Sexual Health Education – Non-fiction Texts – Elementary Level

(Fiction texts/picture books noted with *; some titles listed under multiple topics)

Part of the Office of Superintendent of Public Instruction’s (OSPI’s) mission is to provide resources to educators that support student success and the implementation of student learning standards. OSPI has not reviewed the titles on this list for compliance with the AIDS Omnibus Act or Healthy Youth Act, nor does it endorse them for use. This list of resources is provided for informational purposes only. Books on this list have been reviewed by School Library Journal or other similar entities. Districts interested in using any of the listed materials are encouraged to review titles first. Resources to support review of instructional materials are available at http://www.k12.wa.us/CurriculumInstruct/InstructionalMaterialsReview.aspx.

**Anatomy and Physiology (Health Standard/Outcome/Outcome H1.Se1.K-5):**

*Human Body Theater,* by Maris Wicks – reviewed by School Library Journal (grades 4-7)

*It’s So Amazing! A Book about Eggs, Sperm, Birth, Babies and Families,* by Robie Harris and Michele Emberley— reviewed by School Library Journal (grades 2-6)

*Sex Is a Funny Word: A Book about Bodies, Feelings, and YOU,* by Cory Silverberg— School Library Journal starred review (grades 2-6)


*Who Has What? All About Girls’ Bodies and Boys’ Bodies* by Robie Harris —School Library Journal starred review (grades preK-3)

**Growth and Development (Health Standard/Outcome/Outcome H1.Se2.K-5):**

*Below Your Belt: How to be Queen of Your Pelvic Region,* by Missy Lavender and Jeni Donatelli— reviewed by School Library Journal (grades 4-8)


*Does This Happen to Everyone? : A Budding Adult’s Guide to Puberty,* by Antje Helms, tr. from German by Jen Metcalf. adapt. by Jen Horan – reviewed by School Library Journal, The School Librarian (grades 5-9)


*Growing UP, Inside and Out,* by Kira Vermond – reviewed by School Library Journal (grades 4-8)

*It’s So Amazing! A Book about Eggs, Sperm, Birth, Babies and Families,* by Robie Harris and Micheal Emberley –School Library Journal starred review (grades 2-6)

*On Your Mark, Get Set, Grow!* by Lynda Madaras – reviewed by School Library Journal (grades 3-6)

*The Period Book: Everything You Don’t Want to Ask (But Need to Know)* by Karen Gravelle – reviewed by School Library Journal (grades 4-7)

*Human Body Theater,* by Maris Wicks – reviewed by School Library Journal (grades 4-7)

*Sex Is a Funny Word: A Book about Bodies, Feelings, and YOU,* by Cory Silverberg– School Library Journal starred review (grades 2-6)

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What’s Going On Down There?: Answers to Questions Boys Find Hard to Ask, by Karen Gravelle – reviewed by School Library Journal (grades 5-10)

What’s Happening to my Body? Book for Boys, by Lynda Madaras – reviewed by School Library Journal (grades 5-9); also available in Spanish

What’s Happening to my Body? Book for Girls, by Lynda Madaras – Best Book for Young Adults by the American Library Association (grades 5-9); also available in Spanish

Your Body Belongs to You, by Cornelia Spelman – reviewed by School Library Journal (grades PreK-2)


It’s Not the Stork! A Book about Girls, Boys, Babies, Bodies, Families, and Friends, by Robie Harris and Micheal Emberley– reviewed by School Library Journal (ages 4 and up)

It’s So Amazing! A Book about Eggs, Sperm, Birth, Babies and Families, by Robie Harris and Micheal Emberley– reviewed by School Library Journal (ages 7 and up)

Sex Is a Funny Word: A Book about Bodies, Feelings, and YOU, by Cory Silverberg– School Library Journal starred review (grades 2-6)

What Makes a Baby by Cory Silverberg– reviewed by School Library Journal (preK-grade 2)


