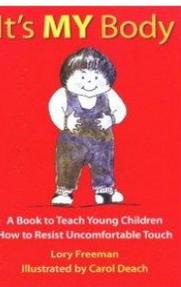


## Sex Ed Resource List for Parents

If you are a parent and are wondering what books are appropriate to begin initiating conversations around their sexuality, here are some resources by different age groups.

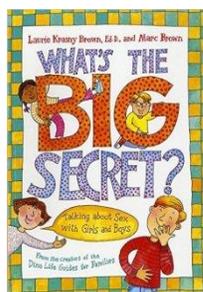
### Ages 3 to 6



#### It's My Body

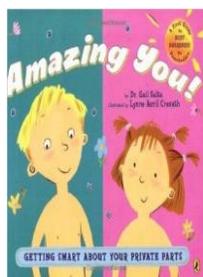
It's My Body – A book to teach young children how to resist uncomfortable touch, Lory Freeman and Carol Deach

Preschool children can learn safe boundaries, how to distinguish between “good” and “bad” touches, and how to respond appropriately to unwanted touches. This is a powerful book for enhancing self-esteem. Parenting Press's bestseller!



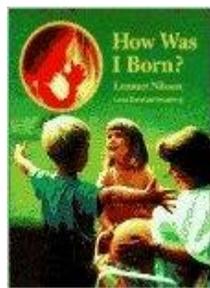
#### What's the Big Secret? Laurie Krasny Brown, Ed.D. and Marc Brown

American Bookseller Pick of the Lists, 1997 Are boys and girls different on the inside? How do you tell girls and boys apart? Do girls and boys have the same feelings? Is sex a dirty word? Where do babies come from? What does being pregnant mean? How do you get a belly button? Tell me about when I was a baby...



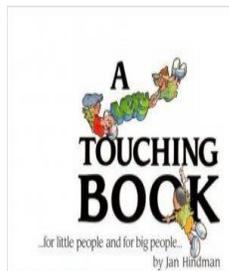
#### Amazing You! Getting Smart About Your Private Parts ,Gail Saltz

“Mom, where do babies come from?” Many parents live in fear of the day their child asks this question? which inevitably happens, often as early as the preschool years. Here is a picture book designed especially for young children who are becoming aware of their bodies, but aren't ready to learn about sexual

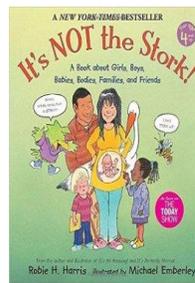


#### How Was I Born, Lennart Nilsson

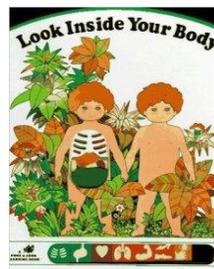
Ever since the publication of the magnificent third edition of A Child Is Born, Lennart Nilsson has devoted himself to retelling this magical story especially for children. How Was I Born? closely follows the experience of Mary who is nearly five and her family as they lovingly prepare to welcome a new baby.



#### A Touching Book:...For Little People and For Big People Jan Hindman

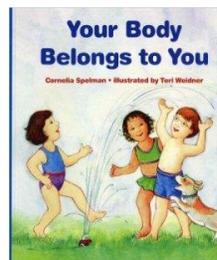


**It's Not the Stork!** A book about girls, boys, babies, bodies, families and friends, Robie Harris and Michael Emberley From the expert team behind it's perfectly normal and it's so amazing! comes a book for younger children about their bodies — a resource that parents, teachers, librarians, health care providers, and clergy can use with ease and confidence.



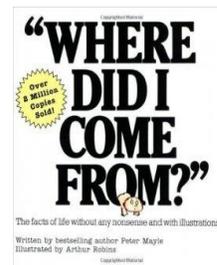
#### Look Inside Your Body, Gin Ingolia

Geared toward young children curious about the way things work.



