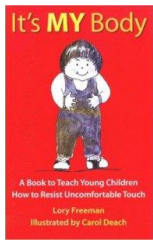


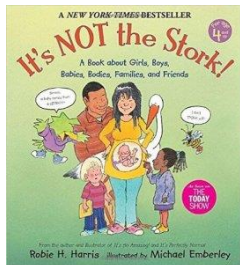
## Sex Ed Resource List for Parents

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.



### It's MY Body

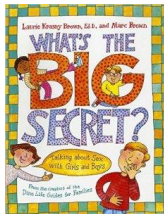
A book to teach young children how to resist uncomfortable touch, Lory Freeman and Carol Deach  
Preschool children can learn safe boundaries, how to distinguish between "good" and "bad" touches, and how to respond appropriately to unwanted touches. This is a powerful book for enhancing self-esteem. Parenting Press's bestseller!



### It's NOT the Stork!

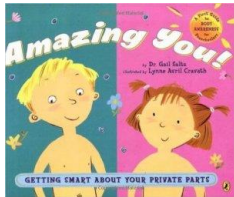
A book about girls, boys, babies, bodies, families and friends, Robie Harris and Michael Emberley

Young children are curious about almost everything, especially their bodies. And young children are not afraid to ask questions. What makes me a girl? What makes me a boy? Why are some parts of girls' and boys' bodies the same and why are some parts different? How was I made? Where do babies come from? Is it true that a stork brings babies to mommies and daddies?



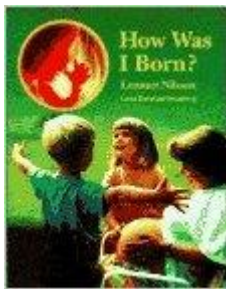
### What's the Big Secret?

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...



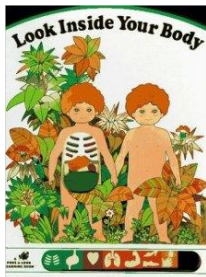
### Amazing You!: Getting Smart About Your Private Parts

"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 intercourse.



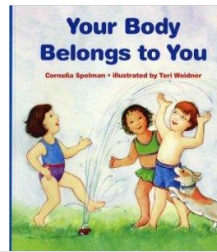
### How Was I Born, Lennart Nilsson

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



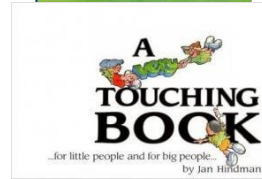
### Look Inside Your Body, Gina Ingoglia

Geared toward young children curious about the way things work.



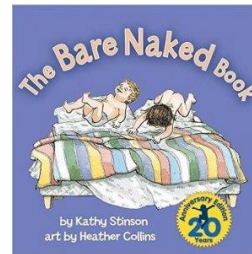
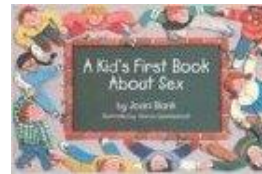
### Your Body Belongs To You, Cornelia Spelman

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.



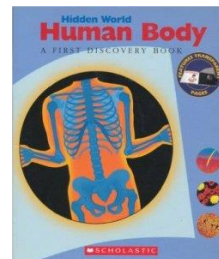
### A Touching Book...For Little People and For Big People Jan Hindman

**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.



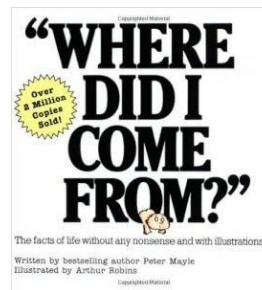
### The Bare Naked Book, Kathy Stinson

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.



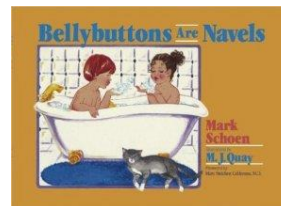
### Human Body: Hidden World, Claude Delafosse and Gallimard Jeunesse

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



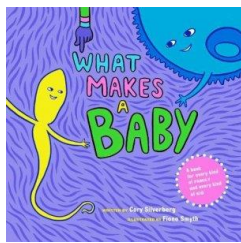
### "Where Did I Come From": The Facts of Life Without Any Nonsense and With Illustrations, Peter Mayle

Describes the reproductive process from intercourse to birth.

