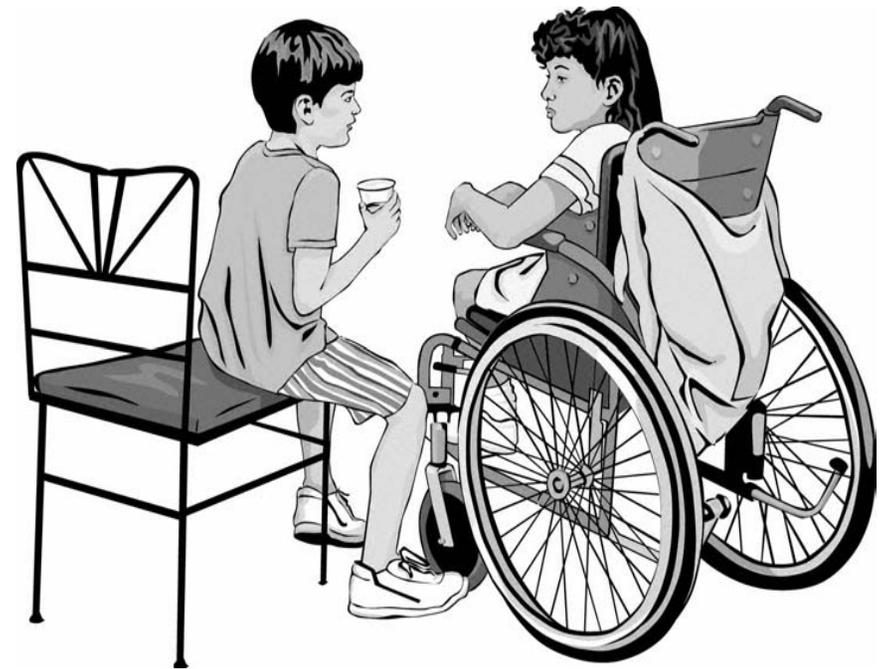


NH Family Voices

# Books On Sexuality with Respect to Disabilities



**NH Family Voices**

**NHDHHS/SMS**

6 Hazen Drive

Concord, NH 03301

(603) 271-4525 or toll free in NH

1-800-852-3345 Ext. 4525

<http://www.nhfv.org>

NH Family Voices has available the following books in the lending library. Books for children and adolescents are marked with ♦.

**NOTE:** Although some of these books are recommended for children and adolescents, we recommend that parents look over the material before giving to their child.

Books are sent through the mail with return postage. Call NH Family Voices at 1-800-852-3345 X 4525 or 271-4525

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♦ Madaras, Lynda

***THE WHAT'S HAPPENING TO MY BODY? BOOK FOR GIRLS***

Newmarket Press, 1988

Written in a comfortable, non-judgmental tone suitable for nine to fifteen year olds. This book covers the body's changing size, shape and all aspects of puberty.

♦ Madaras, Lynda

***THE WHAT'S HAPPENING TO MY BODY? BOOK FOR BOYS***

Newmarket Press, 1988

Written in a comfortable, non-judgmental tone suitable for nine to fifteen year olds. This book covers the body's changing size, shape and all aspects of puberty.

Maksym, Diane, Ed

***SHARED FEELINGS, A PARENTS GUIDE TO SEXUALITY EDUCATION FOR CHILDREN, ADOLESCENTS AND ADULTS WHO HAVE A MENTAL HANDICAP***

The G. Allan Toeher Institute, 1990

A parents guide on the developing sexuality and issues faced when a child begins puberty. Many anecdotal writings that bring the issues into reality.

Schwier, Karen Melberg

***COUPLES WITH INTELLECTUAL DISABILITIES TALK ABOUT LIVING AND LOVING***

Woodbine House, Inc., 1994

Provides first hand accounts from people with disabilities on how they found companionship and love. This book will open the hearts and minds of parents, caregivers and advocates and help them break down the barriers that keep people with disabilities isolated and lonely.

♦ Freeman, Lori

***LOVING TOUCHES - A BOOK FOR CHILDREN ABOUT POSITIVE, CARING KINDS OF TOUCHES***

Parenting Press, 1986

Informs children about appropriate kinds of touching. Shows children ways to ask for and receive loving touches and teaches respect for one's own and other's bodies. Children 6-12

Shea, Victoria PhD & Gordon, Betty, PhD

***GROWING UP: A SOCIAL AND SEXUAL EDUCATION PICTURE BOOK FOR YOUNG PEOPLE WITH MENTAL RETARDATION***

Clinical Center for the Study of Development and Learning, 1984, 1991

For parents and teachers to read to children or students this book gives basic information intended to give students a clearer understanding of their developing bodies, appropriate social behavior and ways of protecting their personal safety. Clear illustrations that make discussion easy.

McKee, Lynn and Blackledge, Virginia MD

***AN EASY GUIDE FOR CARING PARENTS: SEXUALITY AND SOCIALIZATION***

Planned Parenthood and Association for Retarded Citizens, 1981

An upbeat book about the sexual and social needs of people with mental handicaps, in a straightforward, readable language. Helps clear away some of the misconceptions that obscure this subject. A timely and invaluable aid to parents and educators.