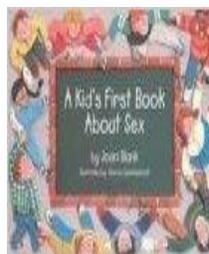
#### Your Body Belongs To You, Cornelia Spelman

In simple, reassuring language, the author explains that a child's body is his or her own; that it is all right for kids to decline a friendly hug or kiss, even from someone they love; and that you can still be friends even if you don't want a hug now.



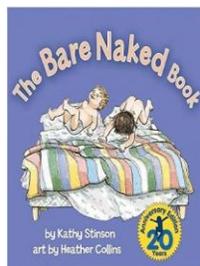
#### “Where Did I Come From”: The Facts of Life Without Any Nonsense and With Illustrations, Peter Mayle

Describes the reproductive process from intercourse to birth.



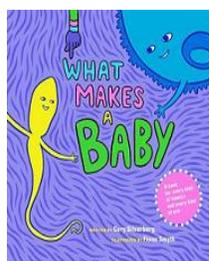
#### A Kid's First Book About Sex, Joani Blank

An introduction to sexuality for young readers, discussing feelings, bodies, and developing a positive self-image.



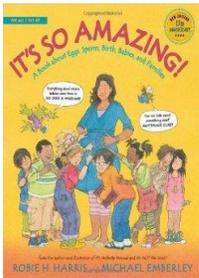
#### The Bare Naked Book, Kathy Stinson

Twenty years old and still going strong, The Bare Naked Book remains a favorite family introduction to the human body. There is nothing more ordinary and more special than the human body. After all, everybody has one, and for all the parts that are the same each comes in a different shape and size.



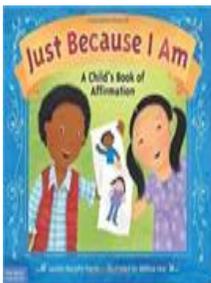
#### What Makes a Baby, Cory Silverberg

It is a twenty-first century children's picture book about conception, gestation, and birth, which reflects the reality of our modern time by being inclusive of all kinds of kids, adults, and families, regardless of how many people were involved, their orientation, gender and other identity, or family composition.



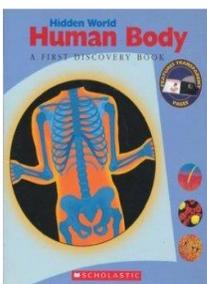
**It's So Amazing! A book about eggs, sperm, birth, babies and families, Robie Harris and Michael Emberley**

"An outstanding book. . . . Meets the needs of those in-between or curious kids who are not ready, developmentally or emotionally, for It's Perfectly Normal." —Booklist.



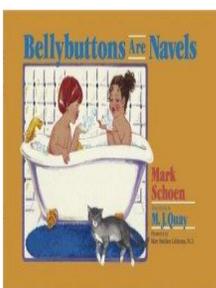
**Just Because I Am: A Child's Book of Affirmation, Lauren Murphy Payne**

Young children need support and encouragement as they learn to value themselves and recognize their own worth—"not because of the things I do, not because of what I look like, not because of what I have . . . just because I am."



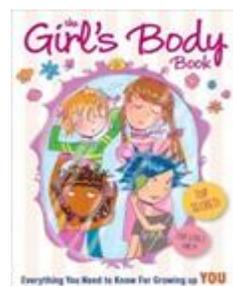
**Human Body: Hidden World, Claude Delafosse and Gallimard Jeunesse**

In Hidden World Human Body, young children will learn fascinating facts about the hidden world inside the human body and how it works!



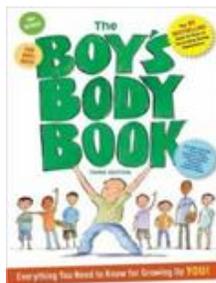
**Bellybuttons Are Navels, Mark Schoen**

"Bellybuttons Are Navels" is designed for use with young children. Cheerful artwork and gentle words frame this engagingly told story of two children taking a bath. As Mary and her brother Robert splash about and play, they not only discover that boys and girls have some of the same body parts, but also that boys and girls have some distinguishing features- that have accurate names.



