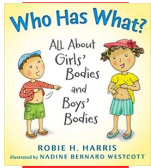


Sex Ed Resource List for Parents

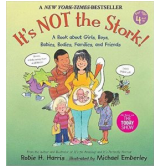
Ages 3 to 6

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



It's MY Body, Lory Freeman

A book to teach young children how to resist uncomfortable touch, Lory Freeman and Carol Deach.



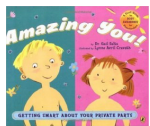
It's Not the Stork!, Robie Harris and Michael Emberley

A book about girls, boys, babies, bodies, families and friends, Robie Harris and Michael Emberley



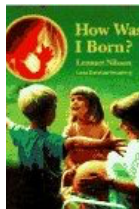
What's the Big Secret? Laurie Krasny Brown, Ed.D. and Marc Brown

What does being pregnant mean? How do you get a belly button? Tell me about when I was a baby...



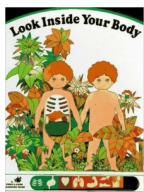
Amazing You!: Getting Smart About Your Private Parts ,Gail Saltz

Written with warmth and honesty, Amazing You! presents clear and age-appropriate information about reproduction, birth, and the difference between girls' and boys' bodies.



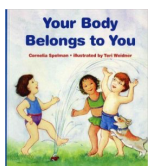
How Was I Born, Lennart Nilsson

The book matches Mary's insatiable curiosity, impatience, and concern with gentle, reassuring information.



Look Inside Your Body, Gina Ingoglia

Geared toward young children curious about the way things work.



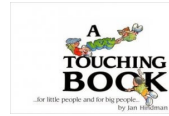
Your Body Belongs To You, Cornelia Spelman

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.



What Makes a Baby by Cory Silverberg

Geared to readers from preschool to age eight, What Makes a Baby is a book for every kind of family and every kind of kid.



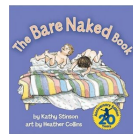
A Touching Book:...For Little People and For Big People Jan Hindman

A positive approach to sexual abuse prevention is the solution to the dilemma. We cannot begin to prevent or detect sexual abuse without first opening positive communication with children about sexual issues.



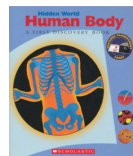
A Kid's First Book About Sex, Joani Blank

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



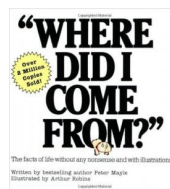
The Bare Naked Book, Kathy Stinson

Twenty years old and still going strong, The Bare Naked Book remains a favorite family introduction to the human body.



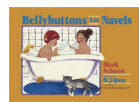
Human Body: Hidden World,Claude Delafosse and Gallimard Jeunesse

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



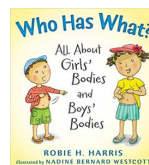
"Where Did I Come From": The Facts of Life Without Any Nonsense and With Illustrations, Peter Mayle

Describes the reproductive process from intercourse to birth.



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.



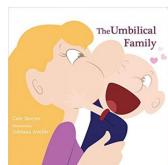
Who Has What?: All About Girls' Bodies and Boys' Bodies (Let's Talk about You and Me) by Robie Harris

Young children are curious about almost everything. Asking questions is one of many ways they learn about themselves and the world around them. Now, this unique series for our youngest children provides easy-to-understand facts and answers to their delightful, thoughtful, and often nonstop questions.

Sex Ed Resource List for Parents

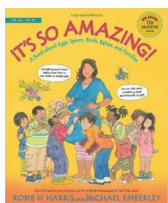
Ages 7 to 9+

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



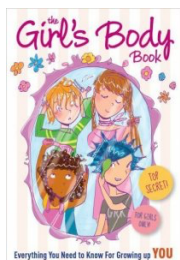
The Umbilical Family: Start a Loving Conversation about Adoption, Egg Donation, Step-parenting, Same Sex Families by Cate Sawyer and Adriana Avellis (illustrator)

Start a loving conversation about adoption, egg & embryo donation, step-parents, same sex couples, fostering, single parents, traditional couples, and grandparents. Together with your child explore the wonderful diversity and origin of family and love



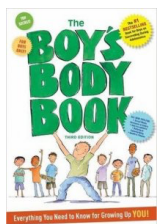
It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families , Robie Harris and Michael Emberley

How does a baby begin? What makes a baby male or female? How is a baby born? Children have plenty of questions about reproduction and babies—and about sex and sexuality, too.



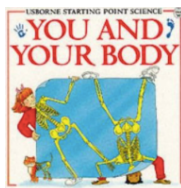
The Girl's Body Book: Everything You Need To Know For Growing Up YOU! Kelly Dunham and Laura Tallardy

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.



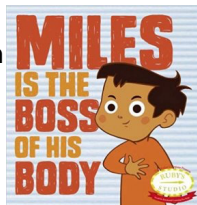
The Boy's Body Book: Everything You Need To Know For Growing Up YOU! Kelly Dunham and Steven Bjorkman

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.



