

General Catalogue 2009

Welcome to our General Catalogue for 2009! Healthrites bookshop at Family Planning NSW has a great range of books and resources on reproductive and sexual health, available by mail order. Here is a selection of our most popular books and some interesting new titles. To purchase books just fill in the form on the back of this catalogue, or view the complete range and purchase online at www.fpnsw.org.au. For more information please call us on 02 8752 4307.

Contraception & Sexual Health

Contraception

An Australian clinical practice handbook - 2nd Edition

Sexual Health & Family Planning Australia (SH&FPA)

ISBN 1877026158 \$55

Australian

This handbook, co-authored by medical experts from Australian family planning organisations, provides information on all methods of contraception. Chapters include: Introduction to contraceptive methods; Hormonal methods of contraception; Contraception in special circumstances; Natural methods of contraception; Intrauterine contraceptive devices; Sterilisation; New contraceptive technologies; References and Index.

Reproductive & Sexual Health

An Australian clinical practice handbook

Family Planning NSW

ISBN 1877026131 \$49.99

Australian

This handbook provides detailed information to assist in delivering a broad range of reproductive and sexual health services. There are chapters on HPV immunisation, Cervical cancer and Unplanned pregnancy. Other topics covered include: history taking; practical gynaecology; breast assessment; fertility; pregnancy; menopause; STIs; urinary tract infections; sexual assault, as well as References and Index. *This edition remains current for 2009.*

Pregnancy & Birth

Your Developing Baby

Conception to Birth

Peter M Doubilet, Carol B Benson & Rowan Weisman

ISBN 9780071488716 \$29.95

Using 3D and conventional ultrasound, this wonderful guidebook lets us see not only a baby's developing internal organs, but also the face and limbs. Illustrated with 250 images and drawings, *Your Developing Baby* shows every stage from conception to delivery and includes chapters such as Preparing for Pregnancy: The Body Gets Ready; The Pulse of a New Heart: Early First Trimester; and Tests for the Baby's Health: Amniocentesis and Others.

Women's Health

Down There 2nd Edition - DVD

About women's bodies, reproduction, preventive health care and contraception

Family Planning NSW \$49.95

New

DVD (25 mins - English only)

Australian

Using an animated story, and interviews with women and men from different cultural backgrounds, this delightful new edition of the film *Down There* presents information about women's bodies, in a way that is open and positive. *Down There* can be used to start discussions about issues such as preventive health; getting pregnant; choosing contraception; sexually transmissible infections (STIs) and safer sex. This is a resource that will be used time and time again, so place your order now!



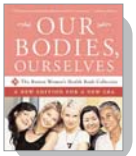
Our Bodies Ourselves

A new edition for a new era

The Boston Women's Health Book Collective

ISBN 9780743256117 \$39.95

This classic resource is one that women of all ages can turn to for information about all aspects of their well-being. This edition covers relationships, sexuality, and sexual health, reproductive health choices, pregnancy and childbearing, nutrition and exercise, growing older and much more. *Our Bodies Ourselves* is a valuable guide to help women make informed decisions about their health.



Men's Health

Not Rocket Science: Men's Health

Christopher Lewis

ISBN 9781844032709 \$29.99

New

Not Rocket Science: Men's Health is for men who don't want to give up anything they like to do. Each age brings different health risks and problems, and this book is divided into sections that concentrate on each decade of a man's life, from the twenties through to sixty-plus. It includes aspects of men's health from sex and exercise to drugs and diet. It's not Rocket Science, but this book provides the information men need to be as healthy as possible while still doing all the things they like to do.



Pamphlets from FPNSW

Why would I want to use condoms? booklet

\$0.35 ea - minimum order 20 copies

Contraception the Basic Facts pamphlet

\$0.70 ea - minimum order 20 copies

Pregnancy Choices booklet

Information about issues to consider when thinking about pregnancy

\$1.50 ea - minimum order 5 copies

Multicultural

Language of Childbirth

An English language resource

Melanie Roberts-Fraser

Book or CD \$24.95

Book: ISBN 9781921075193 CD: ISBN 9781921075209

Australian

This highly recommended resource is designed for women from non-English speaking backgrounds who are having babies in Australian hospitals. It provides clear information about antenatal and postnatal procedures, and improves women's language and literacy skills. Topics include: Pregnancy; The birth; and You and your baby.

