

amaze

AMAZING PUBERTY RESOURCES

Websites

[Advocates for Youth](#)

[AMAZE.org](#)
— Puberty

[Kids Health](#)

[PFLAG](#)

[Planned Parenthood](#)
— Puberty

[Sex, Etc.](#)

Books

Boying Up: How to Be Brave, Bold and Brilliant
by Mayim Bialik, Ph.D.

Celebrate Your Body (and Its Changes, Too!): The Ultimate Puberty Book for Girls
by Sonya Renee Taylor

Girling Up: How to Be Strong, Smart and Spectacular
by Mayim Bialik, Ph.D.

Guy Stuff: The Body Book for Boys
by Dr. Cara Natterson

It's Perfectly Normal
by Robie Harris and Michael Emberley

It's So Amazing! A Book About Eggs, Sperm, Birth, Babies
by Robie H. Harris

Sex Is a Funny Word: A Book About Bodies, Feelings, and YOU
by Cory Silverberg

The Care and Keeping of You 1: The Body Book for Girls
by Valorie Lee Schaefer

Will Puberty Last My Whole Life?
by Julie Metzger, R.N., M.N. and
Robert Lehman, M.D.

[amaze.org](#)