A Kid’s Guide to AIDS and HIV: Understanding Disease and Wellness: Kids’ Guides to Why People Get Sick and How They Can Stay Well (Volume 13), by Rae Simons– Mom’s Choice Award Honoring Excellence (grades 3-7)

Be a Friend: Children Who Live with HIV Speak, by Lori Wiener – reviewed by School Library Journal (grades 4 and up)

You Can Call Me Willy: A Story for Children about AIDS, by Joan C. Verniero – reviewed by School Library Journal (grades K-3)


*10,000 dresses, by Marcus Ewert; Rex Ray– 2010 Rainbow Book List (grades K-4)

All Families are Different, by Sol Gordon – reviewed by Children’s Literature (grades preK-3)

And Tango Makes Three, by Justin Richardson and Peter Parnell – ALA Notable Children’s Book Nominee, School Library Journal starred review (grades preK-3)

*The Boy and the Bindi, by Vivek Shraya – reviewed by School Library Journal (grades K-2, teacher’s guide available)

Families, by Susan Kuklin – School Library Journal starred review (grades K-4)

Families, by Shelley Rotner and Sheila M. Kelly– reviewed by School Library Journal (grades preK-K)

The Family Book, by Todd Parr – reviewed by School Library Journal (preK-grade 2)


*George, by Alex Gino– reviewed by School Library Journal (grades 4-6)

Girls Think of Everything: Stories of Ingenious Inventions by Women, by Catherine Thimmesh – reviewed by School Library Journal (grades 5-8)

June 2018, Sexual Health Education Program, Office of Superintendent of Public Instruction (OSPI)
*Girls Who Looked Under Rocks*, by Jeannine Atkins – selection by the Children’s Book Council & National Science Teacher’s Association (grades 5-12)

The Great Big Book of Families, by Mary Hoffman – School Library Journal starred review (grades preK-3)

*I am Jazz*, by Jessica Herthel and Jazz Jennings – 2015 Rainbow Book List (grades preK-3)

*I Look Like a Girl*, by Sheila Hamanaka – School Library Journal starred review (preK-3)

*Jacob’s New Dress*, by Sarah and Ian Hoffman – reviewed by School Library Journal (grades preK-2)

*My Princess Boy*, by Cheryl Kilodavis – reviewed by School Library Journal (grades preK-3)

*I Look Like a Girl*, by Sheila Hamanaka – School Library Journal starred review (preK-3)

*I am Jazz*, by Jessica Herthel and Jazz Jennings – 2015 Rainbow Book List (grades preK-3)

*My Princess Boy*, by Cheryl Kilodavis – reviewed by School Library Journal (grades preK-3)

*Not Every Princess*, by Jeffrey Bone and Lisa Bone – reviewed by Children’s Literature (grades preK-2)

*One Family*, by George Shannon – reviewed by School Library Journal (grades preK-2)

*One of a Kind Like Me/Unico Como Yo*, by Laurin Mayeno – reviewed by Latinxs in Kid Lit (grades preK-2, teacher’s guide available)


*Sex is a Funny Word: A Book about Bodies, Feelings, and YOU*, by Cory Silverberg – School Library Journal starred review (grades 2-6)

*Stella Brings the Family*, by Miriam B. Schiffer – reviewed by School Library Journal (grades K-2)

**Healthy Relationships (Health Standard/Outcome H1.Se6.K-5):**

*Growing UP, Inside and Out*, by Kira Vermond – reviewed by School Library Journal (grades 4-8)

*I’m Like You, You’re Like Me: A Book About Understanding and Appreciating Each Other*, by Cindy Gainer reviewed by School Library Journal (preK-K)

*Making Choices and Making Friends: The Social Competencies Assets*, by Pamela Espeland – Association of Educational Publishers Distinguished Achievement Award (grades 3-6)

*My Body Belongs to Me*, by Jill Starishevsky – reviewed by School Library Journal (grades preK-2)

*One*, by Kathryn Otashi – reviewed by School Library Journal (grades preK-K)

