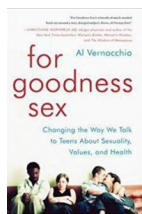


## Sex Ed Resource List for Parents

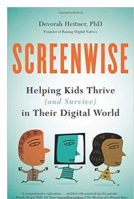
### Young Adults

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



#### **For Goodness Sex : Changing the Way We Talk to Teens about Sexuality, Values, and Health by Al Vernacchio**

This book is really quite phenomenal, filling a much-needed niche in between the basic “birds and bees” discussion, and the point where you turn young adults out in the world to navigate everything themselves.



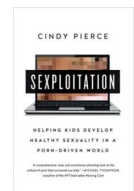
#### **Screenwise: Helping Kids Thrive (and Survive) in Their Digital World by Devorah Heitner**

in the digital age. Many parents and educators worry that kids are addicted, detached, or distracted because of their digital devices.



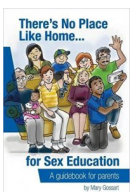
#### **What's Happening to My Body? Book for Boys: Revised Edition by Lynda Madaras and Marcia Herman-Giddens**

Everything preteen and teen boys need to know about their changing bodies and feelings.



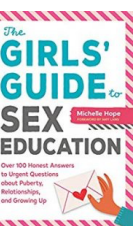
#### **Sexploitation: Helping Kids Develop Healthy Sexuality in a Porn-Driven World by Cindy Pierce**

Through Internet porn, gaming, social media, marketing, and advertising, kids today have a much broader view of social and sexual possibilities, which makes it difficult for them to establish appropriate expectations or to feel adequate in their own sexuality.



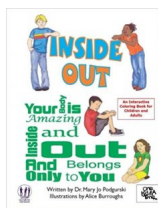
#### **There's No Place Like Home... for sex education by Mary Gossert**

Young people's natural questions, behaviors and curiosities around sexuality create some of life's awkward and challenging moments for parents.



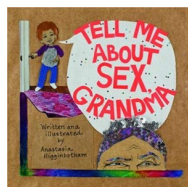
#### **The Girls' Guide to Sex Education: Over 100 Honest Answers to Urgent Questions about Puberty, Relationships, and Growing Up by Michelle Hope**

When it comes to sex education, parents of adolescent girls often know just as little about where to start as girls themselves. Even the mention of sex education or puberty can make everyone feel uncomfortable, nervous, or insecure.



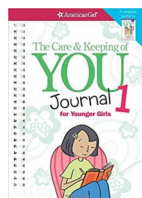
#### **Inside Out: Your Body is Amazing Inside and Out and Belongs Only To You by Mary Jo Podgurski**

Inside Out: Your Body is Amazing Inside and Out and Belongs Only to You is an innovative approach to child abuse prevention that is body-positive, affirming, and empowering.



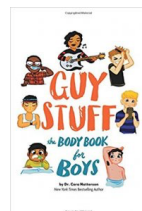
#### **Tell Me about Sex, Grandma by Anastasia Higginbotham**

Patently forthcoming with lessons your parents redacted, this necessary conversation stresses consent, sex positivity, and the right to be curious about your body.



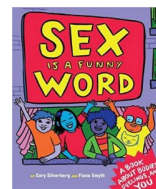
#### **The Care and Keeping of You Journal (Revised): for Younger Girls (American Girl) by Cara Natterson**

This companion to our bestselling book, The Care & Keeping of You, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being.



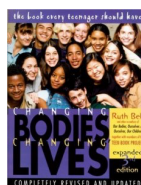
#### **Guy Stuff: The Body Book for Boys by Cara Natterson**

From the author of the bestselling Care & Keeping of You series! This book will provide you with the answers that will help you take care of yourself better, from hair care to healthy eating, bad breath to shaving, acne to voice changes, and everything in between.



#### **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 and beliefs while providing information about boundaries, safety, and joy.



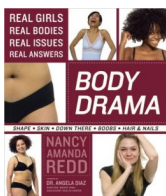
#### **Changing Bodies – Changing Lives, (14+) Ruth Bell and others**

This brand-new, completely updated and revised edition of Changing Bodies, Changing Lives is full of honest, accurate, nonjudgmental information on everything teenagers need to know about today.

