

THIRD/FOURTH LEVEL 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. Of course, 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

Why is my voice making such weird sounds? When will I be able to start shaving? Why do I keep getting pimples? What is a wet dream? 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: Everything You Don't Want to Ask (But Need to Know)

Karen Gravelle

ISBN 0749917050

Karen Gravelle and her fifteen-year-old niece, Jennifer Gravelle, have written 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.

Growing Up: It's a Girl Thing

Mavis Jukes

ISBN 0679890270

Advice for girls ages eight to eleven on menstruation, puberty, and other concerns.

"What's Happening to Me?" A Guide to Puberty

Peter Mayle

ISBN 0818403125

Discusses the mental and physical changes that take place during puberty.

Little Book of Growing up

Victoria Parker

ISBN 0340930991

Everything a girl needs to know about puberty and periods in one brilliant little book. Written in a friendly, accessible style, and in a compact format, this is an essential guide for all girls approaching puberty.

The Girls' Guide to Sex Education: Over 100 Honest Answers to Urgent Questions about Puberty, Relationships, and Growing Up

Michelle Hope

ISBN 1939754380

Award-winning youth sex education expert Michelle Hope offers down-to-earth, supportive sex education guidance as she addresses the most pressing questions that girls have about sex, puberty, and relationships--directly and without judgment.

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.

Sex explained

Justin Hancock

ISBN 0957648308

Aimed at young people who are thinking about having sex or are having sex. Sex and relationships are explained using clear, matter of fact language with images and humour. For ages 14+

The sex book: a no-nonsense guide for teenagers

Jane Pavanel

ISBN 1840464720

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

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.

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

Pat Crissey

ISBN 1843107965

For 8 – 14 year olds. 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.

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 aged 13 to 17 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.

Better Nate than Ever

Tim Federle

ISBN 1406361534

Thirteen-year-old Nate Foster has always wanted to star in a Broadway show. With best pal Libby's help, Nate plans a daring overnight escape to New York. Tim Federle's touching debut is full of broken curfews, second chances and the adventure of growing up.

See you at Harry's

Jo Knowles

ISBN 0545550939

Twelve-year-old Fern is stropky, fastidious about dirt, angry with her family's many small failings - until almost unbearable tragedy uproots the lot. In the midst of it all is big brother Holden, gay and slowly coming out, his problems simply another thread of the complicated family tapestry. An American tearjerker.

Starring Kitty

Keris Stainton

ISBN 1846471842

At heart this is a story about friendship and trust; any coming-out anxiety is focused on what others might say, not on self-recrimination, and is handled with a light touch - but the love story has real zing. You can't help but root for these two.

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.

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.

Things a bright girl can do

Sally Nicholls

ISBN 1783446730

Through rallies and marches, in polite drawing rooms and freezing prison cells and the poverty-stricken slums of the East End, three courageous young women join the fight for the vote. Shortlisted for the Carnegie Medal 2019, National Book Award, Books Are My Bag Readers' Awards and the YA Book Prize.

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.

Choose You! Become the Unique, Incredible and Happy Teenager You Choose to Be

Dr Sharie Coombes

ISBN 1787417107

A self-help guide helps young people to understand the neuroscience of the teenage brain and helps teenagers decide who they want to be and how they handle things in their lives.

Love Your Body

Jessica Sanders

ISBN 0711252408

Inspired by her own journey, Jessica wrote Love Your Body to educate and empower young girls with the message of self-love.

Dare To Be You: Defy Self-Doubt, Fearlessly Follow Your Own Path And Be Confidently You!

Matthew Syed

ISBN 1526362376

Anything is possible if you believe in yourself!