

## SECOND LEVEL BOOKLIST



These books provide opportunities to talk about the themes of interest to RSHP learning, but they are also just good books to read and enjoy. The books can be used with a class or group, reading to pairs or individual children. Of course, they can be read at school and at home.

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### **Stories for boys who dare to be different**

Ben Brooks

ISBN 978-1-78747-198-6

True tales of amazing boys (who became famous and not so famous men) who changed the world.

### **Goodnight stories for rebel girls**

Elena Favilli and Francesca Cavallo

ISBN 978-0-141-98600-5

The stories of heroic women from around the world

### **Girls who changed the world**

Michelle Roehm McCann

ISBN 1471174913

A comprehensive collection of true, inspiring profiles of successful young women throughout history who made their mark on the world before turning twenty.

### **It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health.**

Robbie Harris and Michael Emberley

ISBN 0763624330

The definitive book about puberty and sexual health for children age 10+

### **What's happening to me? Girls Edition**

Susan Meredith

ISBN 9780746069950

A sensitive, detailed and informative guide to female puberty, this book will prove invaluable for both young girls and their parents alike.

### **What's happening to me? Boy (Facts of Life)**

Alex Firth

ISBN 9780746076637

A detailed and sensitive guide to male puberty. It tackles key subjects from the physical changes that occur at this time to the emotional upheaval this can cause.

### **Usborne Facts of Life: Growing Up**

Susan Meredith

ISBN 0746031424

This text describes exactly what takes place in the body at the time of puberty. It contains sections on sex and contraception, food, exercise, hygiene and drugs and other problems both physical and emotional.

### **Let's Talk about Sex**

Robert Harris

ISBN 1406356042

An updated 20th anniversary edition of the definitive book on childrens' sexual health. Now with expanded information on internet and texting safety, birth control, LGBT (gay, lesbian, bisexual, transgender) issues and more, providing accurate and up-to-date information to answer young people's concerns and questions. Age 10+

### **What's the Big Secret?: Talking about Sex with Girls and Boys**

Laurie Krasney Brown

ISBN 0316109150

This humorously illustrated book contains basic information children need to know and answers to tough questions about sex and the human body.

### **Asking about Sex and Growing Up: A Question-and-Answer Book for Boys and Girls**

Joanna Cole and Alan Tiegreen

ISBN 0061429866

The author uses a question-and-answer format to offer straightforward information on a wide variety of subjects related to sex and puberty.

### **Growing up book for girls**

Felicity Brooks

ISBN 9781409534976

This book prepares girls for what to expect from puberty and offers advice on what they can do to cope with the emotional, psychological and physical changes and stay happy and confident as they go through their early teens.

### **Growing up book for boys**

Alex Firth and Kate Sutton

ISBN 1409534723

This book prepares boys for what to expect from puberty and offers advice on what they can do to cope with the physical, psychological and emotional changes and stay happy and confident as they go through their early teens.

### **What's Happening to Ellie? A book about puberty for girls and young women with autism and related conditions**

Kate E. Reynolds

ISBN 1849055262

Ellie notices that her body is changing. Hair is growing in new places and there are other changes happening too. Ellie's mum helps her understand that she has started growing into a woman. Following Ellie as she begins to notice changes to her body. Helps educators, parents and carers teach girls with autism and related conditions about puberty. Age 10+

### **What's Happening to Tom? A book about puberty for boys and young men with autism and related conditions**

Kate E. Reynolds

ISBN 1849055238

Tom notices that his body is changing. Tom's voice is different and hair is growing in new places. There are other changes happening too. Tom learns that he has started growing into a man. Following Tom as he begins to notice changes to his body, this simple resource helps educators, parents and carers teach boys with autism or other special needs about puberty.

Age 10+

### **Feather Boy**

Nicky Singer

ISBN 0007120265

Feather Boy is more than just a story about bullying. It's bigger than that. It's about finding your voice, shouting from the rooftops about something you believe in, refusing to back down, helping a friend and never giving up. It's enormously uplifting, accomplished and satisfying.

Age 10+

### **My Brother Bernadette**

Jacqueline Wilson and David Roberts

ISBN 0749742232

Sara tries to take care of her younger brother when he is teased and called Bernadette at summer camp, but he finds an activity that he enjoys and that gives him the chance to shed his new nickname for good.

### **The Boy in the Dress**

David Walliams

ISBN 9780007279043

Dennis was different. Why was he different, you ask? A comic tale about individuality.

### **We Are All Born Free: The Universal Declaration of Human Rights in Pictures**

Amnesty International

ISBN 1847806635

An illustrated celebration of the Universal Declaration of Human Rights, stunningly brought to life by internationally-renowned artists

### **What is Feminism? Why do we need it? And Other Big Questions**

Bea Appleby and Louise Spilsbury

ISBN 0750298383

A brilliant introduction for children to the movement, looking at the history of feminism, what it is today and its enormous relevance to young people and a vital tool for children in the process of figuring out the world and how it works.

### **F is for Feminism: An Alphabet Book of Empowerment**

Carolyn Suzuki

ISBN 0241387892

This bright and bold dictionary of twenty-six thought-provoking words from A-Z is perfect for equipping girls, boys and everyone with the words they need to empower themselves!

### **Fight Like a Girl: 50 Feminists Who Changed the World**

Laura Barcella

ISBN 1786852047

Profiles 50 fearless women. Each extraordinary life story is accompanied by a stunning portrait, along with eye-opening sidebars on their hard-fought causes and iconic quotes. Be inspired by their stories, arm yourself with their knowledge and get active.

### **Save me a seat**

Sarah Weeks

ISBN 0545846617

Joe and Ravi might be from very different places, but they're both stuck in the same place...school. Joe and Ravi don't think they have anything in common, but soon enough they have a common enemy and a common mission.

### **The Words that Fly Between Us**

Sarah Carroll

ASIN : B074ZP62TB

A sensitive story about the powerless felt by Lucy as she experiences the bullying behaviour of her father. She sues words to address the situation and stands up for what she knows to be right.

### **When the Mountains Roared**

Jess Butterworth

ISBN 9781510102118

Ruby has lots of fears but doesn't let them stop her, especially when it comes to protecting a cause she really cares about.

### **Splash**

Charli Howard

ISBN 1788001702

Standing up for yourself can be difficult but Molly finds her confidence and pursues what she loves to do.

### **The Space We're In**

Katya Balen and Laura Carlin

ISBN 1526601974

The story of two brothers, Max who has autism and Frank the narrator. As the family prepares for Max to start school other challenges are also waiting in the wings.

### **The Mystery of the Colour Thief**

Ewa Jozefkowicz

ISBN 1786698943

A shadowy thief steals all the colours from Izzy's world – will Izzy and her new neighbour be able to address these feelings of emptiness and loneliness? A message of resilience and self-belief.

**Be Yourself: Why It's Great to Be You/A Child's Guide to Embracing Individuality**

Poppy O'Neill

ISBN 1787836088

A tool for children showing signs of lacking in self-belief, helping children to look after their bodies, minds and emotions.

**Love Your Body**

Jessica Sanders

ISBN 0711252408

Inspired by her own journey, Jessica wrote Love Your Body to educate and empower young girls with the message of self-love.

**Respect: Consent, Boundaries and Being in Charge of YOU**

Rachel Brian

ISBN 152636221X

Humorous and insightful introduction to consent from the co-creator of the viral "Tea Consent" video, an empowering guide for children.

**Dare To Be You: Defy Self-Doubt, Fearlessly Follow Your Own Path And Be Confidently You!**

Matthew Syed

ISBN 1526362376

Anything is possible if you believe in yourself!