## Sex Ed Resource List for Parents

### Young Adults

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



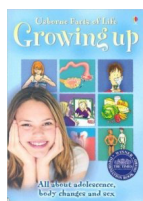
#### **Body Drama – Real Girls, Real Bodies, Real Issues, Real Answers, (14+) Nancy Redd**

From fashion magazines to taboo Web sites, curious young women have access to tons of old wives' tales about and thousands of airbrushed and inaccurate images of the female body—misinformation and harmful portrayals that can lead to low self-esteem, self-destructive acts, or even disturbing plastic surgery procedures.



#### **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.



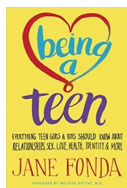
#### **Growing Up: All About Adolescence, Body Changes and Sex, Susan Meredith**

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.



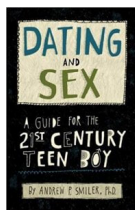
#### **The ABC's of LGBT+ by Ashley Mardell**

The ABC's of LGBT+ is a #1 Bestselling LGBT book and is essential reading for questioning teens, teachers or parents looking for advice, or anyone who wants to learn how to talk about gender identity and sexual identity.



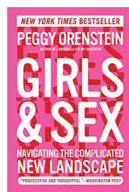
#### **Being a Teen: Everything Teen Girls & Boys Should Know About Relationships, Sex, Love, Health, Identity & More by Jane Fonda**

Clear, practical, and riveting, Being a Teen cuts away at myth, enhances teens' self-esteem, and arms them with a trove of useful information. Beautifully organized. Any parent, teacher, coach, or doctor needs to read this authoritative guide. What a lifesaver for our boys and girls!



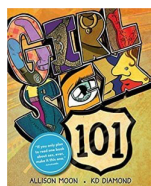
#### **Dating and Sex: A Guide for the 21st Century Teen Boy by Andrew P. Smiler by Andrew Smiler**

This is a thoughtful book that covers an incredibly wide range of topics many of which often get ignored in our society. It is well written and easy to read with some good use of humor. Teens should have no problem reading it.



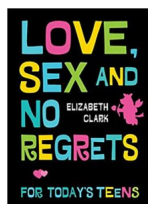
#### **Girls & Sex: Navigating the Complicated New Landscape by Peggy Orenstein**

The author of the New York Times bestseller Cinderella Ate My Daughter offers a clear-eyed picture of the new sexual landscape girls face in the post-princess stage—high school through college—and reveals how they are negotiating it.



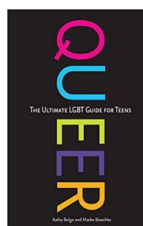
#### **Girl Sex 101 by Allison Moon and kd diamond (illustrator)**

Girl Sex 101 is a sex-ed book like no other, offering helpful info for ladies and lady-lovers of all genders and identities, playful and informative illustrations on each page, and over 100 distinct voices, plus a hot narrative that shows you how to put the info to good use!



#### **Love, Sex and No Regrets for Today's Teens by Elizabeth Clark**

Teen counselor Elizabeth Clark created this book for teens as a tool for initiating discussions on sensitive topics. In her research with teens and their world, she became aware of how things have changed for teens in the last 10 years.



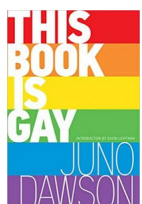
#### **Queer: The Ultimate LGBT Guide for Teens by Kathy Belge, Marke Bieschke, and Christian Robinson (illustrations)**

Teen life is hard enough with all of the pressures kids face, but for teens who are LGBT (lesbian, gay, bisexual, or transgender), it's even harder.



#### **Sex Plus: Learning, Loving, and Enjoying Your Body by Laci Green**

This groundbreaking book from sex educator and YouTube phenomenon Laci Green has everything you've ever wanted to know about sex, sexuality, pleasure, and your body.



#### **This Book is Gay by James Dawson and Juno Dawson**

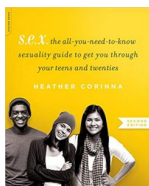
Lesbian. Bisexual. Queer. Transgender. Straight. Curious. This book is for everyone, regardless of gender or sexual preference. This book is for anyone who's ever dared to wonder. This book is for YOU.