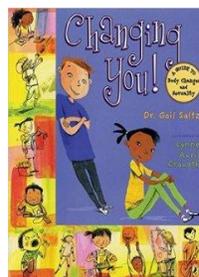
**The Girls Body Book: Everything You Need To Know For Growing Up You! Kelly Dunham and Laura Tallardy**

Growing up isn't as easy as it looks. With changing emotions, friends, expectations, and bodies, some days it can seem like life is one big roller coaster ride. The Girl's Body Book is here to help with expert advice, common sense tips, fast facts, and answers to all questions a girl



**The Boy's Body Book: Everything You Need To Know For Growing Up YOU! Kelly Dunham and Steven Bjorkman**

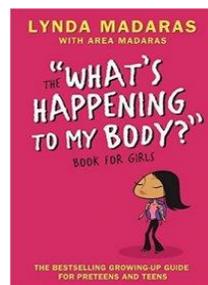
You have questions? We have answers to everything you need to know for growing up you! Growing up isn't as easy as it looks.



**Changing You!: A Guide to Body Changes and Sexuality, Gail Saltz**

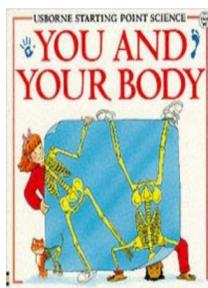
An honest and reassuring guide to puberty for elementary school children.

Puberty can be an exciting?and confusing?time for children. In the follow-up to her bestselling Amazing You!, Dr. Gail Saltz navigates the curiosity and confusion that youngsters feel as they start to notice the changes their bodies undergo.



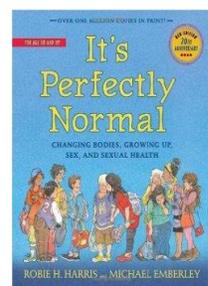
**The "What's Happening to My Body?" Book for Girls, Lynda Madaras with Area Madaras**

Everything preteen and teen girls need to know about their changing bodies and feelings. Written by an experienced educator and her daughter in a reassuring and down-to-earth style, The "What's Happening to My Body?" Book for Girls.



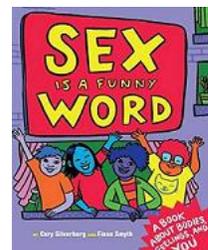
**You and Your Body, Susan Meredith, Kate Needham, and Mike Unwin**

Covers anatomy, nutrition, diseases, reproduction, and human differences.



**It's Perfectly Normal! Changing bodies, growing up, sex and sexual health, Robie Harris and Michael Emberley**

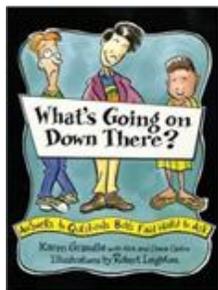
The definitive book about puberty and sexual health for today's kids and teens, now fully updated for its twentieth anniversary.



**Sex is a Funny Word: A Book about Bodies, Feelings, and YOU, Cory Silverberg**

Much more than the "facts of life" or "the birds and the bees," Sex Is a Funny Word opens up conversations between young people and their caregivers in a way that allows adults to convey their values.

Selected as a Best Book for Young Adults by the American Library Association

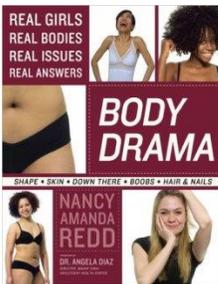


**What's Going on Down There? Answers to Questions Boys Find Hard to Ask, Karen Gravelle with Nick and Chava Castro**

Describes the physical and emotional changes that occur in boys (and, to a lesser extent, in girls) during puberty and discusses sexual activity, homosexuality, AIDS, and other related topics.

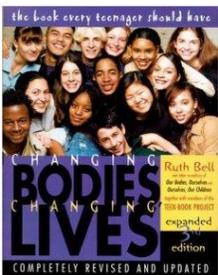
**Body Drama – Real Girls, Real Bodies, Real Issues, Real Answers, (14+) Nancy Redd**

“You’d think a Miss America swimsuit winner would feel completely confident about her body, right? Not always! So I decided to write the book I wish I’d had as a teen and in college—an honest, funny, practical, medically accurate, totally reassuring guide to how women’s bodies actually look, smell, feel, behave, and change.



