

RSE

Useful resources to promote and support discussion

Title	Author	Descriptions extracted from Amazon UK webpage	ISBN
I will always love you	Penny Ives	<i>One morning, Alex decides to make breakfast for his mother, but he accidentally breaks her favourite honey bowl. He asks her if she will love him, no matter what. She promises him that she will always love him, but Alex isn't so sure. What will his mother think when she finds out what happened? Will she still love him?</i>	9781589254411
I want a friend	Tony Ross	<i>The Little Princess can't wait to start school! At first, she finds it difficult to make friends and she is left all alone. But she soon finds there are other children with no friends, and before she knows it she has more friends than she can count!</i>	B01HPH3DY0
Circle time from the very young	Margaret Collins	<i>Circle Time for the Very Young has been used by teachers and practitioners alike for the last ten years! Now in its third edition, this book has been fully updated and includes a CD Rom to help you with Circle Time in your early years setting. Circle Time is used to help form positive relationships, increase confidence and self-esteem and provide a safe environment to explore feelings and opinions. Covering the 3 to 9 age range.</i>	978-0857024244
Daddy's roommate	Michael Willhoite	<i>A young boy discusses his divorced father's new living situation, in which the father and his gay roommate share eating, doing chores, playing, loving, and living.</i>	978-1555831189
Mummy never told me	Babette Cole	<i>This funny and reassuring picture book looks at life's little mysteries. It answers difficult questions like: what are tummy buttons for? What does the tooth fairy really look like? And why do grown-ups have hair in their ears and up their noses, but sometimes none on their heads?</i>	978-0224047364
Big Mum Plum	Daniel Postgate	<i>A book for infant school and pre-school age children (age 2 - 6) and especially those who are a few months away from going to school. It's about a mummy pig (big mum plum) and her piglets, on their first day at school. They think school is going to be scary, so run away and hide when they find out they have to go. But big mum plum finds them and takes them to school. They love it so much they don't want to go home at the end of the day, so hide again!</i>	978-1845392437
The Harvey Milk story	Kari Krakow	<i>Recounts the story of gay rights activist Harvey Milk, the first gay person elected to any office in the United States, and discusses how his actions changed the views of many Americans.</i>	978-0967446837
Little Tiger Big Surprise	Julie Sykes & Tim Warnes	<i>Little Tiger isn't at all happy when Mummy Tiger tells him he will soon have a little brother or sister. He likes things just the way they are. Who can persuade him that a new baby can be fun after all?</i>	978-1854304919

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My Body is Private	Linda Walvoord	<i>Julie, who is eight or nine, talks about privacy and about saying -no- to touching that makes her uncomfortable.</i>	978-0807553190
The Sissy Duckling	Henry Cole	<i>A story of a duckling who embraces his identity. Elmer is not like the other boy ducklings. While they like to build forts, he loves to bake cakes. While they like to play baseball, he wants to put on the halftime show. Elmer is a great big sissy. But when his father is wounded by a hunter's shot, Elmer proves that the biggest sissy can also be the greatest hero</i>	978-1442498174
Living With a Willy	Nick Fisher	<i>Living with a Willy is about what it's really like to be a willy owner. It's about your body and what happens to it. Real things, stuff like what it feels like to stand in the shower next to someone who's only two weeks older than you, but seems to be in possession of a member several sizes bigger. This book isn't going to teach you a lot of long Latin words ending in m, but it might just help you understand what it really means to own a daft tuft of flesh shaped like a chipolata.</i>	978-0330332484
Mummy Laid an Egg	Babette Cole	<i>Just how are babies made? Erm Well. . . they're delivered by dinosaurs squidged out of tubes and found under stones! In this story the kids put their embarrassed parents straight and dispel the myths surrounding baby-making, growth and birth. Babette Cole careers through the facts of life with her no-nonsense text and funny illustrations.</i>	978-0099299110
How did I begin?	Brita Granstrom & Mick Manning	<i>If you choose to share 'the facts of life' with children at a young age, this is the perfect book to do so. It gently guides the reader through each stage of a child's development within the womb with charming illustrations and simple explanations, inviting lots of discussion and providing answers to all those questions</i>	978-0749656614
Let's talk about where babies come from	Robbie Harris	<i>This clear, lively information book about sex and reproduction covers all the main areas: babies, reproduction, bodies, chromosomes, genes, growing up, love, health and lots more. As before, the information is imparted simply and reassuringly with humorous commentary from an inquisitive bird and a squeamish bee and very friendly full-colour cartoon-strip illustrations</i>	978-1406357868
Where Willy Went	Nicholas Allan	<i>Willy is a little sperm who lives inside Mr Browne. The trouble is, Willy is one of 300 million sperm and they all want the same prize - an egg. It's lucky Willy is such a good swimmer ...</i>	978-0099456483
What's Happening to my Body Series	Lynda Madaras	<i>The Madaras growing-up guides are acknowledged by parents, educators, librarians, and doctors for their unique, nonthreatening style, excellent organization, and thorough coverage of both the physical and emotional issues surrounding puberty and adolescence.</i>	978-1557047649