*Our Friendship Rules*, by Peggy Moss and Dee Dee Tardiff – Moonbeam Children’s Book Awards Gold Medal Winner (grades 2-6)

*Stick and Stone*, by Beth Ferry – reviewed by School Library Journal (grades preK-1)

*Stick Up for Yourself*, by Gershen Kaufman, Lev Raphael, Pamela Espeland – reviewed by School Library Journal (grades 4-6)

*The Survival Guide to Bullying*, by Aija Mayrock – reviewed by School Library Journal (grades 4-7)


*Two*, by Kathryn Otashi – reviewed by School Library Journal (grades K-2)

*We Can Work it Out: Conflict Resolution for Children*, by Barbara Kay Polland – reviewed by Children’s Literature (grades K-4)


*Your Body Belongs to You*, by Cornelia Spelman – reviewed by School Library Journal (grades preK-2)

*Zero*, by Kathryn Otoshi – reviewed by School Library Journal (grades K-2)
Sexual Health Education – Non-fiction texts – Secondary Level

(Fiction texts/picture books noted with *; some books listed under multiple topics)

Part of the Office of Superintendent of Public Instruction’s (OSPI’s) mission is to provide resources to educators that support student success and the implementation of student learning standards. OSPI has not reviewed the titles on this list for compliance with the AIDS Omnibus Act or Healthy Youth Act, nor does it endorse them for use. This list of resources is provided for informational purposes only. Books on this list have been reviewed by School Library Journal or other similar entities. Districts interested in using any of the listed materials are encouraged to review titles first. Resources to support review of instructional materials are available at http://www.k12.wa.us/CurriculumInstruct/InstructionalMaterialsReview.aspx.

Anatomy, Reproduction, and Pregnancy (Health Standard/Outcome H1.Se1.6-HS):

Below Your Belt: How to be Queen of Your Pelvic Region, by Missy Lavender and Jeni Donatelli—reviewed by School Library Journal (grades 4-8)


Human Body Theater, by Maris Wicks – reviewed by School Library Journal (grades 4-7)

Sex is a Funny Word: A Book about Bodies, Feelings, and YOU, by Cory Silverberg—School Library Journal starred review (grades 2-6)


Puberty and Development (Health Standard/Outcome H1.Se2.6-HS):

Below Your Belt: How to be Queen of Your Pelvic Region, by Missy Lavender and Jeni Donatelli—reviewed by School Library Journal (grades 4-8)


Does This Happen to Everyone? A Budding Adult’s Guide to Puberty, by Antje Helms, tr. from German by Jen Metcalf. adapt. by Jen Horan – reviewed by School Library Journal, The School Librarian (grades 5-9)


Growing UP, Inside and Out, by Kira Vermond – reviewed by School Library Journal (grades 4-8)

Human Body Theater, by Maris Wicks – reviewed by School Library Journal (grades 4-7)

It’s Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health, by Robie Harris, Illustrated by Michael Emberley – reviewed by School Library Journal (grades 6-8)

On Your Mark, Get Set, Grow! by Lynda Madaras – reviewed by School Library Journal (grades 3-6)

The Period Book: Everything You Don’t Want to Ask (But Need to Know) by Karen Gravelle – reviewed by School Library Journal (grades 4-7)

June 2018, Sexual Health Education Program, Office of Superintendent of Public Instruction (OSPI)
Sex is a Funny Word: A Book about Bodies, Feelings, and YOU, by Cory Silverberg – School Library Journal starred review (grades 2-6)

What’s Going On Down There?: Answers to Questions Boys Find Hard to Ask, by Karen Gravelle – reviewed by School Library Journal (grades 5-10)

What’s Happening to my Body? Book for Girls, by Lynda Madaras – Best Book for Young Adults by the American Library Association (grades 5-9)

What’s Happening to my Body? Book for Boys, by Lynda Madaras – reviewed by School Library Journal (grades 5-9)

