



BOOKLIST OF CHILDREN'S BOOKS ON SEXUALITY

INDIAN AUTHORS

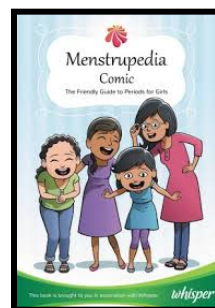
1. Menstrupedia Comic The Friendly Guide to Periods for Girls

Menstrupedia Comic is a fun and easy to understand guide to menstruation. It's the journey of three young girls and their experiences with periods, it offers reassuring answers to the questions that young girls have about periods, puberty and menstruation.

Author: Aditi Gupta and Tuhin Paul

Illustrator: Tuhin Paul

Publisher: Menstrupedia



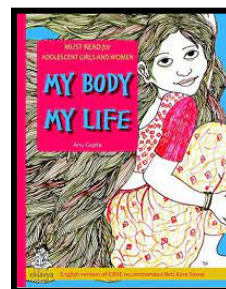
2. My Body, My Life

This book tries to develop a comprehensive understanding of changes in girls' bodies during adolescence. It also talks about various beliefs and practices.

Author: Anu Gupta

Illustrator: Karen Haydock

Publisher: Eklavya



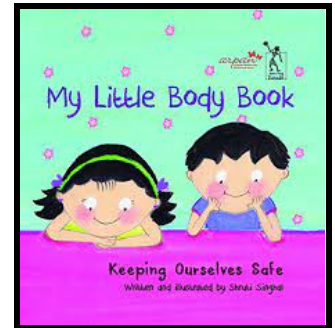
3. My Little Body Book Keeping Ourselves Safe

This book introduces youngsters to the importance of taking care of their own bodies; from simple tips on hygiene to an empowering message of personal safety.

Author: Shruti Singhal

Illustrator: Shruti Singhal

Publisher: Young Zubaan



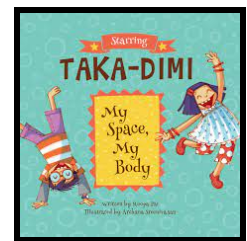
4. My Space, My Body Starring Taka-Dimi

This book reinforces two concepts: Body Awareness and Personal Space through stories.

Author: Roopa Pai

Illustrator: Archana Sreenivasan

Publisher: Gait



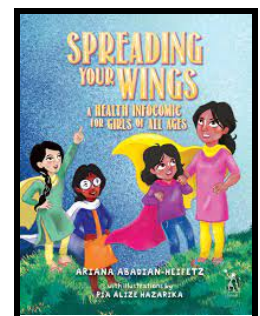
5. Spreading Your Wings A Health Infocomics for Girls of All Ages

This is an educational comic book that teaches about puberty, menstrual hygiene, and body positivity. (110+ pages)

Author: Ariana Abadian-Heifetz

Illustrator: Pia Alize Hazarika

Publisher: Young Zubaan



6. The Blue Book What You Want to Know About Yourself

In this book, young adults can find information about different aspects of sexuality and relationships. It is a guide to exploring sexuality as well as a great conversation-starter for any questions young adults might have.

Author: Tarshi

Illustrator: Anupama Chatterjee Hara, Neha Naqvi and Kanak Shashi

Publisher: Young Zubaan

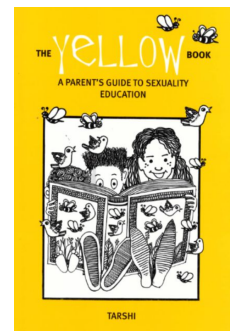


7. The Yellow Book: A Parent's Guide to Sexuality Education

This book is specifically for parents and teachers that provides tips and tools, information and advice, to help everyone speak in an open and informed way about sexuality at every stage of life.

Author: Tarshi

Publisher: Young Zubaan

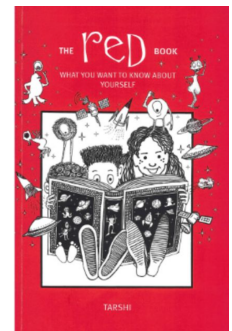


8. The Red Book: What You Want to Know About Yourself

This is a handy, helpful resource with stories, illustrations and interactive exercises, it guides young people through all the changes they're experiencing.

Author: Tarshi

Publisher: Young Zubaan



9. The Secret Touch

This book features a unique reversible flip-format with one narrative for a young girl and the reverse side for a boy. It talks about personal boundaries, body safety, and open communication to prevent child sexual abuse.