## Sex Ed Resource List for Parents

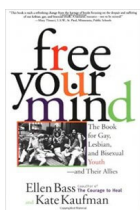
### Young Adults

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



#### **S.E.X., second edition: The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties by**

**Heather Corinna** The go-to sex ed guide for teens and young adults, tackling everything you want to know about sex, from consent, safe sex, emotional health and more, from the founder of scarleteen.com.

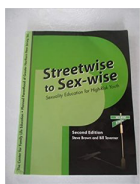


#### **Free Your Mind: The Book for Gay, Lesbian, and Bisexual Youth and Their Allies by Ellen Bass and Kate Kaufman**

Free Your Mind is the definitive practical guide for gay, lesbian, and bisexual youth — and their families, teachers, counselors and friends.

#### **Streetwise to Sex-Wise: Sexuality Education for High-Risk Youth by Steve Brown and Bill Taverner**

Streetwise to Sex-Wise provides an easy to use yet comprehensive model for a basic series on human sexuality for high-risk teens.



#### **Affirmative Psychotherapy and Counseling for Lesbians and Gay Men by Jeffrey N. Chernin and Melissa R. Johnson**

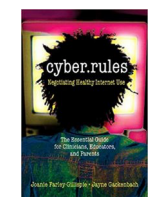
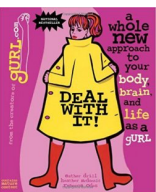
Affirmative Psychotherapy and Counseling for Lesbians and Gay Men offers a broad base of research, practice, and advocacy information about the special counseling needs of gays and lesbians.

#### **Deal with It! A Whole New Approach to Your Body, Brain, and Life as a gURL by Esther Drill, Rebecca Odes and, Heather McDonald**

Deal With It! offers a whole new approach for dealing with your life as a girl. It's a resource to help you learn about, laugh about, and figure out the stuff you go through on your way through life.

#### **Cyber Rules: What You Really Need to Know About the Internet by Joanie Farley-Gillispie and Jayne Gackenbach**

The Internet socializes people in new ways, encouraging the development of innovative approaches to communication and online identity.



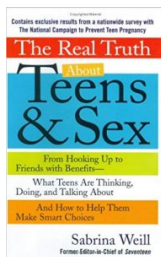
#### **Virgin Sex for Girls: A No-regrets Guide to Safe and Healthy Sex by Darcy Luadzers**

90% of girls under the age of 16 regret their first sexual experience. Because losing your virginity is a taboo subject in many families and schools, you could be lacking the real sex education and guidance that will help you decide if you are truly physically and emotionally ready—and how to say no if you aren't.



#### **Virgin Sex for Guys: A No-regrets Guide to Safe and Healthy Sex by Darcy Luadzers**

Even guys have second thoughts about having sex. Whether you are concerned about getting a STD, your religious values, or what your partner will say about you afterwards, Virgin Sex for Guys teaches you the physical, emotional, and social consequences of having (and not having) sex.



#### **The Real Truth About Teens and Sex: From Hooking Up to Friends with Benefits — What Teens Are Thinking, Doing, and Talking About, and How to Help Them Make Smart Choices by Sabrina Weill**

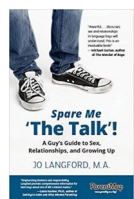
The former editor-in-chief of Seventeen magazine draws on hundreds of letters, e-mails, interviews, and a nationwide survey to provide a revealing look at teens and sex, covering such topics as virginity, celibacy, the role of the media, birth control, sexually transmitted diseases, peer pressure, sex education, and the latest trends.

#### **Spare Me 'The Talk'!: A Girl's Guide to Sex, Relationships, and Growing Up by Jo Langford**

If you have a teenage girl, there's a 50 percent chance she's already sexually active and a 33 percent chance she's been solicited by an online predator in the past year. How prepared is she for the risks and realities of sex?

