

Resource List for Elementary Grades

Elementary 1

INDIVIDUAL NEEDS

Needs of the Body

Videos:

[Anatomy: Assigned Sex At Birth \(Female\)](#)

[Anatomy: Assigned Sex At Birth \(Male\)](#)

[Bodies: Different Shapes and Sizes. All Beautiful!](#)

Books:

- That teach kids about the fluidity of gender and the importance of acceptance
 - *It's Okay to Be Different* by Todd Parr
 - *My Princess Boy* by Cheryl Kilodavis, illustrated by Suzanne DeSimone
 - *I Am Jazz* by Jessica Herthel and Jazz Jennings, illustrated by Shelagh McNicholas
 - *Backwards Day* by S. Bear Bergman, illustrated by KD Diamond
 - *A Fire Engine for Ruthie* by Lesléa Newman, illustrated by Cyd Moore
 - *Jacob's New Dress* by Sarah and Ian Hoffman, illustrated by Chris Case
 - *Roland Humphrey Is Wearing a WHAT?* by Eileen Kiernan-Johnson, illustrated by Katrina Revenaugh
- Appreciating one's own body and respecting individual differences
 - *What makes Us Unique?*, Dr. Jillian roberts (2021)
 - *Who We Are!*, Robbie H. Harris (2016)
 - *Who are you?*, Brook Pessin-Whedbee (2017)
 - *My Princess Boy*, Cheryl Kilodavis (2011)
 - *Jacob's New Dress*, Sarah and Ian Hoffman (2020)
 - *My Identity*, Kirsty Holmes (2018)
 - *Hooray, What a Day!*, Molly Allis (2020)
 - *The Different Dragon*, Jennifer Bryan (2006)
 - *Donovan's Big Day*, Leslea Newman (2011)
 - *Love Makes a Family*, Sophie Beer (2021)
 - *The Hips on the Drag Queen Go Swish, Swish, Swish*, Lil Miss Hot Mess (2020)
 - *Pride 123*, Michael Joosten (2020)
 - *Love in the Wild*, Katy Tanis (2021)
 - *Bathe the Cat*, Alice B. McGinty (2021)

- *My Shadow is Pink*, Scott Stuart (2021)
- *My Shadow is Purple*, Scott Stuart (2023)

Websites:

- [Teaching Senses and Functions](#)
- [Twinkl](#) offers a variety of resources, including worksheets, posters, and powerpoints, on body sensations and emotions.

Comprehensive View of Sexuality

Videos:

- [Video on what children define as love](#)
- [Emotion for kids](#) - Happiness, Sadness, Fear, Anger, Disgust, and Surprise
- [What are feelings?](#)

Books:

- Understanding emotions and feelings
 - *I Can Follow the Rules*, Molly Smith (2014)
 - *Are you Listening, Jack?*, Ellen Garcia (2014)
 - *I Will Find A Way*, Barabara M. Linde (2014)
 - *Don't Worry Mason*, Molly Smith (2014)
 - *Don't Give Up!*, Julia Giachetti (2014)
 - *I Can Make a Plan*, Ellen Garcia (2014)
 - *Dylan's Questions*, Claire Daniel (2014)
 - *Clean Up, Everybody*, Stacey Sparks (2014)
 - *I Can Stay Calm*, Claire Daniel (2014)
 - *I Take Turns*, Barbara M. Linde (2014)
 - *Let's Get It Started*, Stacey Sparks (2014)
 - *That's Not Fair!*, Claire Daniel (2014)
 - *I Was So Mad*, Jessica Pippin (2014)
 - *Be Patient, Maddie*, Molly Smith (2014)
 - *The Day I Felt Sad*, Molly Smith (2014)
 - *Are You Scared, Jacob?*, Claire Daniel (2014)
 - *Jealous of Josie*, Barabara M. Linde (2014)
 - *King & King*, Linda De Haan & Stern Nijland (2003)
 - *The Way I Feel*, Janan Cain (2005)
 - *In My Heart : A Book of Feelings*, Jo Witek Abrams Appleseed (2013)
 - *Tough Guys (Have Feelings Too)*, Keith Negley (2015)
 - *Friendship Is Like A Seesaw*, Shona Innes (2014)