Author: Swati Popat Vats

Illustrator: Anokhi Shah and Subodh V. Kadam

Vision: Dr. Pavan Podar

Publisher: Podar Publishing



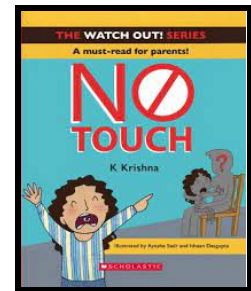
10. The Watch Out Series No Touch

This book helps parents, counsellors, and educators open conversations about good touch and bad touch with kids.

Author: K Krishna

Illustrator: Ayesha Sadr and Ishaan Dasgupta

Publisher: Scholastic



11. Bachchey Kaise Bante Hain?

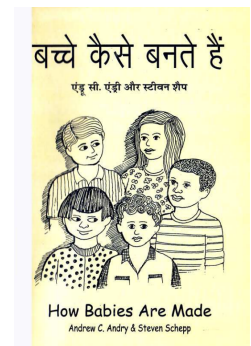
This illustrated book helps children understand how seeds are formed, how little chicks and puppies are born. They can also see how little human babies are born.

Author: Andrew C. Andry and Steven Schepp

Translator: Arvind Gupta

Illustrator: Avinash Deshpande

Publisher: Bharat Gyan Vigyan Samithi



INTERNATIONAL AUTHORS

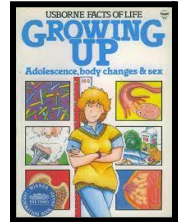
1. Growing Up

It is a non-fiction book as part of the Usborne Facts of Life series. It is designed for readers aged 9 to 12 to explain puberty, body changes, and health.

Author: Susan Meredith

Illustrator: Sue Stitt, Kuo Kang Chen and Rob McCraig

Publisher: EDC Publishing



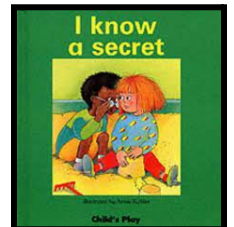
2. I Know A Secret

Reflects the way in which children learn where babies come from, and answers the questions they ask. Additional information is provided in a booklet which parents/ educators may use at their discretion.

Author: Annie Kubler

Illustrator: Annie Kubler

Publisher: Child's Play



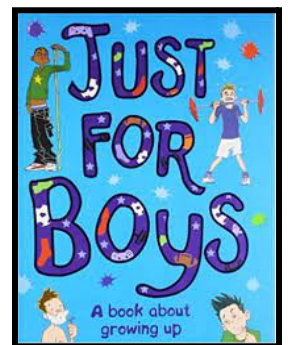
3. Just For Boys A Book About Growing Up

Explains puberty in an easy-to-understand and straightforward way that's perfect for explaining and understanding the changes that can be pretty confusing to young boys. It includes advices, tips, facts and a special Q&A section.

Author: Matt Crossick

Illustrator: Rob Davis

Publisher: Parragon



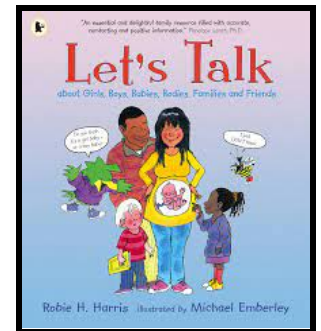
4. Let's Talk About Girls, Boys, Bodies, Families and Friends

A book to help children understand human anatomy, reproduction, and personal relationships in an age-appropriate way.

Author: Robie H. Harris

Illustrator: Michael Emberley

Publisher: Walker Books



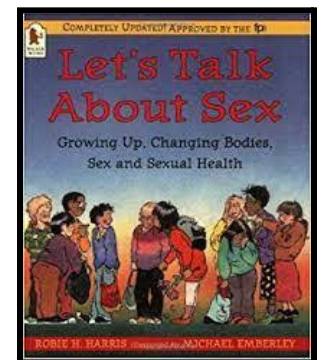
5. Let's Talk About Sex

This is universally acclaimed classic resource book for children, parents, teachers, librarians. Provides accurate and up-to-date information to answer young people's concerns and questions, from conception and puberty to birth control and AIDS, it offers everything they need to make responsible decisions and stay healthy.

Author: Robie H. Harris

Illustrator: Michael Emberley

Publisher: Walker Books



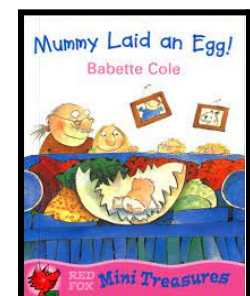
6. Mummy Laid an Egg!

Published in 1994, this is a British Book Awards winning children's book which explains sexuality education with humor.

Author: Babette Cole

Illustrator: Babette Cole

Publisher: Random House Children's Books



7. Our New Baby

This is the story of a five-year old boy's journey through his mother's pregnancy. Using simple language and photographs, this book explains to the reader the magic of childbirth.