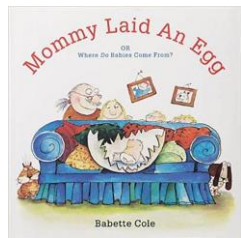


### Bellybuttons Are Navels, Mark Schoen

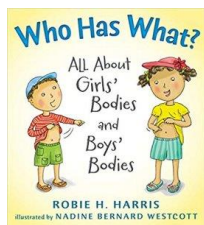
"Bellybuttons Are Navels" is designed for use with young children. Cheerful artwork and gentle words frame this engagingly told story of two children taking a bath. As Mary and her brother Robert splash about and play, they not only discover that boys and girls have some of the same body parts, but also that boys and girls have some distinguishing features- that have accurate names. Today, when the USA has among the highest rates of teen pregnancy, HIV and STD rates in the western world it is clear that we need to begin prevention early.



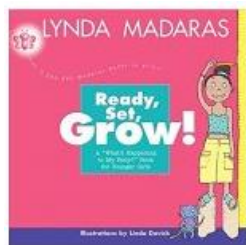
**What Makes a Baby** by Cory Silverberg  
Geared to readers from preschool to age eight, What Makes a Baby is a book for every kind of family and every kind of kid. It is a twenty-first century children's picture book about conception, gestation, and birth, which reflects the reality of our modern time 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



**Mommy Laid An Egg: Or, Where Do Babies Come From?** by Babette Cole  
In this hilarious twist on one of the most difficult discussions in a child's development, award winning author Babette Cole illustrates the one question all children are bound to ask: Where do babies come from? Mom explains that you can make babies out of gingerbread, grow them from seeds, or squeeze them out of tubes, while Dad says you can find babies under rocks.

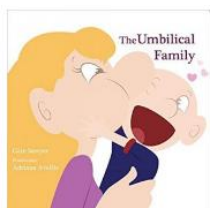


**Who Has What?: All About Girls' Bodies and Boys' Bodies (Let's Talk about You and Me)** by Robie Harris  
Young children are curious about almost everything. Asking questions is one of many ways they learn about themselves and the world around them. Now, this unique series for our youngest children provides easy-to-understand facts and answers to their delightful, thoughtful, and often nonstop questions.

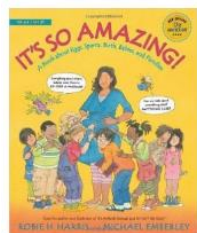


**Ready, Set, Grow!: A What's Happening to My Body? Book for Younger Girls** by Lynda Madaras and Linda Davick  
Ready, Set, Grow!

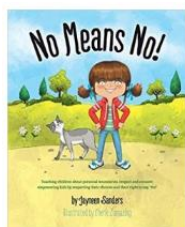
In her uniquely warm and funny style, Lynda wrote this entirely new book especially for younger girls to give them what they need to know to celebrate and accept the new and exciting changes that are happening to their bodies during puberty.



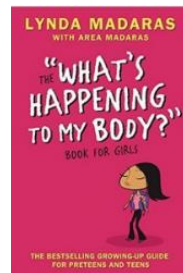
**The Umbilical Family: Start a Loving Conversation about Adoption, Egg Donation, Step-parenting, Same Sex Families** by Cate Sawyer and Adriana Avellis (illustrator)  
Start a loving conversation about adoption, egg & embryo donation, step-parents, same sex couples, fostering, single parents, traditional couples, and grandparents. Together with your child explore the wonderful diversity and origin of family and love. Perfect for ages 5 – 8.



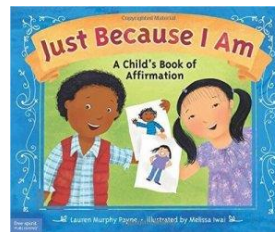
**It's So Amazing!** A book about eggs, sperm, birth, babies and families, Robie Harris and Michael Emberley  
"An outstanding book. . . . Meets the needs of those in-between or curious kids who are not ready, developmentally or emotionally, for It's Perfectly Normal." —Booklist (starred review)



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



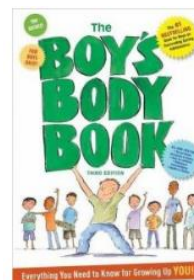
**The "What's Happening to My Body?"** Book for Girls, Lynda Madaras with Area Madaras  
Everything preteen and teen girls need to know about their changing bodies and feelings Written by an experienced educator and her daughter in a reassuring and down-to-earth style, The "What's Happening to My Body?"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



**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." This book of sweet, simple affirmations for children helps them respect their bodies, acknowledge their own needs, and name their feelings.

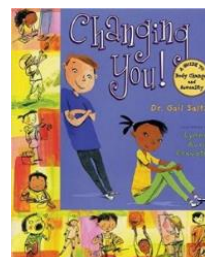


**The Girls Body Book: Everything You Need To Know For Growing Up YOU!** Kelly Dunham and Laura Tallardy  
Growing up isn't as easy as it looks. With changing emotions, friends, expectations, and bodies, some days it can seem like life is one big roller coaster ride. The Girl's Body Book is here to help with expert advice, common sense tips, fast facts, and answers to all questions a girl might have.



