

SEXUAL HEALTH NOVA SCOTIA'S 50 RECOMMENDED READS



WWW.SHNS.CA

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Cape Breton Centre for Sexual Health
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Sexual Health Nova Scotia presents its list of 50 recommended reads on sexual and reproductive health, in celebration of Sexual & Reproductive Health Awareness Week 2020.

Our network of sexual health educators suggested these non-fiction books as inclusive, informative sources of information on various topics related to sex, gender, orientation, pleasure, politics, and safety.

Check out the special section on *Sex-ed Keeps us Healthy!* - the theme of this year's SRH Week!

This list is not conclusive! Contact any SHNS member-centre for more recommendations and resources, or visit www.shns.ca.

Jeannette Auger & Kate Krug
Under the Rainbow: A Primer on Queer Issues in Canada
Fernwood Publishing, 2014

Kate Bornstein & S. Bear Bergman
Gender Outlaws: The Next Generation
Seal Press, 2010

The Boston Women's Health Book Collective
Our Bodies, Ourselves: Menopause
Touchstone, 2006

Ivan Coyote & Rae Spoon
Gender Failure
Arsenal Pulp Press, 2014

Qwo-Li Driskill, Daniel Heath Justice & Deborah Miranda
Sovereign Erotics: A Collection of Two-Spirit Literature
University of Arizona Press, 2011

Jaclyn Friedman & Jessica Valenti
Yes Means Yes!: Visions of Female Sexual Power and A World Without Rape
Seal Press, 2008

Roxane Gay
Bad Feminist: Essays
Harper Perennial, 2014

Kate Harding
Asking for It: The Alarming Rise of Rape Culture--and What We Can Do About It
De Capo Lifelong Books, 2015

Miriam Khan
It's Not About The Burqa: Muslim Women on Faith, Feminism, Sexuality and Race
Picador, 2019

Morgan Mann Willis
Outside the XY: Black and Brown Queer Masculinity
Riverdale Avenue Books, 2016

Robin Metcalfe
OUT: Queer Looking Queer Acting Revisited
Khyber Centre for the Arts, 2014

Janet Mock
Redefining Realness: My Path to Womanhood, Identity, Love & So Much More
Atria Books, 2014

Scott Neigh
Gender and Sexuality: Canadian History Through the Stories of Activists
Fernwood Publishing, 2012

Mary Roach
Bonk: The Curious Coupling of Science and Sex
W.W. Norton & Company, 2009

Juno Roche
Trans Power: Own Your Gender
Jessica Kingsley Publishers, 2019

Rebecca Rose
Before the Parade: A History of Halifax's Gay, Lesbian and Bisexual Communities
Nimbus Publishing Limited, 2019



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Christopher Ryan
Sex at Dawn: The Prehistoric Origins of Modern Sexuality
Harper, 2010

Randy Shilts
And the Band Played On: Politics, People, and the AIDS Epidemic
St. Martin's Griffin, 2007

Shannon Stettner
Without Apology: Writings on Abortion in Canada
AU Press, 2016

Tristan Taormino, Constance Penley & Celine Perrenas Shimizu
The Feminist Porn Book: The Politics of Producing Pleasure
The Feminist Press at CUNY, 2013

Sonya Renee Taylor
The Body is Not an Apology: The Power of Radical Self-Love
Berrett-Koehler Publishers, 2018

Kaleigh Trace
Hot, Wet and Shaking: How I Learned to Talk About Sex
Invisible Publishing, 2014

Jessica Valenti
Sex Object
HarperCollins, 2016

Hida Vioria
Born Both: An Intersex Life
Hachette Books, 2017

Lindy West
Shrill
Hachette Books, 2016

Lindy West
The Witches are Coming
Hachette Books, 2019



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Sex-Ed Keeps us Healthy!

Books on sexual health – for a variety of ages

For kids:

Justin Richardson & Peter Parnell

And Tango Makes Three

Little Simon, 2015

Cory Silverberg & Fiona Smyth

What Makes a Baby

Triangle Square, 2013

Cory Silverberg & Fiona Smyth

Sex is a Funny Word: A Book About Bodies, Feelings and You

Seven Stories Press, 2015

Theresa Thorn

It Feels Good to be Yourself: A Book About Gender Identity

Henry Holt & Co., 2019

For Young Teens:

Nikol Hasler

Sex: A Book for Teens

Zest Books, 2010

Mel Reiff Hill, Jay Mays & Robin Mack

the GENDER book

Marshall House Press, 2013

Susan Kuklin

Beyond Magenta: Transgender Teens Speak Out

Candlewick, 2015

Jennifer Lang

Consent: The New Rules of Sex Education

Althea Press, 2018

Makeda Zook, Karen Chan, Frederique Chabot, & Brittany Neron

Beyond the Basics: A Resource for Educators on Sexuality and Sexual Health

Action Canada for Sexual Health & Rights, 2017

For Older Teens and Beyond:



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Alex Comfort
The Joy of Sex: The Ultimate Revised Edition
Harmony, 2009

Heather Corinna
**S.E.X.: The All-You-Need-To-Know Sexuality Guide to Get You
Through Your Teens and Twenties**
De Capo Lifelong Books, 2016

James Dawson
This Book Is Gay
Sourcebooks Fire, 2015

Dossie Easton & Janet W. Hardy
**The Ethical Slut: A Practical Guide to Polyamory, Open Relationships
& Other Adventures 3rd Edition**
Potter, 2017

Laura Erickson-Schroth
**Trans Bodies, Trans Selves: A Resource for the Transgender
Community**
Oxford University Press, 2014

Jen Gunter
The Vagina Bible
Random House of Canada, 2019

Carlyle Jansen
**Anal Sex Basics: The Beginner's Guide to Maximizing Anal Pleasure
for Every Body**
Quiver Books, 2016

Paul Joannides
Guide to Getting it On: Unzipped
Goofy Foot Press, 2017

Lindsay King-Miller
**Ask a Queer Chick: A Guide to Sex, Love, and Life for Girls Who Dig
Girls**
Plume, 2016

Emily Nagoski
**Come as You Are: The Surprising New Science that Will Transform
Your Sex Life**
Simon & Schuster, 2015



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Flo Perry
How to Have Feminist Sex: A Fairly Graphic Guide
Particular Books, 2019

Cory Silverberg, Fran Odette & Miriam Kaufman
**The Ultimate Guide to Sex and Disability: For All of Us Who Live
with Disabilities, Chronic Pain and Illness**
Cleis Press, 2007

Annie Sprinkle
The Explorer's Guide to Planet Orgasm: For Every Body
Greenery Press, 2017

Tristan Taormino
The Ultimate Guide to Kink: BDSM, Role Play and the Erotic Edge
Cleis Press, 2012

Franklin Veaux & Eve Rickert
More than Two: A Practical Guide to Ethical Polyamory
Thorntree Press, 2014



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