

Puberty Resources

For Caregivers

Educational Materials & Curricula

- [ASD Sexuality Curriculum](#)
- [The Vulva Gallery](#)
- [Relationships Decoded](#)
- [Advocates for Youth](#)
- [Puberty, Sex, and Sexuality](#)
- [Healthy Bodies Toolkit](#)
- [King County](#)
- [PERIOD](#)
- [Labia Library](#)
- [includeNYC](#)
- [Planned Parenthood](#)
- [Growing Up! A Handbook on Puberty and Maturing](#)

General Resources

- [Sex Positive Families](#)
- [Scarleteen](#)
- [Kids Health](#)

Books

- [Healthy Relationships, Sexuality and Disability](#)
- [Girls Growing Up on the Autism Spectrum](#)

Videos

- [Amaze](#)
- [Every Body Curious](#)
- [Always](#)
- [Your Menstrual Cycle in 3 Minutes](#)
- [National Council of Independent Living](#)
- [Real Talk Videos](#)

Podcasts

- [Six Minute Sex Ed](#)
- [LOMAH Podcast](#)
- [Sex Ed. for Self-Advocates](#)
- [Period Power with Maisie Hill, Episode 7](#)
- [The Sue Larkey Podcast, Episode 72: Everything you Need to Know to Discuss Puberty & Periods with Robyn Steward](#)