

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](#)

Click on the Teen tab at the top of the page

[Puberty Help for Parents](#)

[Girls Health](#)

Click on the Body tab at the top
Click Puberty on the left side.

[WebMD](#)

Click on Living Healthy (on top)
Select either Teen Boys or Teen Girls

[Connecticut re-search engine iCONN.org](#)

Use with a valid library card

[Connecticut Network of Care](#)

[Committee for Children](#)

[National Child Traumatic Stress Network](#)