Kempton, Winifred, MSS; Bass, Medora S. MA and Gordon, Sol, PhD

***LOVE, SEX AND BIRTH CONTROL FOR MENTALLY HANDICAPPED PEOPLE: A GUIDE FOR PARENTS***

Planned Parenthood Southeastern Pennsylvania, 1985

Advise on how parents can prepare their young person with mental retardation for adulthood, teach them to be able to respond appropriately to love and affection and how to be capable of responsible sexual expression.

Melberg Schwier, Karen & Hingsburger, Dave

***SEXUALITY- YOUR SONS AND DAUGHTERS WITH INTELLECTUAL DISABILITIES***

Paul H Brookes Publishing Co, 2000

Shared experiences by parents on raising a child with intellectual disabilities and their coming into their own sexuality.

***JANET'S GOT HER PERIOD***

Bluestone, Media, 1991

A video and instruction book featuring a young woman with Down Syndrome. Explains a method of teaching self care and hygiene when having a period.

♦ Aboff, Marie

***UNCLE WILLY'S TICKLES***

Magination Press, 1996

A young boy does not like the way his uncle keeps tickling him and with his mother's reassurance, he has the courage to ask him to stop. Includes notes for parents on how to use the story in discussing "good and bad touch".

♦ Girard, Linda Walvoord

***MY BODY IS PRIVATE***

Albert Whitman and Company, 1984

This book helps to explain to children the difference between proper and improper touching. This is done by telling a story in which a little girl named Julie goes through many experiences of touching and identifies those that are good and those that are bad. Ages 6-10.



Gillooly, Jessica B. PhD.

***BEFORE SHE GETS HER PERIOD - TALKING WITH YOUR DAUGHTER ABOUT MENSTRUATION***

Perspective Publishing, 1998

This will help parents talk about body changes, pads, tampons, cramps, mood swings and what to do when it begins at school. Exercises and activities get parents talking with their daughters and there are tips on exactly what to say.

♦ Gravelle, Karen

***WHAT'S GOING ON DOWN THERE? ANSWERS TO QUESTIONS BOYS FIND HARD TO ANSWER***

Walker and Company, 1998

Answers questions about puberty for boys. Also has a section on puberty for girls to help boys understand what they are going through as well.

♦ Gravelle, Karen & Jennifer

***THE PERIOD BOOK - EVERYTHING YOU DON'T WANT TO ASK (BUT NEED TO KNOW)***

Walker and Company, 1997

Down to earth and practical book that answers any questions you can think of. How it feels, how to choose pads, tampons, and how to talk to your parents about it! Fun cartoons and easily understood material.

Randall-David, Elizabeth PhD

***GET REAL! AND BE SAFE!***

National Hemophilia Foundation, 1991

This publication provides information pertaining to sex and AIDS. It's full of information and ideas about how you can deal with HIV and in a way that is okay, presented in a magazine format that is easy to read and humorous.

***BECOMING AN ASKABLE PARENT: HOW TO TALK TO YOUR CHILD ABOUT SEXUALITY***

American Social Health Association, 1994

This booklet is about the ways you can teach your child about sexuality.

Harris, Robie H.

***IT'S PERFECTLY NORMAL: CHANGING BODIES, GROWING UP, SEX & SEXUAL HEALTH***

Candlewick Press, 1994, 1996

Provides accurate, unbiased answers to nearly every conceivable question, from conception and puberty to birth control and AIDS. Offers young people the real information they need to make responsible decisions and to stay healthy. Informative and interesting.

♦ Jukes, Marvis

***IT'S A GIRL THING: HOW TO STAY HEALTHY, SAFE AND IN CHARGE***

Alfred A Knopf, Inc., 1996

A book for every preteen girl, about her changing body and life. A funny, genuine, straight forward book that will answer questions about puberty, sexuality and just plain girl things.

♦ Siegel, Peggy C.

***CHANGES IN YOU: FOR BOYS***

Family Life Education Associates, 1991, 1994

A clearly illustrated, simply worded explanation of the body changes during puberty. Presented in a very positive manner that provides information to help young boys feel good about themselves and stay happy, safe and healthy.

♦ Siegel, Peggy C.

***CHANGES IN YOU: FOR GIRLS***

Family Life Education Associates, 1991, 1994

A beautifully illustrated, simply worded, explanation of the body changes during puberty. Presented in a very positive manner that provides young girls with information to help understand and appreciate themselves and stay healthy, safe and happy.

Enright, Rick, BA, MSW

***CAUTION - DO NOT OPEN UNTIL PUBERTY: AN INTRODUCTION TO SEXUALITY FOR YOUNG ADULT WITH DISABILITIES***

Carter's Printing of London, LTD., Devijer House, 1995

This book is an attempt to break the "Conspiracy of silence" which seems to prevent an open discussion of sexuality with disabled adolescents and their families.

♦ Freeman, Lory

***IT'S MY BODY***

Parenting Press, Inc., 1982, 1994

Teaches how to resist uncomfortable touch. It is important for parents & teachers to foster independence in young children by teaching effective means for coping with situations. Provides children an assertive stance for control of their own bodies.

Fegan, Lydia, MA; Rauch, Anne, BA and  
McCarthy, Wendy

***SEXUALITY AND PEOPLE WITH INTELLECTUAL DISABILITIES***

Paul H. Brookes Publishing Co. Inc., 1993

This refreshing direct resource provides practical suggestions on issues related to sexuality and people with intellectual disabilities. Equips parents and caregivers with candid accurate information about all aspects of sexual development.

