

EDUCATION @

island sexual health community health centre

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Middle School Youth Print Resources

Many of our local booksellers carry these titles. We encourage each family to assess which resources will fit best within their values, beliefs and needs. We suggest taking youth and allowing them to choosing resources they are most comfortable with.

For Adults/Parents/Caregivers/Allies

Beyond Birds and Bees. By Bonnie J Rough

For Goodness Sex: Changing the Way We Talk to Teens about Sexuality, Values and Health. By Al Vernacchio

Talk Sex Today. By Saleema Noon and Meg Hickling.

Sex & Sensibility. By Deborah Roffman.

Talk to Me First. By Deborah Roffman.

got teens? By Logan Levkoff and Jennifer Wider

The Transgender Child: A handbook for Families and Professionals. By Stephanie Brill and Rachel Pepper

The Transgender Teen: A Handbook for Parents and Professionals. By Stephanie Brill and Lisa Kenney

For Middle School Youth (listed from younger to older ages).

It's Perfectly Normal. By Robie Harris

Sex is a funny word. By Cory Silverberg and Fiona Smyth

Growing Up Inside and Out. By Kira Vermond

Hair, There and Everywhere. By Jacqui Bailey

Sex, Puberty and All That Stuff. By Jacqui Bailey

Will Puberty Last My Whole Life? By Julie Metzger and Robert Lehman

Wait, WHAT? By Heather Corrina and Isabella Rotman

The Every Body Book By Rachel Simons.

Let's Talk About It By Erika Moen and Matthew Nolan **older youth

GOT QUESTIONS?

- Puberty
- Gender Identity
- Sexual Orientation
- Relationships
- Birth/Bleed Control
- Safer Sex Methods
- How to speak with a Dr/Nurse

Text your questions confidentially

250-812-9374

This service is intended for general sexual health information and resources only. It is not intended to be used as a substitute for medical advice.

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Online Resources

[amaze.org](https://www.amaze.org)

A great website that has both portals for youth and adults and offers short videos that cover many topics from puberty to relationships to consent to gender identity.

[gendercreativekids.com](https://www.gendercreativekids.com)

A great website that has portals for kids, parents and allies in English and French. A awesome resource of info and resource listings.

[For Families with Children with Learning Challenges and/or Disability](#)

An excellent lending library is available through the Sunny Hill Health Centre in Vancouver.

https://libraries.phsa.ca/fsrc/list?q=topic_facet%3A%22Sexual%20Health%22&p=1

Change is never easy.
You fight to hold on.
You fight to let go.

The Wonder Years