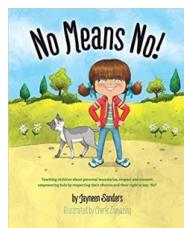
You and Your Body: What's Inside You?/Why Do People Eat?/What Makes You Ill?/Where Do Babies Come From?/Why Are People Different? , Susan Meredith, Kate Needham, and Mike Unwin

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



Miles is the Boss of His Body (Safety) by Samantha Kurtzman-Counter and Abbie Schiller

The latest installment in The Mother Company's award-winning "MILES" series, Miles Is The Boss Of His Body is a fun, engaging way to explore the potentially difficult topic of kids' personal safety.



No Means No!: Teaching children about personal boundaries, respect and consent; empowering kids by respecting their choices and their right to say, 'No!' by Jayneen Sanders

'No Means No!' is a children's picture book about an empowered little girl who has a very strong and clear voice in all issues, especially those relating to her body and personal boundaries.



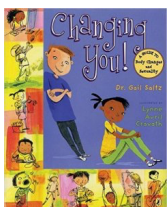
The Boy & the Bindi by Vivek Shraya

In this beautiful children's picture book by Vivek Shraya, author of the acclaimed God Loves Hair, a five-year-old South Asian boy becomes fascinated with his mother's bindi, the red dot commonly worn by Hindu women to indicate the point at which creation begins, and wishes to have one of his own.



Bunnybear by Jessica Herthel and Jazz Jennings

Although Bunnybear was born a bear, he feels more like a bunny. He prefers bouncing in the thicket to tramping in the forest, and in his heart he's fluffy and tiny, like a rabbit, instead of burly and loud, like a bear. The other bears don't understand him, and neither do the bunnies. Will Bunnybear ever find a friend who likes him just the way he is?



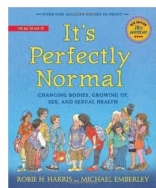
Changing You!: A Guide to Body Changes and Sexuality, Gail Saltz

An honest and reassuring guide to puberty for elementary school children. Puberty can be an exciting and confusing? This refreshingly accessible picture book also includes an author's note to parents

Sex Ed Resource List for Parents

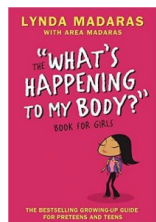
Ages 10 + older

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



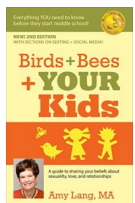
It's Perfectly Normal! Changing bodies, growing up, sex and sexual health, Robie Harris and Michael Emberley

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



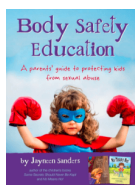
"What's Happening to My Body?" Book for Girls, Lynda Madaras with Area Madaras

Gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control.



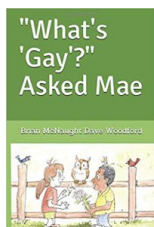
Birds + Bees + YOUR Kids: A Guide to Sharing Your Beliefs about Sexuality, Love, and Relationships by Amy Lang

You need to talk to your kids about sex, but have no idea where to start. This is the place. This book will provide years of answers to just about any question your kids may have.



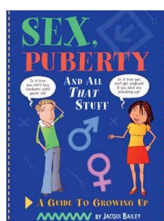
Body Safety Education: A parents' guide to protecting kids from sexual abuse by Janeen Sanders

This guide contains simple, practical and age-appropriate ideas, as well as important information on how abusers groom and signs a child maybe being sexually abused.



"What's 'Gay'?" Asked Mae by Brian McNaught Dave Woodford

Children often ask questions about sex that make many of us uncomfortable. And yet, they need age-appropriate, honest, meaningful answers.



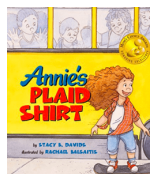
Sex, Puberty and All That Stuff: A Guide to Growing Up by Jacqui Bailey

A newly updated comprehensive and inclusive guide that is packed with useful information, presented in a way that teenagers will find user-friendly and appealing.



Drawn to Sex: The Basics" by Erika Moen, Matthew Nolan

Pick up this fun book if you're looking to learn something new, understand sexuality better, or know someone (maybe you!) who might benefit from some judgment-free education. Erika and Matthew are here to help you out.



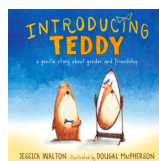
Annie's Plaid Shirt by Stacy B. Davids

Annie loves her plaid shirt and wears it everywhere. But one day her mom tells Annie that she must wear a dress to her uncle's wedding.



I am Jazz by Jessica Herthel and Jazz Jennings

The story of a transgender child based on the real-life experience of Jazz Jennings, who has become a spokesperson for transkids everywhere.



Introducing Teddy: A gentle story about gender and friendship by Jessica Walton

Errol and his teddy, Thomas, are best friends who do everything together. Whether it's riding a bike, playing in the tree house, having a tea party, or all of the above, every day holds something fun to do.



It Feels Good to Be Yourself: A Book About Gender Identity by Theresa Thorn

A picture book that introduces the concept of gender identity to the youngest reader from writer Theresa Thorn and illustrator Noah Grigni.



Jacob's New Dress by Sarah Hoffman and Ian Hoffman

Jacob loves playing dress-up, when he can be anything he wants to be. Some kids at school say he can't wear "girl" clothes, but Jacob wants to wear a dress to school.



Pink Is for Boys by Robb Pearlman

An empowering and educational picture book that proves colors are for everyone, regardless of gender.



Julián Is a Mermaid by Jessica Love

In an exuberant picture book, a glimpse of costumed mermaids leaves one boy flooded with wonder and ready to dazzle the world.