Self-Identity (Health Standard/Outcome H1.Se3.6-HS):


Gay America: Struggle for Equality, by Linas Alsenas – reviewed by School Library Journal (grades 7-10)

The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity, by Rylan Jay Testa PhD – reviewed by School Library Journal (grades 9-12)

*George, by Alex Gino – reviewed by School Library Journal (grades 4-6)

Girls Think of Everything: Stories of Ingenious Inventions by Women, by Catherine Thimmesh – reviewed by School Library Journal (grades 5-8)

Girls Who Looked Under Rocks, by Jeannine Atkins – selection by the Children’s Book Council & National Science Teacher’s Association (grades 5-12)


Kicked Out, by Sassafras Lowrey – reviewed by School Library Journal (grades 9-12)

Sex Is a Funny Word: A Book about Bodies, Feelings, and YOU, by Cory Silverberg – School Library Journal starred review (grades 2-6)


This Book Is Gay, by James Dawson – reviewed by School Library Journal (grades 10-12)

Where’s MY Book? A Guide for Transgender and Gender Non-Conforming Youth, Their Parents, & Everyone Else, by Linda Gromko – IBPA Benjamin Franklin Award, 2016 (grades 9-12)

Prevention (Health Standard/Outcome H1.Se4.6-HS):

Be a Friend: Children Who Live with HIV Speak, by Lori Wiener – reviewed by School Library Journal (grades 4-12)


Global HIV & Tuberculosis, Centers for Disease Control and Prevention website: http://www.cdc.gov/globalhivtb/ (grades 6-12)

**Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would Cure the World,** Tracy Kidder & Michael French – reviewed by School Library Journal (grades 9-12)

**Our Stories, Our Songs: African Children Talk about AIDS,** by Deborah Ellis – School Library Journal Starred Review (grades 6-12)

**Positive: A Memoir,** by Paige Rawl and Benjamin Ali – reviewed by School Library Journal (grades 8-12)

**The Race to Discover the AIDS Virus: Luc Montagnier vs. Robert Gallo,** by Stuart Kallen – School Library Journal (grades 8-12)

**When Plague Strikes,** by James Giblin – reviewed by School Library Journal (grades 7-12)

**Healthy Relationships (Health Standard/Outcome H1.Se6.6-HS):**

**Asking for It: The Alarming Rise of Rape Culture – and What We Can Do About It,** by Kate Harding – reviewed by YALSA (grades 10-12)


**Dear Bully: Seventy Authors Tell Their Stories,** by Megan Kelly Hall and Carrie Jones, ed. – reviewed by School Library Journal (grades 7-12)

**Girls against Girls: Why We are Mean to Each Other and How We Can Change,** by Bonnie Burton – reviewed by School Library Journal (grades 6-10)

**Growing UP, Inside and Out,** by Kira Vermond – reviewed by School Library Journal (grades 4-8)

**In Love and Danger: A Teen’s Guide to Breaking Free of Abusive Relationships,** by Barrie Levy – reviewed by YALSA (grades 6–12)

**Speak,** by Laurie Halse Anderson – reviewed by YALSA, Printz Honor Book (grades 9–12)

**Stick Up for Yourself,** by Gershen Kaufman, Lev Raphael, Pamela Espeland– reviewed by School Library Journal (grades 4-6)

**The Survival Guide to Bullying,** by Aija Mayrock – reviewed by School Library Journal (grades 4-7)

**Teen Cyberbullying Investigated: Where do Your Rights End and Consequences Begin?** By Tom Jacobs – reviewed by School Library Journal (grades 7–12)

**UnSlut: A Diary and a Memoir,** by Emily Lindin – reviewed by School Library Journal (grades 9-12)

**We Want You to Know: Kids Talk about Bullying,** by Deborah Ellis – reviewed by School Library Journal (grades 5-9)

**WA State Laws (Health Standard/Outcome H1.Se6.6-HS):**

Providing Health Care to Minors Under WA State Laws—


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