

Dating and Sexuality



**McMaster
Children's Hospital**



Books

1. What's Happening to My Body? Book for Girls:
A Growing Up Guide for Parents and Daughters
by Lynda Madaras, Newmarket Press (2000) **ISBN: 1557044449**
2. What's Happening to My Body? Book for Boys:
A Growing Up Guide for Parents and Sons
by Lynda Madaras, Newmarket Press (2000) **ISBN: 1557044430**
3. Deal With It! A Whole New Approach to Your Body, Brain and Life as a Girl
by Esther Drill, Pocket Books (1999) **ISBN: 0671041576**
4. What Smart Teenagers Know...About Dating, Relationships and Sex
by Deborah Hatchell, Piper Books (2003) **ISBN: 0972281908**
5. The Underground Guide to Teenage Sexuality, 2nd ed.
by Micheal J. Basso, Fairview Press (2003) **ISBN: 1577491319**
6. Puberty Girl
by Shushann Moysessian, Allen & Unwin (2005) **ISBN: 1741141044**
7. Puberty Boy
by Geoff Price, Allen & Unwin (2006) **ISBN: 1741145635**
8. The Teenage Guy's Survival Guide:
The Real Deal on Girls, Growing Up and Other Guy Stuff
by Jeremy Daldry & Megan Tingley (1999) **ISBN: 0316178241**
9. Always My Child: A Parent's Guide to Understanding Your Gay,
Lesbian, Bisexual, Transgendered, or Questioning Son or Daughter
by Kevin Jennings, Fireside (2003) **ISBN: 0743226496**
10. The Complete Lesbian and Gay Parenting Guide
by Arlene Istar Lev, Berkeley Trade (2004)
ISBN: 0425191974

Websites

<http://sexualityandu.ca/eng/>
<http://www.pffc.ca/>



About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centres at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

The Offord Centre for Child Studies

The **Offord Centre for Child Studies** is Canada's only research centre solely dedicated to improving the life quality and life opportunities of children and youth by focusing on the biological factors and life circumstances that influence healthy child development.

The **Centre of Knowledge on Healthy Child Development** gives you access to important and up-to-date information that is based on the best scientific research currently available. It's designed to help you sort through all the conflicting information about what promotes, and what hinders, healthy child development so you can make better choices that will result in better outcomes for children.

We've organized this **Centre of Knowledge on Healthy Child Development** to focus on certain disorders, behaviour problems and life circumstances that can have a significant impact on children's health and wellbeing.

You will find information on anger, aggression and bullying, conduct disorder and oppositional defiant disorder, attention deficit hyperactivity disorder (ADHD), anxiety and depression. We'll talk about how to distinguish mental health problems from normal development. We'll discuss the impact of problems left untreated, such as poor school performance, juvenile delinquency, substance abuse, and poor peer relationships in adolescence.

Visit the **Centre of Knowledge on Healthy Child Development** at:
<http://knowledge.offordcentre.com/>

*"It is our responsibility to ensure bright futures
for today's children so that tomorrow's society will benefit."*

- Dan Offord