

B O O K S H O P

Latest and Greatest Resources 2011

Welcome to a selection of new titles (and some favourites) available by mail order from Healthrites bookshop at Family Planning NSW. To order, simply fill in the form on the back of this flyer and mail/fax it to us or see our full range and purchase online at www.fpnsw.org.au. For more information please call us on 02 8752 4307.

Sexpectations Girl/Boy

Sex stuff for girls and guys

Leissa Pitts & Craig Murray
 ISBN 9781741751437 \$29.95

Australian

Divided into two sections (open one way for girls and the other way for guys), *Sexpectations* has information that will help you make healthy choices about when to have sex, how it happens, why you might or might not want to have sex, and other important things to know if and when you have or are about to have sex. It talks honestly and respectfully about relationships, sexual identity and cultural influences, and answers some of the hard questions you might have.

New



Give Yourself Permission to Fly

Kick-start your life and fulfill your dreams

Brett Murray
 ISBN 9781876451851 \$24.95

Australian

Young people face many challenges in their late teens and in their twenties as they explore what they want for their future. This book helps readers appreciate their own talents and attributes, imagine how they would like to live their lives and think of ways to reach their goals. It covers important issues such as the need to take responsibility for our own lives, the way we are shaped by negative and positive thoughts, how to find people who will give us support and encouragement and what we gain from helping others achieve their dreams.



The New Guide to Relationships and Sex - DVD

A sex education DVD for young people, particularly young people with a learning disability

Life Support Productions
 ISBN 9780955173554 \$90

New

Produced using 3D animation throughout, and with subtitles in large clear text, the DVD is divided into five main topics. Each subject area has a menu featuring a series of video sequences that explore issues facing young people. Menu topics include: Growing up and body changes; Menstruation and periods; Masturbation and privacy; Hygiene; First dates and petting; Pregnancy and birth; Sex, virginity consent and condoms; Gay and straight relationships; and Sexual pleasure and contraception.



Women's Stuff

The guide book to making the most of your life

Kaz Cook
 ISBN 9780670073696 \$59.95

New

Australian
 Whether you're starting or ending a relationship, a friend has found a lump in the breast, you're in debt, your partner's lost interest in sex or you don't know whether to believe the moisturiser label, *Women's Stuff* is your must-have guide, from leaving school to menopause and beyond. It covers work, money and homemaking, as well as getting to know and make friends with your body, family, mental and physical health, and sex and relationships.



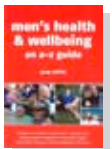
Men's Health and Wellbeing

An A-Z guide

Greg Millan
 ISBN 9781920681586 \$34.95

Australian

This book looks at men's health in the context of their lives, their physical, emotional, social, psychological, spiritual and cultural environments. It is about wellness, about leading a happy healthy life in which a man is emotionally fulfilled, physically fit and at ease with himself. It helps men, regardless of age, whether they are single, partnered, separated, a father or a son, to have better relationships, be more emotionally satisfied, and achieve what they want to achieve in life.



Baby Love

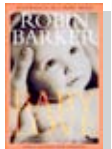
Everything you need to know about your new baby

Robin Barker
 ISBN 9781405039109 \$39.99

Revised

Australian

This version of the much loved classic guide to a baby's first 12 months, contains material on nutrition, food allergy and intolerance, and updates on safe sleeping, breastfeeding, reflux and immunisation. Includes chapters such as: Preparing for parenthood; Common worries and queries; Feeding your baby; Growth and development; and Safety. Written with wisdom and humour, this book has the information parents are looking for.



Strength Cards for Kids

Laminated card set and 24 page booklet
 Innovative Resources

ISBN 9781920945381 \$49.50

Australian

Strength Cards for Kids, for kids of all ages, is a pack of 40 brightly coloured cards (21cm x 15cm) and a booklet with suggestions for ways to use them. We all need to be reminded of our strengths. Children especially need rich ongoing messages about their inherent qualities, skills and potential. With gentle humour, drawings of playful monkeys and child friendly text *Strength Cards for Kids* gets to the important stuff in kids' lives, encouraging conversations, developing self-esteem and building meaningful relationships.



New Edition

