

To help you out, I've picked out some of the best sex education books loved by kids and parents alike. Just be sure to check that you're happy with the information and level of detail in the book before you share it with your children.

Where Babies Come From

A potentially mortifying subject! Don't panic - there are ways of discussing reproduction that avoid getting too far into the nitty-gritty. What's important is that you take your child's age into account when deciding how much detail to go into.

- [Mummy Laid an Egg](#) - Babette Cole (Red Fox). A fun story where kids set their embarrassed parents straight on the facts of life through fantastic and funny illustrations.
- [How Do You Make a Baby?](#) - Anna Fiske (Gecko Press). A no-nonsense picture book that answers some of your kids' burning questions about where babies come from with playful comic illustrations.
- [It's NOT the Stork!](#) - Robie H. Harris (Candlewick). Notable for its use of comfortable language, It's NOT the Stork talks directly to its readers in a reassuring and straightforward way.
- [Where Willy Went](#) - Nicholas Allan (Red Fox). A unique, accessible and non-threatening story of a little sperm called Willy and his journey to find an egg.
- [Let's Talk About the Birds and the Bees](#) - Molly Potter (Featherstone). A fun and colourful book to help you start difficult conversations about sex and reproduction with young children.
- [What Makes a Baby?](#) - Cory Silverburg and Fiona Smyth (Silver Stories). This originally self-published picture book approaches the story of birth from a variety of perspective on how babies come into the world - from caesarian section to surrogacy and adoption.

Bodies and Growing Up

This is an important topic at any age, as there's not really a point throughout childhood and adolescence where there isn't some kind of physical change occurring. It's really important that kids have a firm understanding of their own bodies and what to expect as they grow.

- [Amazing You](#) - Gail Saltz (Puffin Books). A brilliant picture book written especially for youngsters who're just becoming aware of their bodies, but still aren't ready to learn about sexual intercourse.
- [What's Happening to Me? \(Boys\)](#) - Alex Frith / [What's Happening to Me? \(Girls\)](#) - Susan Meredith (Usborne). This set from Usborne dedicates a book each to male and female growth and puberty, providing sensitive information on mood swings, hormones and physical changes for boys and girls.
- [Girl Talk](#) - Lizzie Cox (QEB). A humorous, light-hearted guide for girls growing up by former teen magazine editor Lizzie Cox, Girl Talk covers a variety of practical and helpful advice on personal hygiene, bullying, and relationships.
- [The Girls' Guide to Growing Up Great](#) - Sophie Elkan, Laura Chaisty, and Maddy Podichetty (Green tree). The Girls' Guide to Growing Up Great approaches female

puberty from the stance that knowledge is power, and is full of questions from real girls and the author's wise and kind responses.

- [What's Happening to Tom?: A Book About Puberty for Boys and Young Men with Autism and Related Conditions](#) - Kate E. Reynolds and Jonathon Powell (Jessica Kingsley). This story follows Tom as he begins to notice his body changing, and provides a wealth of advice for parents and carers of boys with ASC who are experiencing puberty.
- [The Every Body Book](#) - Rachel E. Simon and Noah Grigni (Jessica Kingsley). A wonderfully illustrated book on sex, gender and relationships that's inclusive of all sexual orientations and gender identities.

Relationships and Consent

The importance and sensitivity of talking about consent and autonomy can't be overstated. Books like these are great for explaining to kids the importance not only of protecting their own bodies, but respecting those of others as well.

