840464720

Offers answers to crucial questions, dispelling old myths while addressing complexities.

Doing it: Let's Talk about Sex

Hannah Witton

ISBN 9781526360038

Youtuber Hannah Witton, friends and fellow YouTubers talk about sex and sexuality. Funny and insightful while still seeming very informal and personal.

Everything you ever wanted to ask about willies and other boy's bits

Tricia Kreitman, Neil Simpson

ISBN 1853406341

All boys have doubts and worries. And the authors have spoken to lots of them, and present the facts.

Living with a willy

Nick Fisher

ISBN 0330332481

Designed to be a frank, friendly and funny guide for boys. It explains the biological stages of puberty with examples of the feelings and everyday experiences that accompany growing up.

S.E.X. (second edition): The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties

Heather Corinna

ISBN 0738218847

Whatever your gender or sexual identity, whether you've already been actively exploring your sexuality or are only just getting curious, S.E.X clearly spells out what you need and want to know, no shame, no judgement, just comprehensive and accurate info in a clear, straightforward language.

Making Sense of "it": A Guide to Sex for Teens (and Their Parents, Too!)

Alison Macklin

ISBN 1632280647

Alison Macklin draws on her years of experience at Planned Parenthood to address everything teens want to and should know in a straightforward, open-minded, and sex-positive manner. US book.

Personal Hygiene? What's that got to do with me?

Pat Crissey

ISBN 1843107965

Hands-on activities with repetition and reinforcement. Suitable for young people with learning and developmental disabilities.

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.

Girl Up

Laura Bates

ISBN 9781471149504

Hilarious, jaunty and bold, GIRL UP exposes the truth about the pressures surrounding body image, the false representations in media, the complexities of a sex and relationships, the trials of social media and all the other lies girls are told.

Consent: The new rules of sex education/every teens guide to healthy sexual relationships

Jennifer Lang

ISBN 1641522801

A guide that answers the most pressing questions teens and young adults have about dating, relationships, consent, and sexual safety. Dr. Jennifer Lang delivers a compassionate and evidence-based guide to healthy sexual relationships, focusing on the crucial role of consent in sex education. US book.

Anxiety Survival Guide for Teens

Jennifer Shannon

ISBN 1626252432

Do you have problems with anxiety? The Anxious Teen Survival Guide is a much-needed, go-to guide to help you finally break free from the worry and ruminations that can get in the way of reaching your goals.

Banish your Body Image Thief

Kate Collins-Donnelly

ISBN 1849054630

This imaginative workbook is full of activities and strategies to build a positive body image. Using cognitive behavioural techniques, it shows how to banish negative thoughts and feelings and build self-esteem, positive beliefs and a healthy body image. Suitable for young people to work through alone or with a parent/carer or practitioner.

Am I depressed and what can I do about it?

Shirley Reynolds

ISBN 9781472114532

This accessible, engaging and age-appropriate self-help guide based on current research and best practice for young people who experience low mood and depression, and their friends, family and health professionals.

Stuff that Sucks: Accepting what you can't change and committing to what you can

Ben Sedley

ISBN 1472120531

A beautifully designed book aimed at adolescents that will help them deal with painful emotions by drawing on the principles of Acceptance and Commitment Therapy (ACT) and presenting them in ways that are eye-catching and easy to understand.

Simon vs. the Homo Sapiens Agenda

Becky Albertalli

ISBN 9780141356099

Simon Spier is sixteen and trying to work out who he is - and what he's looking for. But when one of his emails to the very distracting Blue falls into the wrong hands, things get all kinds of complicated. A charismatic story about coming-of-age and coming out.

Boy Meets Boy

David Levithan

ISBN 9780007533039

Paul lives in a town where being gay or straight, bi or whatever is totally acceptable. He's confident about almost everything. He doesn't have to hide his feelings like best friend Tony or even cope with loving the wrong guy like his other best friend Joni. But heartbreak can happen to anyone. Falling in love changes everything.

Full Disclosure

Camryn Garrett

ISBN 0241367069

Simone is born HIV positive – and has to navigate a world of fear, discrimination and ignorance. A novel that is romantic, funny, hopeful, and unflinchingly real.

I Wish You All the Best

Mason Deaver

ISBN 133830612X

Featuring a non-binary lead character a story of family, friendship and romance.

Heartstopper (Volume 1/5 in the series)

Alice Oseman

ISBN 1444951386

Follow Nick and Charlie's story as they fall for each other. A beautifully illustrated graphic novel series.

The Black Flamingo

Dean Atta

ISBN 1444948601

Told in narrative verse the story of Michael a mixed-race gay teen flourishing into what he was always meant to be.

The Body Image Book for Girls: Love Yourself and Grow Up Fearless

Charlotte Markey

ISBN 1108718779

An accessible handbook from US psychologist Charlotte Markey aims to help girls understand, accept and appreciate their changing bodies. A sensible reassuring guide to growing up and developing a healthy body image.