



Books on puberty and growing up

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| <p>The book about periods: for all young people By Olivia Brinkley-Green ISBN: 1090605641</p> | <p>This book is for all young people growing up and wanting to learn about periods, as well as parents, carers and teachers.</p> |  |
| <p>The period book: everything you don't want to ask but need to know By Karen Gravelle ISBN: 9780749917050</p> | <p>This book answers questions about menstruation and will guide you through all the physical, emotional and social changes that come with periods, as well as related issues such as; dealing with spots, mood swings and new expectations from friends and family.</p> |  |
| <p>Susan's Growing Up By Sheila Hollins and Valerie Sinason ISBN: 9781784581152</p> | <p>This is a story about a young woman with a learning disability who starts her period and doesn't know what is happening. Susan receives reassurance from both her teacher at school and her mum once she returns home.</p> |  |
| <p>Hair in funny places By Babette Cole ISBN: 9780099266266</p> | <p>This book uses cartoons of a girl and her teddy bear to explain the changes that happen to our bodies as we grow up.</p> |  |
| <p>The Girls' Guide to Growing Up Great: Changing Bodies, Periods, Relationships, Life Online By Sophie Elkan ISBN: 9781472973580</p> | <p>An accessible, clear and empowering book for girls going through puberty or wanting to know more. Looks at body changes, emotions, staying safe and having fun, with advice from other girls and women about growing up.</p> |  |