- *Crankenstein*, Samantha Berger (2013)
- *Theo's Mood*, Maryann Cocca-Leffler (2013)
- *Noni Is Nervous*, Heather Hartt-Sussman (2013)
- *I Love My New Toy!*, Mo Willems (2008)
- *When Sophie Gets Angry—Really, Really Angry*, Molly Bang (2004)
- *Giraffe and Bird*, Rebecca Bender (2017)
- *Grumpy Bird*, Jeremy Tankard (2007)
- *Ruby the Copycat*, Peggy Rathmann (2010)
- *Leonardo the Terrible Monster*, Mo Willems (2007)
- *The Sandwich Swap*, Kelly Di Pucchio (2010)
- *My Two Blankets*, Irena Kobald (2014)

Websites:

- [Therapist Aid](#) worksheets on emotion identification and body sensations
- [The Body Check Ring](#) is a tool to help students identify and communicate how their body feels
- [Emotion Flashcards](#)

Sexual Assault Prevention

Videos:

- [Good touch Vs Bad touch](#)

Books:

- *Recognizing situations of sexual assault and ways to protect self*
 - *Not Everyone is Nice*, Frederick Alimonti and Ann Tedesco (2021)
 - *Your Body Belongs to You*, Cornelia Spelman (2000)
 - *Let's Talk About Body Boundaries, Consent & Respect*, Jayneen Sanders (2020)
 - *C is for Consent*, Eleanor Morrison (2018)
 - *My Body Belongs to Me, From My Head to My Toes*, Pro Familia (2014)
 - *Good Pictures, Bad Pictures*, Kristen A. Jenson (2017)
 - *My Body! What I Say Goes!*, Jayneen Sanders (2020)
 - *No Means No!*, Jayneen Sanders (2020)

Websites:

- [Fight Child Abuse](#) - Videos

RELATIONSHIPS IN THE FAMILY AND AT SCHOOL

Diversity of family compositions

Videos:

- [Family Models](#)

Books:

- *Relationships in the Family*
 - *Mister Seahorse*, Eric Carle (2004)
 - *Keesha & Her Two Moms Go Swimming*, Cheril N. Clarke and Monica Bey-Clarke (2011)
 - *ABC A Family Alphabet Book*, Bobbie Combs (2001)
 - *Heather Has Two Mommies*, Leslea Newman (2000)
 - *Uncle Bobby's Wedding*, Sarah Brannen (2008)
 - *How My Family Came to Be: Daddy, Papa and Me*, Andrew Aldrich (2003)
- Diversity of Family Models
 - *My Dad*, Anthony Browne (2001)
 - *A tale of Two Mommies*, Vanita Oelschlager (2011)
 - *Jean a Deux Mamans*, Ophelie Texier (2021)
 - *Daddy, Papa, and Me*, Lesléa Newman (2009)
 - *On the Playground Our first Talk About Prejudice*, Jane Heinrichs (2021)
 - *The Great Big Book of Families*, Mary Hoffman & Ros Asquith (2011)
 - *Un air de familles*, Beatrice Boutignon (2013)

Elementary 2

STEPS IN LIFE SINCE BIRTH

Pregnancy and Birth

Videos:

[Where Do Babies Come From?](#)

[Pregnancy and Reproduction Explained](#)

[What Are The Stages Of Pregnancy?](#)

Books:

- Understanding Bodies, Pregnancy, and Birth
 - *Where Did I Come From?*, Peter Mayle (1977)
 - *It's So Amazing!*, Robie H. Harris (1999)
 - *What's in There? All About Before You Were Born*, Robie H. Harris (2013)
 - *It's Not the Stork! A Book about Girls, Boys, Babies, Bodies, Families and Friends*, by Robie H. Harris (2006)
 - *Boys, Girls & Body Science*, Meg Hickling (2021)
 - *The Best Part of Me*, Wendy Ewald (2022)

Websites:

- [How do I talk with my elementary school aged child about pregnancy and reproduction?](#)

CHARACTERISTICS OF EACH PERSON

Sexual Parts of the Body

Videos:

[Anatomy: Assigned Sex At Birth \(Female\)](#)