About AIDS - CD ROM

To learn English and learn about AIDS

Family Planning NSW \$25

Australian

The *About AIDS* CD-ROM provides basic HIV/AIDS information in an interactive format. Although designed for students learning English with the support of an English language teacher, this CD-ROM is useful for all students requiring plain English resources. It allows students to work at their own pace and have their questions about HIV/AIDS answered in a safe, non-threatening environment.



Parenting

Questions Children Ask

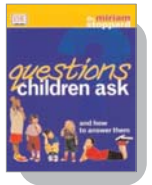
New

And how to answer them

Miriam Stoppard

ISBN 9780751333336 \$29.95

Parents will find the help they need to answer the many difficult questions that young children ask, in this book. It offers practical guidelines on how much to tell your child and what language to use, and provides appropriate answers for each age level from 2 to 4 years, 4 to 6 years, and 8 to 11 years.



Where Did I Really Come From?

Sexual intercourse; DI; IVF; Pregnancy; Birth; Surrogacy; Adoption

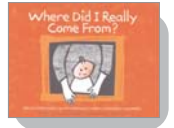
Narelle Wickham & Ingrid Urh

ISBN 9780646496153 \$19.95

Australian

This book has been written to help parents and teachers answer the question "Where did I come from?" The answers today are not so straightforward as they used to be. To date more than 80,000 children have been born through IVF and Donor Insemination in Australia alone. Easy reading, with delightful illustrations, *Where Did I Really Come From?* offers simple, non-judgemental explanations of sexual intercourse, assisted conception (DI, IVF), pregnancy, birth, surrogacy and adoption.

New



Sexuality

Good Loving Great Sex

Finding balance when your sex drives differ

Dr Rosie King

ISBN 9780091839079 \$24.95

Australian

Differing sex drives can cause even the most loving couples frustration, resentment, confusion and despair. *Good Loving Great Sex* teaches couples non-confrontational ways to become sexually compatible regardless of their individual sex drives. Men and women can heal their relationships while adding more affection, sensuality and intimacy to every aspect of their lives together.



Gay and Lesbian

When Our Children Come Out

How to support gay, lesbian and transgendered young people

Maria Pallotta-Chiarolli

ISBN 9781876451448 \$29.95

Australian

Gay, lesbian, bisexual and transgendered young people often struggle with issues around their sexuality. For many, the process of 'coming out' to their families, schools and communities can be very difficult, often resulting in mental health problems and even suicide. Understanding and support can mean the difference between tragedy and a fulfilling life. This book is a guide for everyone whose lives are affected when a young person comes out.



Men's Sexual Health

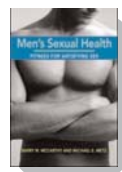
Fitness for satisfying sex

Barry W McCarthy & Michael E Metz

ISBN 9780415956383 \$41

Men's Sexual Health is about healthy, satisfying, male sexuality. It presents a new model of male and couple sexuality with positive, realistic expectations rather than focusing on perfect performance. Contents include Fitness, Physical Well-being and Sexual Function; and Dealing with Sexual and Health Problems. This book helps people to improve their sexual health and achieve greater satisfaction.

New



Violence and Assault

How Long Does It Hurt?

A guide to recovering from incest and sexual abuse for teenagers, their friends, and their families (revised edition)

Cynthia L Mather

ISBN 9780787975692 \$29.95

Speaking directly to sexually abused teenagers, this guide helps them deal with feelings of isolation, confusion and self-doubt. Three incest survivors talk about ways in which they have struggled to heal, providing other young people with support, strength and empowerment.



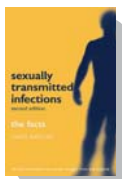
Sexually Transmitted Infections (STIs)

Sexually Transmitted Infections: The Facts

David Barlow

ISBN 9780198568674 \$36.95

This book provides essential information on all the main forms of sexually transmitted infections, describing the causes, risks, treatments and most importantly, how they can be prevented. *Sexually Transmitted Infections: The Facts* delivers essential, accessible information in an approachable style, suitable for adults of all ages.



Books On Sale

Healthrites sale items include the FPNSW publications *A Book About Birth, an easy-to-read, illustrated book about labour and childbirth* - \$10; and *All About Sex, for people with an intellectual disability* - \$10. For more sale titles, see subject heading Books On Sale at www.fpnsw.org.au/resources/healthrites

Youth

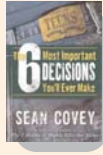
The 6 Most Important Decisions You Ever Make

A guide for teenagers

Sean Covey

ISBN 9780743265041 \$24.95

Young people at school face many difficult challenges from academic pressure, media influences, sexuality issues, and peer pressure. Stories from teens around the world show how to deal with all the issues that concern young people. This book packed with cartoons, quotes and quizzes is inspiring, fun and helpful for teens everywhere.



