

## Growth and Development Resources

### Video

“girl video” <https://youtu.be/gv21b3ZpSLg>

“boy video” <https://youtu.be/2XF0awGRTWs>

### Books

Boys: The Ultimate Guys’ Body Book: Not-so-stupid questions about your body by Larimore (2012)

What’s Happening to Me? (Boys Edition) by Firth (2007)

On Your Mark, Get Set, Grow! A “What’s Happening to My Body?” Book for Younger Boys by Madaras and Gilligan. (2009)

Guy Stuff: The Body Book for Boys (American Girl series) by Dr. Cara Natterson (2017)

Girls: What’s Happening to Me? (Girls Edition) by Meredith (2006)

The Care and Keeping of You 1 and 2 (American Girl) new edition (2013)

Ready, Set, Grow!: A What’s Happening to My Body? Book for Younger Girls by Madaras. (2009)

The Period Book. A Girl’s Guide to Growing Up by Karen Gravelle. (2017)

### Website

[Kidshealth.org](https://kidshealth.org) – for teens, sexual health