[Anatomy: Assigned Sex At Birth \(Male\)](#)

Book:

- [Amazing You!](#) Getting Smart About Your Private Parts: A First Guide to Body Awareness for Pre-Schoolers, Dr Gail Saltz & Lynn Avril Cravath (2008)

Websites:

[Body Parts & Safe Touch](#)

ROLES AND RESPONSIBILITIES IN THE FAMILY AND AT SCHOOL

Sex Roles and Gender Roles

Videos:

[Expressing Myself. My Way.](#)

[Figuring Out Who You Are](#)

[Gender Identity: Gender Roles and Stereotypes](#)

Books:

- How to be and behave
 - *My School*, Kirsty Holmes (2018)
- Gender Identity & Gender Roles
 - [No One Owns the Colors](#), Gianna Davy & Brenda Rodriguez, (2023)
 - *10,000 Dresses*, Marcus Ewert (2008)
 - *Being You: A First Conversation about Gender*, Megan Madison, Jessica Ralli, & Anne/Andy Passchier (2021)

Elementary 3

PERSONAL LIMITS

Sexual Assault Prevention

Videos:

- [Good touch Vs Bad touch](#)

Books:

- Sexual Assault and Safety
 - *Respecting Privacy*, Steffi Cavell-Clarke (2018)
 - *My choices*, Grace Jones (2017)
 - *On the Internet*, Dr. Jillian Roberts (2022)
 - *let's talk about Body boundaries, consent, and respect*, Jayneen Sanders (2020)
 - *Good Pictures Bad Pictures*, Kristen A. Jenson, (2017)
 - *I said No!*, Zack and Kimberly King (2008)
 - *Some Secrets Should Never Be Kept!*, Jayneen Sanders (2017)
 - *Super Duper Safety School: Safety Rules for Kids & Grown-Ups!* By Pattie Fitzgerald (2013)
 - *Under Our Clothes, our first Talk about our Bodies*, Jillian Roberts (2022)

Websites:

- [Fight Child Abuse](#) - Videos

STEREOTYPES AND VIEW OF THE SELF

Stereotypes Related to Sex and Gender

Books:

- Gender Stereotypes, Inclusion, and Exclusion
 - *Respecting Rules & Laws*, Steffi Cavell-Clarke (2018)
 - *Rules of the House*, Mac Barnett (2016)
 - *Tough Guys (Have Feelings Too)*, Keith Negley (2015)
 - *A Tale of Two Mommies*, Vanita Oelschlager (2011)
 - *Mom and Mum are getting Married!*, Ken Setterington (2004)
 - *Worm Loves Worm*, J. J. Austrian (2016)
 - *Morris Micklewhite and the Tangerine Dress*, Christine Baldacchino (2014)
 - *I Love My Purse*, Belle DeMont (2017)
 - *Except When They Don't*, Laura Gehl (2019)
 - *The Cranky Ballerina*, Elise Gravel (2016)
 - *Who are you? The Kid's Guide to Gender Identity*. Brook Pessin-Whedbee (2017)
 - *Of Course They Do! Boys and Girls Can Do Anything*, Marie-Sabine Roger (2014)
 - *Antonio's Card/La Tarjeta de Antonio*, Rigoberto Gonzalez and Cecilia Alvarez, (2005)
 - *The Great Big Book of Families*, Mary Hoffman (2011)
 - *Families*, Susan Kuklin (2006)
 - *Ballerino Nate*, Kimberly Brubaker Bradley (2006)
 - *Sometimes the Spoon Runs Away with Another Spoon*, Jacinta Bunnell (2010)
 - *10,000 Dresses*, Marcus Ewert (2008)
 - *Calvin*, Vanessa and Jr. Ford (2021)
 - *My Rainbow*, Deshanna and Trinity Neal (2020)
 - *Mama and Mommy and Me in the Middle*, Nina LaCour (2019)
 - *Stonewall: A Building. An Uprising. A Revolution.*, Rob Sanders (2019)
 - *The Pants Project* by Cat Clarke (2017)
- Development of Own Identity
 - *I am Human*, Susan Verde (2018)
 - *Crankenstein*, Samantha Berger (2013)
 - *The Bum Drum Conundrum*, Melanie Proulx & Ashley Lanni (2019)
 - *The Proudest Blue*, S.K. Ali (2019)
 - *It's Perfectly Normal: changing bodies, growing up, sex, and sexual health*, Robie H. Harris (2004)
 - *Fireflies!*, Julie Brinkloe (1985)
 - *Yay, You!: Moving Out, Moving Up, Moving On*, Sandra Boynton (2001)