**Changing Bodies – Changing Lives, (14+) Ruth Bell and others**

The truth is that no one has the script because there is no script to follow. Chances are you’d find that almost everyone else has questions and worries a lot like yours, if you could get them to admit it.



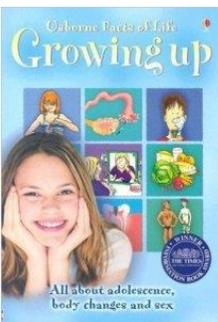
**GLBTQ: The Survival Guide for Queer and Questioning Teens Kelly Huegel and Steven Cozza**

The teen years are full of challenges. For gay, lesbian, bisexual, transgendered, and questioning teens, these challenges can include prejudice, discrimination, rejection, reprisals, insensitive remarks (even among friends and families) and, sometimes, violence.



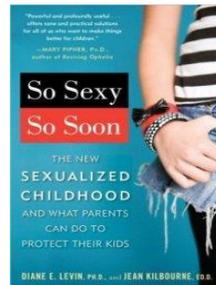
**Growing Up: All About Adolescence, Body Changes and Sex, Susan Meredith**

Revised and updated, this award-winning book provides practical advice to anyone aged 10 or over. Describes in an approachable and straightforward way exactly what happens in puberty – the role of hormones and the changes in the body.



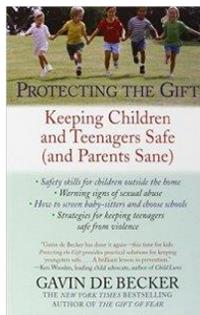
**Parents + caregivers**

**So Sexy So Soon – The New Sexualized Childhood and What Parents Can Do to Protect Their Kids, Diane Levin and Jean Kilbourne.**



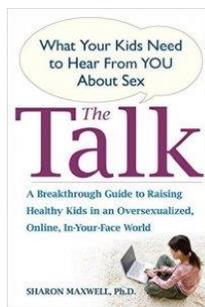
How to deal with all that sexy stuff coming at our kids. Sexy content on almost every television channel, as well as in movies and video games. Popular culture and technology inundate our boys and girls with an onslaught of graphic sexual messages at earlier ages than ever before.

**Protecting the Gift, Keeping Children and Teenagers Safe (and Parents Sane), Gavin De Becker. One of the best sexual abuse prevention books ever written**



Safety skills for children outside the home. Warning signs of sexual abuse. How to screen baby-sitters and choose schools. Strategies for keeping teenagers safe from violence

**The TALK – What your kids need to hear from you about sex, Sharon Maxwell, Ph.D.**



A groundbreaking resource to help jump start an ongoing discussion between parents and teens about sex and sexuality. Internet chat rooms, boy/girl sleepovers, reality TV . . . there’s more to “the talk” than ever before

**Other Resources**

- [StopItNow.org](http://StopItNow.org) – Child sexual abuse support + information
- [D2L.org](http://D2L.org) – Sexual abuse awareness training for churches, youth serving organizations, teachers, parent groups.
- [SavvyParentsSafeKids.com](http://SavvyParentsSafeKids.com) – Sexual abuse + abduction prevention tips and classes for parents
- [Momster.com](http://Momster.com) – Great mom-to-mom advice for moms of tweens + teens
- [Scarleteen.com](http://Scarleteen.com) – Inclusive, comprehensive, supportive sexuality

**Who is Martha?**

Dr. Martha Tara Lee is Founder and Clinical Sexologist of Eros Coaching. She is a certified sexologist with a Doctorate in Human Sexuality. She provides sexuality and relationship coaching for individuals and couples, conducts sexual education workshops and speaks at public events. She is the author of the books [Love, Sex and Everything In-Between](#), and [Orgasmic Yoga](#). She is also the host of the weekly radio show [Eros Evolution](#) on OMTimes Radio. For more, visit [www.ErosCoaching.com](http://www.ErosCoaching.com) or email [info@eroscoaching.com](mailto:info@eroscoaching.com).