Author: Catherine Deveny

Photography: Mario Borg

Publisher: Lothian Books



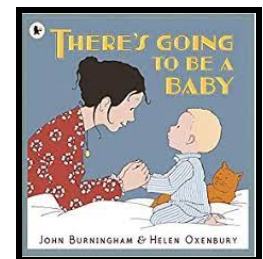
8. There's Going To Be A Baby

A timeless story which follows the swirl of questions in the mind of a young child anticipating a baby sibling with excitement, curiosity, and just a bit of trepidation.

Author: John Burningham

Illustrator: Helen Oxenbury

Publisher: Walker Books



9. That New Baby An Open Family Book For Parents And Children Together

This is a children's and parenting book which talks about navigating family expansion.

Author: Sara Bonnett Stein

Photography: Dick Frank

Publisher: Walker and Company



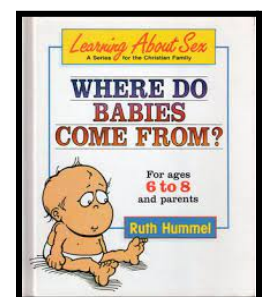
10. Where Do Babies Come From

Sex education book for primary school age children, presented from a Christian point of view.

Author: Ruth Hummel

Illustrator: Maritz Communications Company

Publisher: Concordia Publishing House



11. What's Inside Your Tummy, Mummy?

A book for introducing a young child to the concept of how babies grow. Every month the life-size drawings give parent and child a fantastic opportunity to explore how big the baby is in comparison to everyday objects, along with providing information about the umbilical cord, the womb, and the baby's developments each month.

Author: Abby Cocovini

Illustrator: Abby Cocovini

Publisher: Random House Children's Books

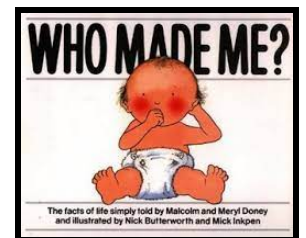
12. Who Made Me?

This book gives a comprehensive answer, providing the facts of life with frankness and humour, and puts them in the context of a loving relationship.

Author: Malcolm and Meryl Doney

Illustrator: Nick Butterworth and Mick Inkpen

Publisher: Marshall Pickering



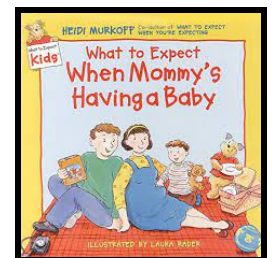
13. What to Expect When Mommy's Having A Baby

The book discusses reproduction and a baby's development in a scientific manner, while remaining simple to understand.

Author: Heidi Murkoff

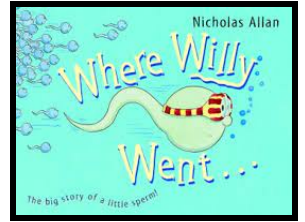
Illustrator: Laura Rader

Publisher: Harper Festival



14. Where Willy Went...

The book is about a sperm named Willy who lives inside Mr Browne. Just like other 300 million sperms, Willy races trying to catch the prize, an egg. This book is written in an innocent, warm, accessible language and can be easily read by young children.



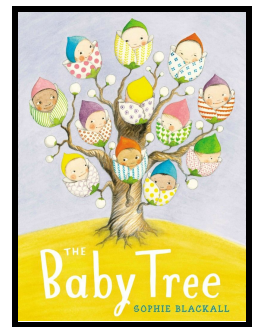
Author: Nicholas Allan

Illustrator: Nicholas Allan

Publisher: Hutchinson

15. The Baby Tree

This book reveals the basics of reproduction in an age-appropriate way, it is full of playful details to amuse and engage readers.



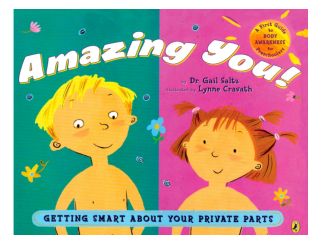
Author: Sophie Blackall

Illustrator: Sophie Blackall

Publisher: Nancy Paulsen Books

16. Amazing You

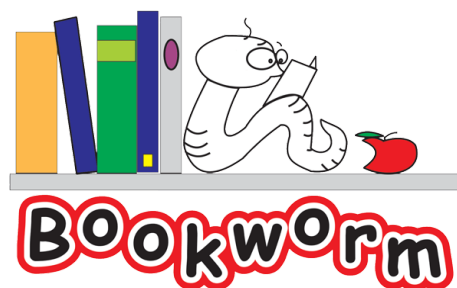
A book designed for young children who are becoming aware of their bodies about information about reproduction, birth, and the difference between girls' and boys' bodies.



Author: Dr. Gail Saltz

Illustrator: Lynne Avril Cravath

Publisher: Puffin Books



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