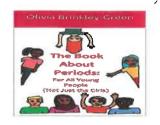
Books on puberty and growing up

The book about periods: for all young people
By Olivia Brinkley-Green

ISBN: 1090605641

This book is for all young people growing up and wanting to learn about periods, as well as parents, carers and teachers.



The period book:

everything you don't want to ask but need to know By Karen Gravelle

ISBN: 9780749917050

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.



Susan's Growing Up

By Sheila Hollins and Valerie Sinason

ISBN: 9781784581152

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.



Hair in funny places

By Babette Cole

ISBN: 9780099266266

This book uses cartoons of a girl and her teddy bear to explain the changes that happen to our bodies as we grow up.



The Girls' Guide to Growing Up Great: Changing Bodies, Periods, Relationships, Life Online By Sophie Elkan

ISBN: 9781472973580

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.

