

CCSD 89 Growth and Development Resources

Videos

- Girls puberty education: <https://youtu.be/gv21b3ZpSLg?si=8xCM3u3Zxv0Md5bo>
- Boys puberty education: <https://youtu.be/2XF0awGRTWs?si=w-kKNHX-ViYEmqB5>

Books

Boys:

- “The Ultimate Guys Body Book: Not-so-stupid questions about your body” by Larimore (2012)
- “What’s Happening to Me? (Boys Edition)” by Firth (2007)
- “On your Mark, Get Set, Grow! A ‘What’s Happening to My Body?’ Book for Younger Boys” by Madaras and Gilligan (2009)
- “Guy Stuff: The Body Book for Boys (American Girl Wellbeing)” by Natterson (2017)

Girls:

- “What’s Happening to Me? (Girls Edition)” by Meredith (2006)
- “The Care and Keeping of You 1 (American Girl Wellbeing)” and “The Care and Keeping of You 2 (American Girl Wellbeing)” by Natterson (2013)
- “Ready, Set, Grow!: A What's Happening to My Body? Book for Younger Girls” by Madaras (2009)
- “The Period Book. A Girl’s Guide to Growing Up” by Gravelle (2017)

Website

[Kidshealth.org](https://kidshealth.org) – for teens, sexual health