Puberty

Secret Girls' Business

Fay Angelo, Heather Pritchard and Rose Stewart

ISBN 9780975011300 \$14.99

Australian

This attractive little book about periods will appeal to younger girls. *Secret Girls' Business* is fun and easy to understand with lots of brightly coloured illustrations. There is a section for teachers, and another for parents.

Also available - **Secret Boys' Business**

ISBN 9780975011324 \$16.99

What's Happening To Me?

A guide to puberty

Peter Mayle

ISBN 9780330273435 \$14.95

Australian

What's Happening To Me? talks about puberty with honesty, sympathy and a sense of humour. Using bright funny cartoon style illustrations, it answers questions such as: What's an erection? What's a period? and Why is mine not like his?

Also available - **Where Did I Come From?**

ISBN 9780330273442 \$14.95



For Younger Children

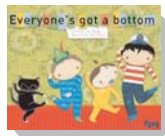
Everyone's Got A Bottom

A happy story about children keeping safe
(for children 3-8 years)

Family Planning Queensland

ISBN 9780957912960 \$16

Everyone's Got A Bottom is a story about Ben and his brother and sister talking and learning together. Brightly illustrated and written in a style that is fun, positive and protective, this delightful book assists parents and caregivers to start a conversation with children about self protection.



NoNo the Little Seal

Sexual assault prevention for children

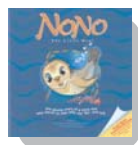
Sherri Patterson & Judith Feldman

Soft cover picture book and CD (17 mins)

ISBN 0958018839 \$39.60

Australian

Although the subject of sexual abuse is sensitive, the wonderful illustrations in this book, the way the story is told, and the songs on the CD will captivate both children and adults. A little seal called NoNo has a secret that makes him feel mixed up inside. He is worried about whether to tell someone, and wonders who he can tell. *NoNo the Little Seal* is a gentle book that can give young children the confidence to stay safe, say 'No', and tell.



Disability

Down Syndrome the Facts

Third Edition

Mark Seilkowitz

ISBN 9780199232772 \$32.95

Australian

New

The latest edition of *Down Syndrome the Facts* covers new developments in research and clinical practice, new recommendations regarding routine health checks, and new prenatal screening methods. It discusses issues such as early intervention and pre-school groups, choosing a school, adolescence, adulthood, marriage and procreation, and contains a section on useful resources and further reading. Although aimed mainly at parents, this excellent book will be of interest to most professionals working in this area.



Love & Kisses / the DVD

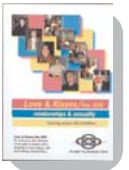
Relationships and sexuality - featuring people with disabilities

DVD - 43 minutes

Family Planning NSW \$49.95

Australian

In this positive look at the intimate lives of people with disabilities, personal stories are told through drama and interviews. *Love & Kisses/the DVD* shows the joys and heartbreak of love, sex and relationships, and provides information, education and notes that raise questions for discussion. Four drama scenes are followed by interviews covering issues such as living independently, building relationships, sex and intimacy, sex education and safe sex, unwanted touching, and a person's rights.



Adolescents on the Autism Spectrum

An essential guidebook for parents with teenagers on the autism spectrum

Chantal Sicile-Kira

ISBN 9780091912963 \$32.95

New

For parents of teenagers on the autism spectrum, adolescence can be a particularly difficult time. This book offers strategies to help children of all abilities through the changes of the teenage years and prepare them for adulthood. Chapters in *Adolescents on the Autism Spectrum* include: How to help teenagers understand puberty and hygiene; The specific health risks of adolescence such as seizures and depression; and Teenage emotions, sexuality, appropriate relationships and dating.



Loss & Grief

The Grief Book

Strategies for young people

Elizabeth Vercoe & Kerry Abramowski

ISBN 9781876372521 \$18.99

Australian

This thoughtful, practical book is for young people living with a serious illness, a loss, or any situation that has caused them great sadness or grief. *The Grief Book* provides lots of ways for dealing with grief, from simple suggestions such as rearranging furniture, or punching bread, to a detailed guide for what to do at a funeral. The book includes quotes and songs that show the difficulties and rewards of coping with grief.



Free & Confidential

Reproductive & sexual health information

Healthline 1300 658 886

TTY 8752 4360 & NRS 133 677

(for people who are deaf or hearing impaired)

Or email: healthline@fnpsw.org.au