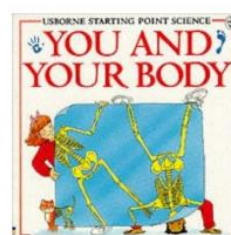
**The Boy's Body Book: Everything You Need To Know For Growing Up YOU!** Kelly Dunham and Steven Bjorkman  
You have questions? We have answers to everything you need to know for growing up you!

Growing up isn't as easy as it looks. 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 is the #1 bestselling guide for boys, and it's here to help with expert advice, common sense tips, fast facts, and answers to all questions a boy might have.



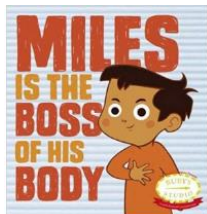
**Changing You!: A Guide to Body Changes and Sexuality**, Gail Saltz  
An honest and reassuring guide to puberty for elementary school children

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.

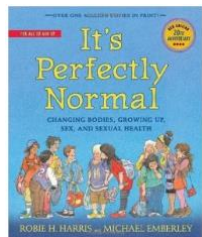


**You and Your Body**, Susan Meredith, Kate Needham, and Mike Unwin  
Covers anatomy, nutrition, diseases, reproduction, and human differences.

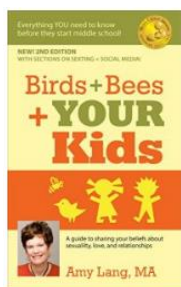




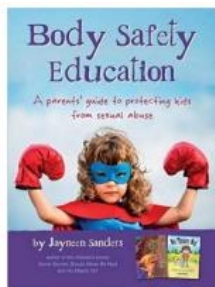
**Miles is the Boss of His Body (Safety)** by Samantha Kurtzman-Counter and Abbie Schiller  
The latest installment in The Mother Company's award-winning "MILES" series, Miles Is The Boss Of His Body is a fun, engaging way to explore the potentially difficult topic of kids' personal safety.



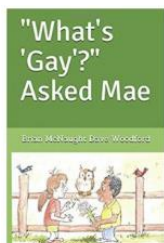
**It's Perfectly Normal!** Changing bodies, growing up, sex and sexual health, Robie Harris and Michael Emberley  
The definitive book about puberty and sexual health for today's kids and teens, now fully updated for its twentieth anniversary.



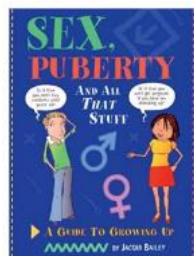
**Birds + Bees + YOUR Kids: A Guide to Sharing Your Beliefs about Sexuality, Love, and Relationships** by Amy Lang  
You need to talk to your kids about sex, but have no idea where to start. This is the place. This book will provide years of answers to just about any question your kids may have. Spending a few short hours working through the engaging exercises and questions is an easy investment to make for years of open, comfortable, and give-and-take conversations.



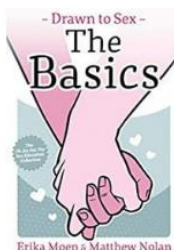
**Body Safety Education: A parents' guide to protecting kids from sexual abuse** by Janeen Sanders  
'Body Safety Education — A parents' guide to protecting kids from sexual abuse' is a step-by-step guide for parents and carers on how to protect children from sexual abuse through personal Body Safety Education. 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. Brian McNaught has the perfect response to "What's 'Gay'?" Named the "godfather of gay diversity training" by the New York Times, Brian has traveled the world to answer such questions from adults who are asking for themselves, as much as for their children.



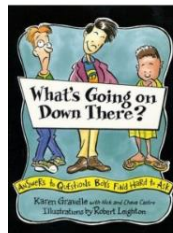
**Sex, Puberty and All That Stuff: A Guide to Growing Up** by Jacqui Bailey  
A newly updated comprehensive and inclusive guide that is packed with useful information, presented in a way that teenagers will find user-friendly and appealing. Learn all about all about puberty, growth, fantasies, relationships, sex, contraceptives, abortion, giving birth as well as all things related to kissing, spots, feelings, hormones, periods, cyber safety, sexting, dating.



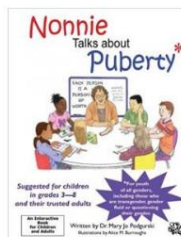
**Drawn to Sex: The Basics** by Erika Moen, Matthew Nolan  
The first volume in a planned, 3-volume, sex-education series.