- *Sorry!*, Trudy Ludwig (2006)
- *Ho'onani: Hula Warrior*, Heather Gale (2019)

INCLUSION AND EXCLUSION

Gender Norms

Videos:

[Gender Explained](#)

[What are stereotypes?](#)

[Range of Gender Identities](#)

[Talking Sexual Orientation with Jane](#)

[What Are Pronouns?](#)

[Video on gender](#)

[Sexual Orientation: A Spectrum Of Attraction](#)

Books:

- Gender Stereotypes, Gender Identity and Expression
 - *It Feels good to Be Yourself, a book about Gender Identity*, Theresa Thorn (2019)
 - *The Difference Between You and Me*, Madeleine George (2012)
 - *The Insiders*, Mark Oshiro (2021)
 - *Gracefully Grayson*, Amy Polonsky (2014)
- Identity, Including Gender and Sexual Identity
 - *The Girl Guide*, Marawa Ibrahim (2018)

Elementary 4

CHANGES TO THE BODY

Videos:

[Top Signs Boys Are in Puberty](#)

[Pimples and Periods: A Puberty Guide](#)

[Taking Care of Your Body During Puberty](#)

Books:

- Changes to the body, puberty, and feelings
 - *Changing You!*, Dr. Gail Saltz (2009)

- It's Perfectly Normal, Robie Harris and Michael Emberley (2004)
- It's not the Stork, Robie H. Harris (2006)
- The Care & Keeping of You (book 1), Valorie Lee Schaefer (2013)
- Help! Why am I Changing? , Susan Akass (2019)

Website:

[All about puberty](#)

FRIENDSHIP AND LOVE

Videos:

[How to know if you're in love](#)

[Differences between behaviour and attraction](#)

[First Kiss And Showing Affection](#)

[Healthy vs Unhealthy Relationships](#)

Books:

- Growing Friendships: A Kid's Guide to Making and Keeping friends, Dr Eileen Kennedy-Moore & Christine McLaughlin, 2017
- Taste Your Words, Bonnie Clark & Todd Bright, 2020
- I Walk with Vanessa: A Picture Book Story About A Simple Act of Kindness, Kerascoët, 2018
- *Let's Talk About S-E-X: A Guide for Kids 9-12 and Their Parents*, Sam Gitchel, Lorri Foster (2005)
- *A Teen Girl's Guide to Getting Off*, Eva Sless (2017)
- *Drama*, Raina Telgemeier (2012)
- *L'amitié*, Myriam Jézéquel (2010)
- *La vie en groupe*, Diane Legros (2011)
- *Les sentiments et les émotions*, Myriam Jézéquel (2010)
- *La vérité et le mensonge*, Myriam Jézéquel (2010)
- *Les différences*, Myriam Jézéquel (2010)
- *Les conflits*, Myriam Jézéquel (2010)

- *Les règles et les règlements*, Myriam Jézéquel (2010)
- *Respecting Others*, Steffi Cavell-Clarke (2017)

Website:

[Healthy friendships & friendship boundaries](#)

INFLUENCE OF THE GROUP

Inequalities Based on Sex and Gender

Videos:

[What are stereotypes?](#)

[Gender Equality](#)

Elementary 5

TRANSITION TO ADOLESCENCE

Puberty

Videos:

[Top Signs Boys Are in Puberty](#)

[Pimples and Periods: A Puberty Guide](#)

[Taking Care of Your Body During Puberty](#)

[Feeling Depressed, Happy and Other Emotions](#)

[Menstruation Stigma](#)

[Period Symptoms and Self Care](#)

[Puberty & Hormones](#)

 [Sexual Orientation: A Spectrum Of Attraction](#)

Books:

