

Let's Talk: Readings and Resources for Talking About Sex, Relationships, and Growing Up

How to use books as resources.

Talking about sex, relationships, and growing up can feel overwhelming for both kids and parents - but it doesn't have to be. The books and resources in this document are meant to start the conversation. Use them as tools to help you learn together, build trust, and create an open space for questions, honesty, and curiosity.

1 Start with You:

Before you hand your child a book, take time to read it yourself, or at least skim the main sections. Notice your own reactions, values, and comfort levels. It's okay if you feel unsure or awkward at first. The goal isn't to have all the answers, but to model openness and learning.

2 Choose a Book That Fits Their Stage:

This list is organized by developmental age, from early childhood to young adulthood, because what a 5-year-old needs to know is different from what a teen may be ready to discuss.

- Early Childhood (Ages 3–6): Body parts, consent, boundaries, and safety
- Middle Childhood (Ages 7–10): Puberty, changing bodies, emotions, and helath relationships
- Pre-Teens and Teens (11+): Relationships, deciscion-making, idenity, respect, boudaries, and sexual health

6 For Parents & Trusted Adults:

The "For You" section includes books that help you build confidence, reflect on your own upbringing, and find words for complex topics. Consider reading these before or alongside your child's books—they'll help you feel grounded and prepared.



3 Read Together When Possible:

For younger kids, read the book side-by-side. Pause along the way to talk about the pictures or ideas, ask what they notice or feel, and invite their questions.

For older children and teens, you might read separately and check in afterwards, or simply keep the book in a visible, accessible place so they can explore it on their own.

5 Use Books to Explore Values, Not Just Facts:

Books help clarify both the "what" (facts and information) and the "why" (your family's values around respect, relationships, and responsibility). Use them as a starting point to talk about what aligns with your beliefs, what feels suprising, and what your child is thinking.

4 Make It an Ongoing Conversation:

These books are entry points for dialogue, not one-time lessons. Return to them as your child grows and their questions change. A helpful goal is to make your family's message clear: You can always come to me with questions, and I'll listen.