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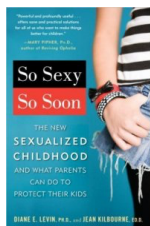
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## Sex Ed Resource List for Parents

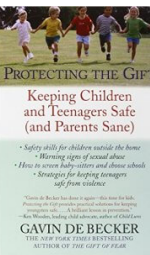
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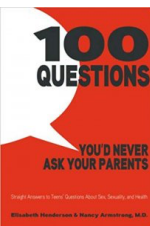
Heather Corinna The go-to sex ed guide for teens and young adults, tackling everything you want to know about sex, from consent, safe sex, emotional health and more, from the founder of scarleteen.com.



#### **Protecting the Gift, Keeping Children and Teenagers Safe (and Parents Sane), Gavin De Becker.**

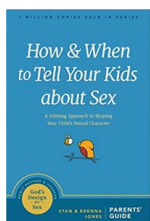
One of the best sexual abuse prevention books ever written.

- Safety skills for children outside the home
- Warning signs of sexual abuse
- How to screen baby-sitters and choose schools



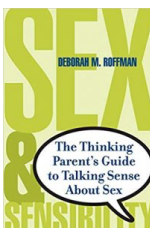
#### **100 Questions You'd Never Ask Your Parents: Straight Answers to Teens' Questions About Sex, Sexuality, and Health by Elizabeth Henderson and Nancy Armstrong**

Teens have questions about sex. This simple manual answers their questions—honestly, simply, and reliably.



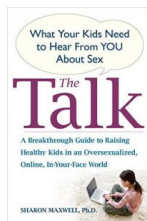
#### **How and When to Tell Your Kids about Sex: A Lifelong Approach to Shaping Your Child's Sexual Character (God's Design for Sex) by Stan Jones and Brenna Jones**

Stan and Brenna Jones help parents establish a biblical view of sexuality in their homes. Building on a biblical foundation, they discuss how to talk with your children about sexual issues and when it's appropriate to tell them what.



#### **Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex by Deborah M. Roffman**

With a rare directness and clarity about sex and reproduction, sexual values, and cultural influences on sexuality, Deborah Roffman challenges and teaches readers how to develop a blueprint for opening the lines of communication with children of all ages.



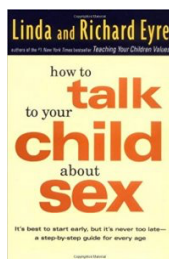
#### **The TALK – What your kids need to hear from you about sex, Sharon Maxwell, Ph.D.**

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.



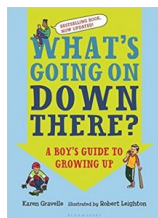
#### **Let's Talk About S-E-X: A Guide for Kids 9 to 12 and Their Parents by Sam Gitchel and Lorri Foster**

First created by Planned Parenthood/Mar Monte in the late 1980's, this well loved, updated guide insures that children will be given accurate, age-appropriate information about sex.



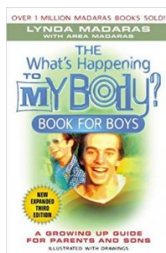
#### **How to Talk to Your Child About Sex: It's Best to Start Early, but It's Never Too Late – A Step-by-Step Guide for Every Age by Linda Eyre and Richard Eyre**

Linda and Richard Eyre stress that it's never too soon—or too late—to start discussing sex and values with your children, and they've got proven strategies to make it easier.



#### **What's Going on Down There?: A Boy's Guide to Growing Up by Karen Gravelle**

With 150,000 copies sold, this appealingly illustrated guidebook to puberty—now updated with brand new content relevant to today's kids—is the perfect companion for boys and parents preparing for this important milestone.



#### **The What's Happening to My Body? Book for Boys: A Growing-Up Guide for Parents and Sons by Lynda Madaras, Area Madaras and Dane Saavedra**

Discusses the changes that take place in a boy's body during puberty, including information on the body's changing size and shape, the growth spurt, reproductive organs, pubic hair, beards, pimples, voice changes, wet dreams, and puberty in girls.



#### **The Secret Lives of Teen Girls: What Your Mother Wouldn't Talk about but Your Daughter Needs to Know by Resh MPH CNM, Evelyn**

Explores the mysterious world of female, adolescent sexuality and how parents—especially mothers—can help their daughters through this tumultuous time.