Erika and Matthew are ready to talk about sex!

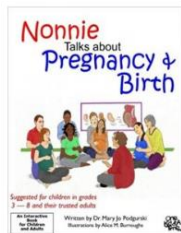
Have you ever had a question about sex, but didn't know who to ask? Well, Erika and Matthew have spent years learning, talking, and creating informative comics about all aspects of sex.



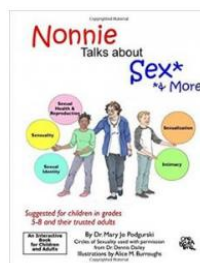
**What's Going on Down There? Answers to Questions Boys Find Hard to Ask**, Karen Gravelle with Nick and Chava Castro  
Describes the physical and emotional changes that occur in boys (and, to a lesser extent, in girls) during puberty and discusses sexual activity, homosexuality, AIDS, and other related topics.



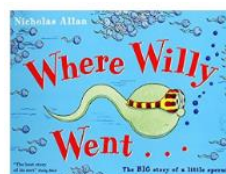
**Nonnie Talks about Puberty (Nonnie Series) (Volume 3)**, Dr. Mary Jo Podgurski  
The Nonnie Series seeks to open the door to parent or adult/child communication by addressing potentially complicated issues with sensitivity and warmth. In Nonnie Talks about Puberty, Dr. Podgurski looks at growing up through a wide lens. Her inclusive language validates all children, regardless of gender or gender identity.



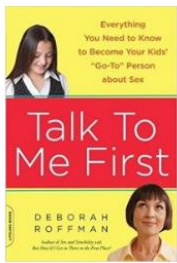
**Nonnie Talks about Pregnancy and Birth (The Nonnie Series) (Volume 4)**, Dr. Mary Jo Podgurski and Alice M. Burroughs  
Pregnancy and birth are important parts of life; the fourth book in Dr. Mary Jo Podgurski's Nonnie Series looks at these vital topics with honesty and care. As a birth advocate and certified childbirth educator since the 70s, Dr. Podgurski brings a lifetime of experience in pregnancy and birth; she combines knowledge with an open, honest, interactive, joyful, respectful approach to education for young people.



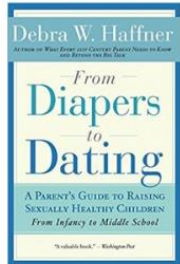
**Nonnie Talks about Sex...& More (The Nonnie Series) (Volume 6)**, by Dr. Mary Jo Podgurski and Alice M. Burroughs  
Adults often dread 'The Talk'! The Nonnie Series seeks to open the door to parent or adult/child communication by addressing potentially complicated issues with sensitivity and warmth. In Nonnie Talks about Sex...& More, the subject of sexuality is explored for trusted adults and young people in an honest, inclusive way. Building on the Circles of Sexuality conceptualized by Dr. Dennis Dailey and Pam Wilson, MSW, Nonnie guides the young characters, Tamika and Alex, as they react to a sexting scandal and grow as people.



**Where Willy Went...: The Big Story of a Little Sperm!**, by Nicholas Allan  
Willy is a sperm. He lives inside Mr Browne. The trouble is, Willy is one of 300 million sperm and they all want the same prize – an egg. The egg is inside Mrs Browne, to get it, he must win a race against the other 299 million sperm. Join Willy on his quest for the ultimate prize and find out where he went ...Hilariously funny, warm, endearing and totally non-threatening – this small masterpiece from Nicholas Allan presents the facts of life to young children in a unique but totally accessible way. A Godsend for any parent faced with awkward questions.



**Talk to Me First: Everything You Need to Know to Become Your Kids' "Go-To" Person about Sex**, by Deborah Roffman  
We live in a time when kids of all ages are bombarded with age-sensitive material wherever they turn; "sexting" and bullying are on the rise at an increasingly younger age, and teen moms are "celebrified." What is a concerned—and embarrassed—parent to do? With wit, wisdom, and savvy, Deborah Roffman translates her experiences gleaned from decades of teaching kids and parents, and as a mom, into strategies to help parents navigate this tricky terrain.



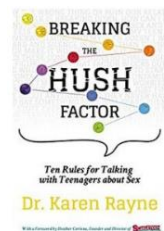
**From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children – From Infancy to Middle School**, by Debra W. Haffner  
This widely recommended parenting guide offers a wealth of practical techniques to help you identify and communicate your own values about sexuality to your children, infants to age twelve. In this revised edition, acclaimed parenting educator Debra Haffner covers the latest research and addresses issues of timely concern, including Internet safety.