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BOOK RECOMMENDATIONS

EARLY CHILDHOOD

THE SCIENCE OF BABIES: A LITTLE BOOK FOR BIG QUESTIONS ABOUT BODIES, BIRTH, AND FAMILIES,
WILLIAM J. TAVERNER, 2025

YES! NO!: A CONVERSATION ABOUT CONSENT, MEGAN MADISON, JESSICA RALLI, & ISABEL ROXAS, 2022

WE ASK PERMISSION (WE SAY WHAT'S OKAY), LYDIA BOWERS & ISABEL MUÑOZ, 2022

WE CHECK IN WITH EACH OTHER,
LYDIA BOWERS, 2021

BODIES ARE COOL,
TYLER FEDER, 2021

BEING YOU: A FIRST CONVERSATION ABOUT GENDER, MEGAN MADISON, JESSICA RALLI, & ANNE/ANDY PASSCHIER, 2021

MY VULVA,
COURTNEY J. ANGERMEIER, 2021

YOUR WHOLE BODY,
LIZZIE DEYOUNG CHARBONNEAU, 2021

THIS IS MY BODY,
LIL CARLE & LIUBA SYROTIUK, 2020

MAKING A BABY,
RACHEL GREENER & CLARE OWEN, 2020

PINK IS FOR BOYS,
ROBB PEARLMAN, 2018

LET'S TALK ABOUT BODY BOUNDARIES, CONSENT, & RESPECT,
JAYNEEN SANDERS, 2018

FEMINIST BABY,
LORYN BRANTZ, 2017

MY BODY! WHAT I SAY GOES!,
JAYNEEN SANDERS, 2016

WHAT MAKES A BABY,
CORY SILVERBERG, 2012

IT'S NOT THE STORK: A BOOK ABOUT GIRLS, BOYS, BABIES, BODIES, FAMILIES, AND FRIENDS,
ROBIE H. HARRIS, 2006

MIDDLE CHILDHOOD

A KIDS BOOK ABOUT BEAUTY,
ASHLEY GRAHAM, 2024

LET'S TALK ABOUT BODY, BOUNDARIES, CONSENT, & RESPECT,
JAYNEEN SANDERS, 2018

THESE ARE MY EYES, THIS IS MY NOSE, THIS IS MY VULVA, THESE ARE MY TOES,
DR. LEXX BROEN-JAMES, 2018

CELEBRATE YOUR BODY (AND IT'S CHANGES TOO!): THE ULTIMATE PUBERTY GUIDE FOR GIRLS,
SONYA RENEE TAYLOR, 2018

THE HOUSE FOR EVERYONE: A STORY THAT HELPS CHILDREN LEARN ABOUT GENDER IDENTITY AND GENDER EXPRESSION, JO HIRST, 2018

GUY STUFF. THE BODY BOOK FOR BOYS,
DR. CARA NATTERSON, 2017

THE CARE & KEEPING OF YOU: THE BODY BOOK FOR YOUNGER GIRLS. FROM THE AMERICAN GIRL SERIES,
VALORIE LEE SCHAEFER, 2012

IT'S SO AMAZING,
ROBIE HARRIS, 2014

INSIDE OUT! YOUR BODY IS AMAZING INSIDE AND OUT AND BELONGS ONLY TO YOU, DR. MAY JO PODGURSKI, 2012



BOOK RECOMMENDATIONS

PRE-TEENS

GROWING INTO YOU!: AN INCLUSIVE, SHAME-BURSTING, GET-REAL GUIDE TO YOUR CHANGING BODY AND MIND, MELISSA PINTOR & BRIANNA GILMARTIN, 2025

THE EVERY BODY BOOK: THE LGBTQ+ INCLUSIVE GUIDE FOR KIDS ABOUT SEX, GENDER, BODIES, AND FAMILIES, RACHEL E. SIMON, 2020

THE CARE & KEEPING OF YOU: THE BODY BOOK FOR OLDER GIRLS. FROM THE AMERICAN GIRL SERIES, DR. CARA NATTERSON, 2018

THE BOY'S BODY BOOK (3RD EDITION), KELLI DUNHAM, 2015

SEX IS A FUNNY WORD, CORY SILVERBERG, 2015

IT'S PERFECTLY NORMAL, ROBIE HARRIS, 2014

ASKING ABOUT SEX AND GROWING UP, BILL THOMAS, 2009

TEENS & YOUNG ADULT

LET'S TALK ABOUT IT: THE TEEN'S GUIDE TO SEX, RELATIONSHIPS, AND BEING A HUMAN, ERIKA MOEN & MATTHEW NOLAN, 2021

CAN WE TALK ABOUT CONSENT?: A BOOK ABOUT FREEDOM, CHOICES, AND AGREEMENT, JUSTIN HANCOCK, 2021

YOU DON'T KNOW EVERYTHING JILLY!, ALEX GINO, 2018

THE BODY IS NOT AN APOLOGY: THE POWER OF RADICAL SELF-LOVE, SONYA RENEE TAYLOR, 2018

DATING AND SEX: A GUIDE FOR THE 21ST CENTURY TEEN BOY, DR. ANDREW SMILER, 2016

S.E.X.: THE ALL-YOU-NEED-TO-KNOW PROGRESSIVE SEXUALITY GUIDE TO GETTING YOU THROUGH HIGH SCHOOL AND COLLEGE, HEATHER CORINNA 2016 (2ND EDITION).

30 DAYS OF SEX TALKS, EDUCATE AND EMPOWER KIDS, 2015

GEORGE, ALEX GINO, 2015

THIS BOOK IS GAY, JUNO DAWSON, 2015

PARENTS/GUARDIANS

SEX POSITIVE TALKS TO HAVE WITH KIDS: A GUIDE TO RAISING SEXUALLY HEALTHY, INFORMED, AND EMPOWERED YOUNG PEOPLE, MELISSA PINTOR CARNAGEY, 2020

THE ESSENTIAL SEX EDUCATION BOOK FOR PARENTS: GUIDED CONVERSATIONS TO HAVE WITH YOUR TWEENS AND TEENS, DANIEL RICE, 2022

LISTEN TO
**DR. HOLMAN ON
OMAHA MOM
TALKS PODCAST:**



LETSCHANGETHETALK.COM