

Books that can be used to support Relationships and Sex Education

Title	Author	Brief Description	Suitable for
Great Answers to Difficult Answers About Sex	Linda Goldman	This guide offers practical, age-appropriate advice for parents and care-givers; useful to counsellors and other professionals working with children	Parents/ carers
Living with a Willy	Nick Fisher	Great, straightforward information about growing up and puberty for Boys	Parents/ Carer Y6 and above
Everything You Ever Wanted to Ask About Willies and Other Boys' Bits	Tricia Kreitman, Dr Neil Simpson and Dr Rosemary Jones	"A clear approachable guide, providing all the facts boys need and want about this mysterious and unpredictable part of their anatomy."	Parent/ carer Y6 and above
Mummy Laid an Egg!	Babette Cole	Mum and Dad decide it is time their children knew the facts of life, but what they tell them is a load of rubbish! Looks like it's up to the children to put Mum and Dad right on a few things ...	Parent/ Carer KS2
Your Mummy Ate My Football	Lynwen Jones	This non-fiction book uses clear language and fun cartoons to explain how babies are made and how they need to be cared for once they are born. It uses the correct vocabulary for body parts in a non-threatening way that means these topics can be dealt with sensitively and accurately. It is designed for Foundation and Key Stage 1 children.	KS1
Boys and Girls	Lynwen Jones	This non-fiction book has been written for Foundation and Key Stage 1, using clear language and fun cartoons to dispel myths surrounding gender stereotypes and is a gentle introduction into understanding differences between boys' and girls' bodies. It uses the correct vocabulary for body parts in a non-threatening way that means these topics can be dealt with sensitively and accurately.	Foundation KS1
Everything you Ever Wanted to Ask About Periods	Tricia Kreitman, Dr Fiona Finlay, Dr Rosemary Jones	This book tells you everything you need to know about periods and answers all the questions that thousands of real girls have asked. Great, straightforward information about growing up and puberty for Girls	Parents/ Carers Y5 and above
Asking About Sex	Joanna Cole	Writing especially for preteens, the author uses a question-and-answer format to offer	
and Growing Up		straightforward information on a wide variety of subjects related to sex and puberty.	Parents/ carers Y5 and above
A Quiet Night In (The Large Family)	Jilly Murphy	It's Mr Large's birthday and Mrs Large is planning a quiet night in – without any children. But in the Large household, things rarely go as planned!	KS1
Amazing Grace	Mary Hoffman, Caroline Birch	Grace loves to act out stories. When her school plans a performance of Peter Pan, she longs to play Peter, but her classmates say that he was a boy, and besides he wasn't black ...	KS1/2
The Huge Bag of Worries	Virginia Ironside	This funny and reassuring story from Virginia Ironside will appeal to all children who have occasional worries of their own.	KS1 / KS2
How are babies made?	Alastair Smith	Discover how a baby forms inside its mother; Lift the flaps on the pages to see the baby changing as it grows...and...and grows!	KS1

My Parents Picked Me!	Pat Thomas and Lesley Harper	A First Look at Adoption: explores the issue of adoption in a reassuringly simple way. The fears, worries and questions that children have on this experience are examined.	KS1 /KS2
Hair in Funny Places	Babette Cole	Ted has seen many children grow up. In his wise but wildly funny way he explains how Mr and Mrs Hormone mix their outrageous potions that turn children into adults ... with the best results of course!	KS2
It's Okay to be Different	Todd Parr	It's Okay to be a different colour; It's Okay to be different; What's different about YOU?	KS1
Sex, Puberty and All that Stuff	Jacqui Bailey	Everything you might ever have wanted to know about: Spots, Kissing, Condoms, Feelings, Friends, Hormones, Periods, Dating ...	KS2
Tell Me Again about the Night I was Born	Jamie Lee Curtis	A true story of adoption A pitch perfect celebration of true family values; "Radiate love and reassurance."	KS1 / KS2
We Belong Together	Todd Parr	A book about adoption and families.	KS1
Princess Smartypants	Babette Cole	Princess Smartypants does not want to get MARRIED. She enjoys being a Ms. But being a rich and pretty princess means that all the princes want her to be their Mrs.	KS1 / Lower KS2
Long live Princess Smartypants	Babette Cole	When Princess Smartypants decides it would be lovely to have a BABY there isn't much that can stand in her way – certainly not her aversion to princes!	KS1 / Lower KS2
and Tango makes	Justin Richardson	Based on a true story of a pair of male penguins at the Bronx Zoo bonding and treating a	KS2