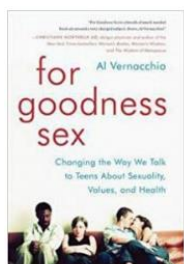
**30 Days of Sex Talks for Ages 12+: Empowering Your Child with Knowledge of Sexual Intimacy (Volume 3)** by Educate and Empower Kids  
The most meaningful discussions you will have with your teen—made easy! This book contains downloadable, bonus content! Included with this book is a code that will allow you to download topic cards which can be printed and placed in strategic locations, such as a mirror, refrigerator or in your pocket, to remind you and your child to start talking!



**GIRL: Love, Sex, Romance, and Being You**, by Karen Rayne PhD  
GIRL: Love, Sex, Romance, and Being You is an inclusive growing-up guide for teen girls with information on gender and identity, dating and romance, relationships, and sex. It gives teen girls practical information that is uncensored, factual, and unbiased, and aims to help readers develop into responsible and informed adults and prepare them for healthy romantic relationships.



**Breaking the Hush Factor: Ten Rules for Talking with Teenagers about Sex** by Karen Rayne  
"Breaking the Hush Factor is a joy to read! Dr. Karen Rayne is a trusted, expert authority on speaking with children about sex and sexuality. Her voice is caring and compassionate as she guides parents with practical tips and common sense advice for starting "the talk" and keeping them going. Parents will want to read this. Parents need to read this."  
— Bill Taverner, MA, CSE, Executive Director, The Center for Sex Education



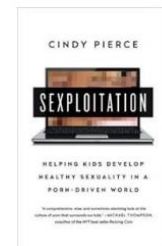
**For Goodness Sex : Changing the Way We Talk to Teens about Sexuality, Values, and Health** by Al Vernacchio  
This book is really quite phenomenal, filling a much-needed niche in between the basic "birds and bees" discussion, and the point where you turn young adults out in the world to navigate everything themselves. This book is for parents who accept that their kids will have sex at some point, and want it to be a positive experience within responsible parameters, rather than something they undertake with information gleaned from friends and the internet (which both tend to offer huge amounts of misinformation along with any accurate info they may have).



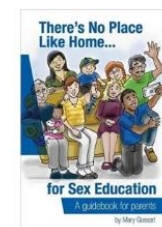
**Screenwise: Helping Kids Thrive (and Survive) in Their Digital World** by Devorah Heitner  
Screenwise offers an encouraging perspective on how to thoughtfully guide kids in the digital age. Many parents and educators worry that kids are addicted, detached, or distracted because of their digital devices. Digital Citizenship expert Devorah Heitner, however, believes that technology offers huge potential to our children—if parents help them.



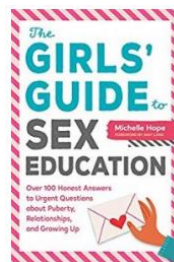
**What's Happening to My Body? Book for Boys: Revised Edition** by Lynda Madaras and Marcia Herman-Giddens  
Everything preteen and teen boys need to know about their changing bodies and feelings. Written by an experienced educator and her daughter in a reassuring and down-to-earth style, The "What's Happening to My Body?" Book for Boys gives sensitive straight talk on: the body's changing size and shape; diet and exercise; the growth spurt; the reproductive organs; body hair; voice changes; romantic and sexual feelings; and puberty in the opposite sex.



**Sexploitation: Helping Kids Develop Healthy Sexuality in a Porn-Driven World** by Cindy Pierce  
As surprising as it may be to parents, young people today are immersed in porn culture everywhere they look. 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.

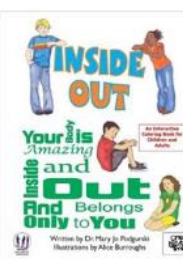


**There's No Place Like Home... for sex education** by Mary Gossert  
Young people's natural questions, behaviors and curiosities around sexuality create some of life's awkward and challenging moments for parents. Yet these opportunities invite parents to have important conversations – to share personal values, beliefs, and age-appropriate information with their children. There's No Place Like Home



**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. In The Girls' Guide to Sex Education, award-winning youth sex education expert Michelle Hope offers down-to-earth, supportive sex education guidance as she addresses the most pressing questions that girls have about sex, puberty, and relationships—directly and without judgment.

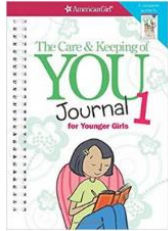


**Inside Out: Your Body is Amazing Inside and Out and Belongs Only To You** by Mary Jo Podgurski  
Inside Out: Your Body is Amazing Inside and Out and Belongs Only to You is an innovative approach to child abuse prevention that is body-positive, affirming, and empowering. Replacing programs that place the burden on prevention on the child, the diverse children in this interactive coloring book teach seven "big" lessons to their peers.