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The boy's body book	Dunham/Bjorkman	<i>Growing up isn't as easy as it looks. With changing emotions, friends, expectations, and bodies, some days it can seem like life is one big roller coaster ride</i>	978-1604337136
The girl's body book	Dunham/Bjorkman	<i>From periods to peer pressure, puberty can be a confusing time for pre-teens and parents alike. The newly updated fifth edition of the Girl's Body Book helps prepare girls and their parents for the ups and downs of puberty, middle school, and everything in between, including topical issues like school safety and #MeToo. Covering body changes, personal hygiene, self-confidence, and leadership, the Girl's Body Book helps prepare girls for puberty and beyond.</i>	978-1604338331
Hair in funny places	Babette Cole	<i>Girls and boys are always curious and sometimes even alarmed by the behaviour of their bodies as they grow up. Puberty being a particularly unsettling time, Babette Cole has made this the subject of the fifth title in her bestselling series of 'family dilemmas'. The text takes the form of a conversation between a small girl and her teddy bear, and is ingenious and funny.</i>	978-0099266266
Growing up	Susan Meredith	<i>This text describes exactly what takes place in the body at the time of puberty. It contains sections on sex and contraception, food, exercise, hygiene and drugs and other problems both physical and emotional.</i>	978-0746031421
10 000 dresses	Marcus Ewert	<i>In her dreams, Bailey is a young girl. Every night she dreams about magical dresses. Unfortunately, when Bailey wakes up, nobody wants to hear about her beautiful dreams. This is because Bailey is a boy and shouldn't be thinking about dresses at all. Then Bailey meets an older girl who is touched and inspired by Bailey's dreams and courage. Eventually they start making dresses together that represent Bailey's dreams coming to life.</i>	978-1583228500
Bill's new frock	Anne Fine	<i>Bill Simpson wakes up to find he's a girl, and worse, his mother makes him wear a frilly pink dress to school. How on earth is he going to survive a whole day like this? Everything just seems to be different for girls.</i>	978-1405285339
The different dragon	Jennifer Bryan	<i>This bedtime story about bedtime stories shows how the wonderful curiosity and care of a little boy, with some help from one of his moms, can lead to magical and unexpected places. Join Noah and his cat, Diva, on this night-time adventure and you too will leave with an unforgettable new dragon friend!</i>	978-0967446868
The boy in a dress	David Walliams	<i>Charming, surprising and hilarious - The Boy in the Dress is everything you would expect from the co-creator of Little Britain. David Walliams's beautiful first novel will touch the hearts (and funny bones) of children and adults alike.'</i>	978-0007279043

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Dogs don't do ballet	Anna Kemp	<p><i>My dog is not like other dogs. He doesn't do dog stuff like weeing on lampposts or scratching his fleas, or drinking out of the toilet. No, my dog likes moonlight and music and walking on his tiptoes. You see, my dog doesn't think he's a dog. My dog thinks he's a ballerina!</i></p> <p><i>A fabulous feel-good book about a small dog with a big personality and even bigger dreams.</i></p>	978-1847384744
The odd egg	Emily Gravett	<p><i>All the birds have eggs to hatch. All except Duck. When Duck finds an egg of his own to look after he's delighted: it's the most beautiful egg in the whole world! But all the other birds think it's a very odd egg indeed – and everyone's in for a big surprise when it finally hatches.</i></p>	978-1509836239
The paper bag princess	Robert Munsch	<p><i>When the fiercest dragon in the whole world smashes Princess Elizabeth's castle, burns all her clothes, and captures her fiancé, Prince Ronald, Elizabeth takes matters into her own hands. With her wits alone and nothing but a paper bag to wear, the princess challenges the dragon to show his strength in the hopes of saving the prince. But is it worth all that trouble?</i></p>	978-1773210292
The turbulent term of Tyke Tiler	Gene Kemp	<p><i>Tyke Tiler and Danny Price are best friends, much to the despair of the headmaster of Cricklepit Combined School - because wherever the pair go, trouble is never far behind. Stolen money, a sheep's skeleton, fights in class . . . And somehow it's always trouble that Tyke has to sort out.</i></p> <p><i>Can Tyke help the hapless Danny stay out of trouble for their last term? And what final surprise does Tyke have in store?</i></p>	978-0571313914

