

## Gender, Sexuality, and Beyond - A Reading List for Children

Themes: Menstrual Health, Puberty, Adolescence

Across generations, states, and education boards, one thing that remains constant is the absence of discussions, literature, and understanding of issues surrounding gender, puberty, and sexuality. While there are provisions for chapters on the human body and sex in textbooks at different stages in the schooling journey, topics like periods, sexual intercourse, and gender diversity are still considered by both children and adults alike.

Here is a list of children's books covering all topics that both teachers and curriculum in Indian schools often miss out on. All books are set in the Indian context to make children feel closer home while they discover the bizarre world of bodily functions and fuzzy feelings.

For Ages 3 to 6

1. Jha, R. (2013) *Boy Unboy*. (G. Benegal, Illus.). Pickle Yolk Books.
2. Krishna, K. (2017) *Watch Out! No Touch*. (A. Sabir & I. Dasgupta, Illus.). Scholastic.
3. Shashi, K. (2019) *Guthli has wings*. (K. Shashi, Illus.). Tulika Books.
4. Singh, N. (2018) *I Need to Pee*. (M. Singh, & E. Egerup, Illus.). Puffin.
5. Subramaniam, N. (2018) *Soda and Bonda*. (N. Subramaniam, Illus.). Tulika Books.

For Ages 9 to 15

1. Gupta, A. (2014) *Menstrupedia*. (T. Paul, Illus.) Menstrupedia.
2. Hariharan, A. & Rajendran, S. (2015) *Big Hero, Size Zero* (N. Subramanian, Illus.). Tulika Books.
3. TARSHI. (2013) *The Blue Book*. Zubaan.
4. TARSHI. (2015) *The Red Book*. Zubaan.
5. Wason, A. (2010) *Body Talk*. (A. Wason, Illus.). Harper