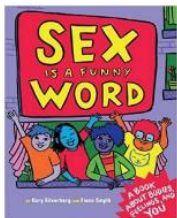




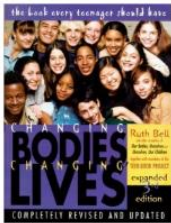
**Tell Me about Sex, Grandma** by Anastasia Higginbotham  
Patiently forthcoming with lessons your parents redacted, this necessary conversation stresses consent, sex positivity, and the right to be curious about your body. The dialogue focuses on the dynamics of sex, rather than the mechanics, as Grandma reminds readers that sex is not marriage or reproduction, and doesn't look the same for everyone. Instead, each person's sexuality is their very own to discover, explore, and share if they choose.



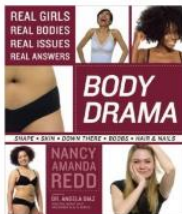
**Guy Stuff: The Body Book for Boys** by Cara Natterson  
From the author of the bestselling Care & Keeping of You series! This book will provide you with the answers that will help you take care of yourself better, from hair care to healthy eating, bad breath to shaving, acne to voice changes, and everything in between. With tips, how-tos, and facts from a real pediatrician, it's the perfect book to help you learn about your body's changes.



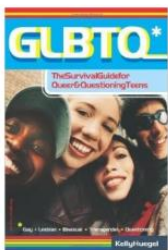
**Sex is a Funny Word: A Book about Bodies, Feelings, and YOU**, Cory Silverberg  
A comic book for kids that includes children and families of all makeups, orientations, and gender identities, Sex Is a Funny Word is an essential resource about bodies, gender, and sexuality for children ages 8 to 10 as well as their parents and caregivers. 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  
Of course, 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. 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.



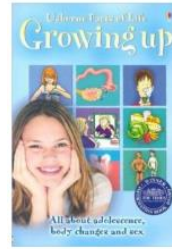
**Body Drama – Real Girls, Real Bodies, Real Issues, Real Answers**, (14+) Nancy Redd  
"You'd think a Miss America swimsuit winner would feel completely confident about her body, right? Not always! So I decided to write the book I wish I'd had as a teen and in college—an honest, funny, practical, medically accurate, totally reassuring guide to how women's bodies actually look, smell, feel, behave, and change. Alongside real-deal photographs of women just like you and me (no airbrushing, no supermodels, no kidding) you'll find medical pictures of things you need to be able to recognize, true confessions by yours truly, and the encouragement you need to appreciate the uniqueness, strength, and beauty of your body. What are you waiting for?"—Nancy Redd



**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.

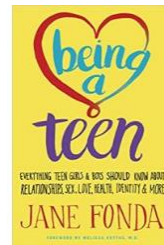
But being a GLBTQ teen can also be fun and enlightening—when you are comfortable with who you are.



**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. Sections on sex, contraception as well as on food, exercise, hygiene, drugs and HIV. ("Excellent reference book for the older child... Amusing illustrations and reassuring words of wisdom." Practical Parenting) Paperback

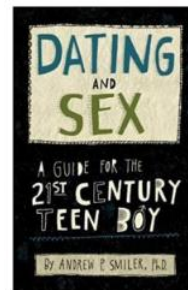


**The ABC's of LGBT+** by Ashley Mardell  
The ABCs of LGBT+ is a #1 Bestselling LGBT book and is essential reading for questioning teens, teachers or parents looking for advice, or anyone who wants to learn how to talk about gender identity and sexual identity. In The ABCs of LGBT+, Ashley Mardell, a beloved blogger and YouTube star, answers many of your questions about:

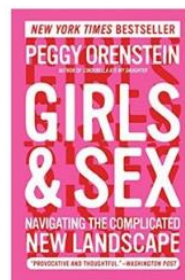


**Being a Teen: Everything Teen Girls & Boys Should Know About Relationships, Sex, Love, Health, Identity & More** by Jane Fonda  
This thorough, concise guide offers straight talk about:

- The male and female body as it changes and matures.
- Teen relationships: what it takes to create happy, supportive, positive, and meaningful connections with family, friends, and others.
- Identity empowerment: how to be authentic and thrive in today's world.
- Sex and sexuality for boys and girls: how teens should take care of their bodies, embrace their experiences, and strengthen self-esteem.
- Strategies for working through the toughest challenges, including bullying, sexual abuse, eating disorders, pregnancy, and more.