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Billy and The Tingles	Laura Walker and Carol Laugharne	<i>This children's story book of 'Billy and The Tingles' is specially written and illustrated to enable professionals, parents or carers to read it to children who have displayed low level sexually concerning behaviour. Hearing the story of Billy will prepare children who are about to embark on some direct work with a professional using our accompanying resource pack. We envisage that this book will be useful if used prior to and during the intervention to help children understand the process and to reduce any anxieties they may have. We perceive that the users of the book will be a range of professionals including Social Workers, CAMHS Practitioners, Learning Mentors, Nursery and Children's Centre staff; indeed, anyone who cares for children up to the age of 11, or older if the child has learning needs. (Description from www.happydesigner.co.uk)</i>	978-1-909301-74-0
Scared of a bear	Hilda Offen	<i>When Katie's family won't play with her she goes off to the forest despite their warnings of big scary bears. But the only bear Katie finds is small and cuddly ... until she returns home followed by a big scary bear!</i>	978-0340653500
Being me. In Penguin Land	Terry Reed	<i>This book is one in a series of three short books, each defining a different gender experience. In this story, the penguin child identifies as neither a boy nor a girl but somewhere in between (non-binary)</i>	The Proud Trust
Being me. In Penguin Land	Terry Reed	<i>This book is one in a series of three short books, each defining a different gender experience. In this story, the penguin child identifies as a girl.</i>	The Proud Trust
It could have been worse...	A.H Benjamin & Tim Warnes	<i>Mouse is on his way home from visiting his cousin when he undergoes a series of mishaps, getting bruised, soaked and covered in prickles. Tim Warnes' illustrations take poor Mouse through his eventful journey.</i>	978-1854304469
Have you got my Purr?	Judy West & Tim Warnes	<i>Little Kitten can't purr so she asks Dog whether he has her purr but he only has his woof. Perhaps Cow has her purr? Or Sheep? One by one, Little Kitten asks all the animals in the farmyard but no one has her purr. Where ever can it be?</i>	978-1854306241
The Selfish Crocodile	Faustin Charles & Michael Terry	<i>Every morning a very large and very snappy crocodile shouts this selfish message: 'Stay away from my river! It's MY river! If you come in my river, I'll eat you all!' The animals in the forest don't know what to do. They are frightened of the crocodile. Even the fish, tadpoles, frogs, crabs and crayfish stay out of the water. Until one day, the creatures are woken by a loud groaning sound which turns out to be the selfish crocodile in a lot of pain, and the smallest of them all, a little mouse, finds a way to solve their snappy dilemma!</i>	978-0747541936

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Mr Large in Charge	Jill Murphy	<i>Mrs Large isn't feeling too good. So, Mr Large sends her back to bed. "I'll take charge," he says. Mrs Large settles down for a nice rest while Mr Large and the children get busy hoovering, dusting and tidying. But Mrs Large's day doesn't turn out to be quite as restful as she had first hoped! With a foreword and gorgeous foil lettering on the cover and spine, this is a beautiful book to treasure.</i>	978-1406370751
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Useful websites on the changing adolescent body.

All offer free guidance and support in implementing the compulsory Health Education section – Changing adolescent body.

Links cover all key stages.

<https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/> - Great to update your knowledge and direct parents and carers to as well. Plenty of example questions young people may ask.

<https://bettyforschools.co.uk/> - resource which focuses on periods.

<https://periodpositive.wordpress.com/> - free posters and resources to download to keep talking about puberty positive, especially periods.

<https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-facts/>

<https://riseabove.org.uk/tag/puberty/> - Suitable for Key Stage 3, however worth KS2 teachers having a look for further information and ideas.

<https://www.always.co.uk/en-gb/tips-and-advice-for-women/puberty>

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and> (Members only)

<https://www.bbc.co.uk/bitesize/topics/z7mtvcw/resources/>

<https://www.twinkl.co.uk/teaching-wiki/puberty>

<https://parentzone.org.uk/tags/puberty> - A resource that may be helpful to direct parents to for further information.

<https://www.fpa.org.uk/relationships-and-sex-education/growing-up-with-yasmine-and-tom> - primary aged children.

<https://www.lil-lets.com/uk> - Some simple short clips to show young people with vaginas how to use sanitary products.

<https://www.bodyform.co.uk/v-zone/puberty/>