three	and Peter Parnell	stone like an egg , this charming and heart-warming tale proves that all you need to make a family is love.	
Bad Habits	Babette Cole	Lucretia Crum is a little monster with big bad habits. Now she wants to have a birthday party. But all the big monsters turn up and they're really, really bad!	KS1 / KS2
When Parents Separate	Peter Sanders and Steve Myers	Choices and Decisions tackles the social issues that concern young readers today.	KS2
Keeping Healthy Relationships	Carol Ballard	Discover how to keep healthy by developing good relationships with people around us.	KS2
How Did I Begin?	Mick Manning & Brita Granstroem	"An award-winning partnership... provides an excellent starting point for those inevitable children's questions about the facts of life."	KS1
Frog in Love	Max Velthuijs	Frog is feeling most unwell. He keeps getting hot, then cold, and something inside his chest is going 'thump, thump'. Hare says it means he's in love! But who with? And how can he show his devotion - perhaps by performing the biggest jump ever?	KS1
Little Rabbit Foo Foo	Michael Rosen	He's wild, he's wicked, he's Little Rabbit Foo-Foo! The bully-boy bunny likes nothing better than to ride through the forest bopping everyone on the head. Wiggly worms, tigers, no one is safe. But here comes the Good Fairy - and she is not amused!	KS1
It's Different for Me!	Teacher's guide	A resource for Key Stage 2 – Sex & Relationships Education, supporting the Literacy Hour	KS2
Who's in a Family?	Robert Skutch	Who's in a family? The people you love the most!	KS1
Leon and Bob	Simon James	Leon is new and town and doesn't know anyone until he makes friends with Bob. No one else can see Bob, but Leon knows he's there. Then, a new boy moves next door and Leon wants to make friends--but can he do it	KS1

		without Bob beside him? A great story about making friends	
The Family Book	Todd Parr	Open this book to read about all different kinds of families!	KS1
Where Willy Went	Nicholas Allan	A hilariously funny story about the facts of life for five to seven year olds	KS1 (and beyond!)
Speakeasy: talking with your children about growing up	FPA : Foreward by Dr Miriam Stoppard	Talking with your children about growing up	Parents/ Carers

Check out the bare facts: boys and Check out the bare facts: girls	Available from the HPS Information and Resource Centre	These puberty leaflets aimed at upper KS2 are for use in supporting sex education lessons. They cover body changes, spots, periods, erections, etc.	KS2
Something else,	Cave, K. and Riddle, C.,	A book about differences and friendships	KS1
Billy and the baby	Bradman, T. and Breeze, L	A good book to use to look at family changes when a new sibling appears and as an introduction to where babies come from.	KS1
Not now, Bernard	McKEE, D. (2005)	London: Andersen Press. Bernard can't find a way to make his parents stop and listen to what he is saying – that there is a monster in the garden. A classic story which can be used to look at emotions and feelings.	KS2
Let's talk about where babies come from	Harris H. R. and Emberley, M	Approved by the fpa, this book answers the many questions most children have about babies, bodies, love, sex and reproduction. Suitable for ages 8 to 12. A good book to have parents to borrow to take home and read with their children	Parents /carers
Let's talk about sex: growing up, changing bodies, sex and sexual health,	Harris, Robie H. and Emberley, Michael	Approved by the fpa, this book is illustrated throughout with witty but always accurate cartoons. It tells pre-teens what they need to know about sex. Suitable for ages 10 to 14. Another book to make available for parents to borrow	Parents/ carers