- [Respect: Consent, Boundaries and Being in Charge of YOU](#) - Rachel Brian (Wren & Rook). This book, from the co-creator of the viral 'tea consent' video, provides a perfect introduction to the concept of consent for kids.
- [My Body! What I Say Goes!](#) - Jayneen Sanders (E2E). A child-friendly and age-appropriate picture book to empower and teach children about personal body safety, feelings, safe and unsafe touch, private parts, secrets and surprises, consent, and respectful relationships.
- [Let's Talk About Body Boundaries, Consent and Respect](#) - Jayneen Sanders and Sarah Jennings (E2E). Sarah Jennings' wonderful illustrations perfectly accompany Sanders' thoughtful and child-friendly explanations of how kids can assert their right to have boundaries and protect their own and others' personal space.
- [That's MY Willy](#) - Alex Waldron (Ruby Tuesday). This book is also in the 'Fred and Woody' series, and focuses on male bodies and issues of consent.
- [What's Down There?](#) - Alex Waldron (Ruby Tuesday). Part of the 'Fred and Woody's Fantastic World' series, this fun story book provides a great way to initiate honest and realistic conversations about the bodies of women and girls.
- [Do You Have a Secret?](#) - Jennifer Moore-Mallinos (Barron's). All children have secrets, and while this can be a good thing, sometimes sharing can help them solve difficult problems. This book helps parents to teach their kids the difference between good and bad secrets, and how to relieve their anxieties.
- [My Underpants RULE!](#) - Rod Power and Kate Power (Kids Rule). This superhero-themed picture book helps to advise kids on recognising appropriate and inappropriate behaviour.

Diversity and Different Families

Families come in all shapes and sizes, and kids are bound to be curious about why some look different to their own. These stories are a great way to normalise diverse families, and to help kids better understand LGBTQ+ identities.

- [King and King](#) - Linda De Haan and Stern Nijland (Tricycle). The subject of a smash hit stage adaptation, King and King tells the love story of two princes in a wonderful twist to fairytale norms.
- [The Family Book](#) - Todd Parr (Little, Brown Books). There are loads of different kinds of family, and The Family Book aims to celebrate them all. From adopted families to same-sex parents, this book is an ideal introduction for kids to all the different shapes that families can take.
- [Are You a Boy or Are You a Girl?](#) - Sarah Savage (Hachette). A beautifully illustrated book to help you start conversations with young children about gender diversity in a way that's fun and engaging.
- [I Am Jazz](#) - Jessica Herthel and Jazz Jennings (Dial Books). The story of a transgender child, based on the real-life experience of Jazz Jennings, who has become a spokesperson for transkids everywhere.
- [And Tango Makes Three](#) - Peter Parnell and Justin Richardson (Simon and Schuster). The heart-warming story of two penguin dads who are given an egg to raise by their zookeeper.

For Parents and Carers

Finally, these books are aimed specifically at parents and carers to help them in their approach to sex education. These titles cover the basics so that you can feel prepared for your kids' questions, and be confident that you have the knowledge required to help them.

- [Beyond Birds and Bees: Bringing Home a New Message to Our Kids About Sex, Love, and Equality](#) - Bonnie J. Rough (Seal Press). In this groundbreaking book, Bonnie J. Rough examines how the Dutch approach of normalising sex and bodies from a young age can revolutionise our approach to sex education.
- [The Sex Education Answer Book](#) - Cath Hakanson (Sex Ed Rescue). This essential book contains over 200 child-friendly answers to questions your kids might ask about sex, puberty, consent, and everything in between.
- [Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex](#) - Deborah M. Roffman (Perseus). In Sex and Sensibility, Debbie Roffman introduces five core developmental needs that are expressed through questions about sex, and how to meet these needs.
- [This is a Book for Parents of Gay Kids](#) - Danielle Owen-Reid and Kristin Russo (Chronicle Books). The go-to resource for parents who want to understand and communicate with their gay child, written in a handy Q&A format.
- [The Book You Wish Your Parents Had Read](#) - Philippa Perry (Penguin Life). In this Sunday Times bestseller, leading psychotherapist Philippa Perry provides indispensable, realistic tips for discussing the dos and don'ts of relationships with your kids.
- [Sex Positive Talks to Have With Kids](#) - Melissa Pintor Carnagey (Sex Positive Families). Renowned sexuality educator Melissa Carnagey walks you through more than 150 conversation starters to help you normalise talking about sex education with your kids.