- Changes to the body, puberty, and feelings)
 - Changing You!, Dr. Gail Saltz (2009)
 - It's Perfectly Normal, Robie Harris and Michael Emberley (2004)
 - It's not the Stork, Robie H. Harris (2006)

- The Care & Keeping of You (book 1), Valorie Lee Schaefer (2013)
- Help! Why am I Changing? , Susan Akass (2019)
- Transition into Adolescence (puberty, romantic and sexual awakening)
 - *It's Perfectly Normal*, Robie Harris and Michael Emberley (2004)
 - *It's Not the Stork*, Robie H. Harris (2006)
 - *The Care & Keeping of You (book 1)*, Valorie Lee Schaefer (2013)
 - *Help! Why am I Changing?* , Susan Akass (2019)
 - *Celebrate Your Body (and it's changes too)*, Sonya Renee Taylor (2018)

Website:

[All about puberty](#)

DIMENSIONS OF PERSONAL IDENTITY

Sex and Gender Identity

Videos:

 Wellbeing For Children: Identity And Values

 Wellbeing For Children: Confidence And Self-Esteem

[Social Media And Self Image](#)

Elementary 6

DIFFERENT AFFILIATION

Body Image

Videos:

[Puberty & Finding Out Who You Are](#)

Books:

- Identity, Respecting body diversity and changing body
 - *The Girl Guide*, Marawa Ibrahim (2018)

- *The Heart of a Boy*, Kate T. Parker (2019)
- *It's Perfectly Normal*, Robie Harris and Michael Emberley (2004)
- *It's Not the Stork*, Robie H. Harris (2006)
- *The Care & Keeping of You (book 1)*, Valorie Lee Schaefer (2013)
- *Help! Why am I Changing?*, Susan Akass (2019)
- *The Boy's Body Book*, Kelli Dunham (2013)
- *Puberty and Growing Up*, Anna Claybourne (2016)
- Puberty and Body Image
 - *The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World*, Julia V. Taylor PhD (2008)
 - *The Self-esteem Workbook for Teen:s Activities to Help Build Confidence and Achieve Your Goals*, Lisa M. Schab LCSW (2022)
 - *Girlology Hang-Ups, Hook-Ups, and Holding Out: Stuff You Need to Know About your Body, Sex & Dating*, Melisa Holmes M.D., Trish Hutchison M.D. (2007)
 - *Our Bodies, Ourselves*, Judy Norsigian (2011)

RIGHTS AND FREEDOMS

Rights and Discrimination Related to Sex and Gender

Videos:

- ▶ What is inequality and social justice? - BBC Bitesize Key Stage 3 Learning f...

Books:

- Respecting sexual identity, gender identity, gender expression and sexual orientation):
 - *The GayBC's*, M.L. Webb (2021)
 - *Pride The story of Harvey Milk and the Rainbow Flag*, Rob Sanders (2018)
 - *Wandering Son (Book 1)*, Shimura Takako (2013)
 - *The Skull of Truth*, Bruce Coville (1999)
 - *Box Girl*, Sarah Withrow, (2001)
 - *After Tupac & D. Foster*, Jacqueline Woodson (2008)
 - *Hurricane Child*, Kacen Callender (2018)
 - *The Best at It*, Maulik Pancholy (2020)
 - *Alan Cole is not a Coward*, Eric Bell (2017)
 - *The Popularity Papers I*, Amy Ignatow (2011)
 - *LGBTQ Rights*, Natalie Hyde (2017)
 - *Respecting Rules & Laws*, Steffi Cavell-Clarke (2018)
 - *Self-esteem and Mental Health*, Anna Claybourne (2018)

REPRESENTATIONS OF THE SELF ONLINE

Online Safety

Videos:

 Being Safe on the Internet

Books:

- Noah's New Phone: A Story About Using Technology For Good, Educate & Empower Kids, 2017
- A Smart Girls Guide: Digital World: How to Connect, Share, Play, and Keep Yourself Safe, Carrie Anton, Stevie Lewis, 2017
- Good Pictures Bad Pictures: Porn-proofing Today's Young Kids, Kristen A Jenson, Gail Poyner, 2014

Website:

[Online Safety Learning Resources](#)