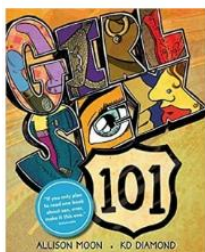


**Dating and Sex: A Guide for the 21st Century Teen Boy** by Andrew P. Smiler  
This is a thoughtful book that covers an incredibly wide range of topics many of which often get ignored in our society. It is well written and easy to read with some good use of humor. Teens should have no problem reading it. I appreciate the holistic view Smiler takes, looking beyond just the basic steps of going on a date or having sex. The book will help teens understand the complexities of dating, relationships, sex, sexuality, and knowledge of self without bogging them down in too much detail, discussion, or dry information.



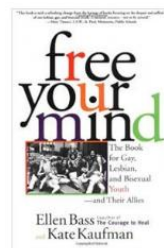
**Girls & Sex: Navigating the Complicated New Landscape** by Peggy Orenstein  
The author of the New York Times bestseller Cinderella Ate My Daughter offers a clear-eyed picture of the new sexual landscape girls face in the post-princess stage—high school through college—and reveals how they are negotiating it.

A generation gap has emerged between parents and their girls. Even in this age of helicopter parenting, the mothers and fathers of tomorrow's women have little idea what their daughters are up to sexually or how they feel about it. Drawing on in-depth interviews with over seventy young women and a wide range of psychologists, academics, and experts, renowned journalist Peggy Orenstein goes where most others fear to tread, pulling back the curtain on the hidden truths, hard lessons, and important possibilities of girls' sex lives in the modern world.

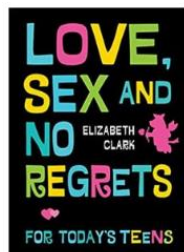


**Girl Sex 101** by Allison Moon and kd diamond (illustrator)  
Girl Sex 101 is a sex-ed book like no other, offering helpful info for ladies and lady-lovers of all genders and identities, playful and informative illustrations on each page, and over 100 distinct voices, plus a hot narrative that shows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

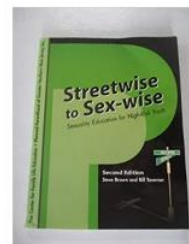
Learn how to navigate the twists and turns of female sexuality, with special guidance from thirteen guest sex educators including Nina Hartley, Sex Nerd Sandra, Jiz Lee, Julia Serano, Reid Mihalko, and more!



**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. For too long, gay youth have wanted to be themselves and to feel good about it, but most have been isolated, afraid, harassed, or worse. Their very existence has been ignored, whispered about, or swept under the rug.



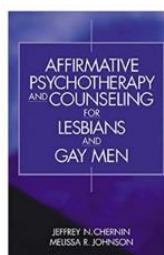
**Love, Sex and No Regrets for Today's Teens** by Elizabeth Clark  
Teen counselor Elizabeth Clark created this book for teens as a tool for initiating discussions on sensitive topics. In her research with teens and their world, she became aware of how things have changed for teens in the last 10 years. Internet access to porn, with its emotional disconnection in sexual encounters and distorted depictions of sexuality, has lead to a whole range of disturbing consequences.



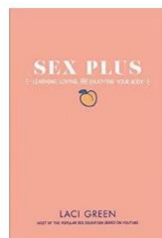
**Streetwise to Sex-Wise: Sexuality Education for High-Risk Youth** by Steve Brown and Bill Taverner  
Streetwise to Sex-Wise provides an easy to use yet comprehensive model for a basic series on human sexuality for high- risk teens. It applies a current "state-of-the-art" methodology of sexuality education to teens in non-traditional settings who often have limited academic skills and are resistant to classroom- based learning. The lessons are simple, concrete and actively involve group members in the learning process.



**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. When do you decide to come out? To whom? Will your friends accept you? And how on earth do you meet people to date?  
Queer is a humorous, engaging, and honest guide that helps LGBT teens come out to friends and family, navigate their new LGBT social life, figure out if a crush is also queer, and rise up against bigotry and homophobia.



**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. Authors Jeffrey N. Chernin and Melissa R. Johnson discuss universal themes as they apply to lesbian and gay clients, as well as issues unique to lesbians and gay men, including the treatment of same-sex couples and families, ethnic minority issues, and living with HIV/AIDS. They present sensible information on how to provide a safe therapeutic environment and how to interpret and apply psychological assessments.

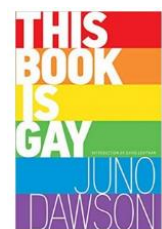


**Sex Plus: Learning, Loving, and Enjoying Your Body** by Laci Green  
This groundbreaking book from sex educator and YouTube phenomenon Laci Green has everything you've ever wanted to know about sex, sexuality, pleasure, and your body.

