



Books + info suitable for Disabilities

(Parents & Children aged 9-16)

Recommended reading for children and parents.

Tweens & Teens

- ✿ **Boyfriends & Girlfriends: A Guide to Dating for People with Disabilities** by Teri Couwenhoven
- ✿ **Puberty and Special Girls** by Rose Stewart, Heather Anderson and Fay Angelo
- ✿ **Special Boys' Business** by Fay Angelo, Heather Pritchard and Rose Stewart
- ✿ **Special Girls' Business** by Fay Angelo, Heather Pritchard and Rose Stewart
- ✿ **The Boys' Guide to Growing Up : Choices & Changes in the Tween & Teen years** by Teri Couwenhoven (age 9-16)
- ✿ **The Girls' Guide to Growing Up: Choices & Changes in the Tween & Teen years** by Terri Couwenhoven (age 9-16)
- ✿ **The Growing Up Guide for Girls** by Davida Hartman (age 9-14)
- ✿ **The Growing up Guide for Boys** by Davida Hartman (age 9-14)
- ✿ **Things Elli Likes** by Kate E Reynolds (aged 10+)
- ✿ **Things Tom Likes** by Kate E Reynolds (aged 10+)
- ✿ **What's Happening to Ellie** by Kate E Reynolds (aged 10+)
- ✿ **What's Happening to Tom** by Kate E Reynolds (aged 10+)

Parents

- ✿ **Healthy Relationships, Sexuality and Disabilities Resource Guide**
https://www.enoughabuse.org/images/stories/gk_resourcebank/hrhs-sexuality-and-da-resource-guide.pdf
- ✿ **Puberty – Resources for parents of children with a developmental disability**
<https://blogs.rch.org.au/neurodevelopment-and-disability/2016/03/31/puberty-resources-for-parents-of-children-with-a-developmental-disability/>
- ✿ **Respectability Sex Education Resources**
<https://www.respectability.org/resources/sexual-education-resources/>
- ✿ **SECCA App** <https://app.secca.org.au/>
- ✿ **Sexuality Education for Students with Disabilities: Centre for Parent Information & Resources** <https://www.parentcenterhub.org/sexed/>
- ✿ **TES** <https://www.tes.com/en-au/>
- ✿ **Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders: A Professionals' Guide to Understanding, Preventing Issues, Supporting Sexuality and Responding to Inappropriate Behaviours** by Davida Hartman

☀ **Teaching Children with Downs Syndrome About Their Bodies, Boundaries & Sexuality: A guide for Parents & Professionals** by Teri Couwenhoven

☀ **Sex Ed Rescue** <https://sexedrescue.com/sex-education-books/>

Note: *All books listed above have written reviews by Cath Hakanson <https://sexedrescue.com>
She also reviews them individually on **YouTube**.*