

Human Growth and Development Resource List Parents and Students



Books

The Care and Keeping of You- The Body Book for Girls by American Girl
The Care and Keeping of You 2-The Body Book for Older Girls by American Girl
What Happening to My Body? Book for Boys by Lynda Madaras with Area Madaras
My Body, My Self for Girls, revised second edition by Lynda Madaras
What's Going on Down There: "Answers to Questions Boys Find Hard to Ask" by Karen Gravelle, Nick Castro, Chava Castro, Robert Leighton, Walker and Co.
Boy's Guide to becoming a teen by American Medical Association (AMA)
What's Happening to Me? By Alex Frith

Websites

KidsHealth

www.KidsHealth.org

Click on the Teen tab at the top of the page

Puberty Help for Parents

www.TheHealthTeacher.com

Girls Health

www.girlshealth.gov

Click on the Body tab at the top

Click Puberty on the left side.

WebMD

www.webmd.com

Click on Living Healthy (on top)

Select either Teen Boys or Teen Girls

Connecticut re-search engine

www.iCONN.org

Use with a valid library card

Connecticut Network of Care

www.Connecticut.networkofcare.org

Committee for Children

www.cfchildren.org

National Child Traumatic Stress Network

www.nctsn.org