Let's be honest: most of us think about sex A LOT, and we have plenty of unanswered questions: What's the best way to talk to my partner about what I want? How do I figure out my sexuality? How do I have sex safely? What does an orgasm actually feel like?

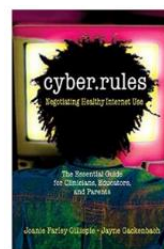


**Deal with It! A Whole New Approach to Your Body, Brain, and Life as a gURL** by Esther Drill, Rebecca Odes, and Heather McDonald  
Deal With It! offers a whole new approach for dealing with your life as a girl. It's a resource to help you learn about, laugh about, and figure out the stuff you go through on your way through life. It won't tell you what to do, because you'll need to decide that for yourself. But whether you're wondering about your body, your feelings or your changing relationships with the people around you, this book provides accurate information and outlines your options

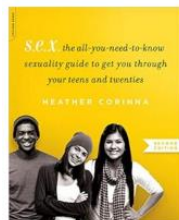


**This Book is Gay** by James Dawson and Juno Dawson  
Lesbian. Bisexual. Queer. Transgender. Straight. Curious. This book is for everyone, regardless of gender or sexual preference. This book is for anyone who's ever dared to wonder. This book is for YOU.

There's a long-running joke that, after "coming out," a lesbian, gay guy, bisexual, or trans person should receive a membership card and instruction manual. THIS IS THAT INSTRUCTION MANUAL. You're welcome.



**Cyber Rules: What You Really Need to Know About the Internet** by Joanie Farley-Gillis and Jayne Gackenbach  
The Internet socializes people in new ways, encouraging the development of innovative approaches to communication and online identity. As new technology and media emerge, cyber behaviors will continue to affect us, our relationships, our communities, and the world, both on- and off-line.



**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.

As a teen or emerging adult, dealing with all the changes going on in your life, body, and mind can be mighty overwhelming. When it comes to sex, everyone seems to have strong feelings and opinions about who you should be and what you should (shouldn't) do.

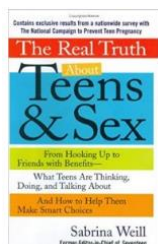


**Virgin Sex for Girls: A No-regrets Guide to Safe and Healthy Sex** by Darcy Luadzars  
90% of girls under the age of 16 regret their first sexual experience. Because losing your virginity is a taboo subject in many families and schools, you could be lacking the real sex education and guidance that 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. This guy's guide to safe and healthy sex uncovers the real truths on how to have sex without getting hurt—the first time and every time.



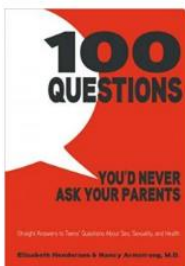
**The Real Truth About Teens and Sex: From Hooking Up to Friends with Benefits — What Teens Are Thinking, Doing, and Talking About, and How to Help Them Make Smart Choices** by Sabrina Weill  
The former editor-in-chief of Seventeen magazine draws on hundreds of letters, e-mails, interviews, and a nationwide 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.



**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. Risqué Halloween costumes for young girls. T-shirts that boast “Chick Magnet” for toddler boys. 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. Without the emotional sophistication to understand what they are doing and seeing, kids are getting into increasing trouble emotionally and socially. Parents are left shaking their heads, wondering: How did this happen? What can we do?



**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



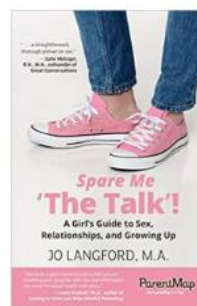
**100 Questions You'd Never Ask Your Parents: Straight Answers to Teens' Questions About Sex, Sexuality, and Health** by Elizabeth Henderson and Nancy Armstrong  
Teens have questions about sex. This simple manual answers their questions—honestly, simply, and reliably.

What does an orgasm feel like?

Does masturbating have any long-term negative effects?

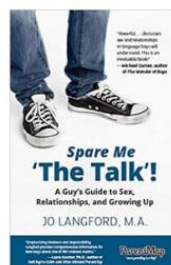
Does alcohol kill brain cells?

Teens have questions about sex; it's a matter of who they ask and how reliable the answers are. Collected directly from teens and presented in a simple and accessible Q&A format, Elisabeth Henderson and Dr. Nancy Armstrong's 100 QUESTIONS YOU'D NEVER ASK YOUR PARENTS provides information about sex, drug, body, and mood in a way that's honest, nonjudgmental, and responsible



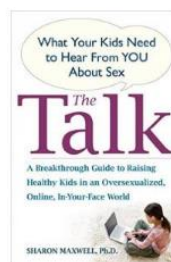
**Spare Me 'The Talk': A Girl's Guide to Sex, Relationships, and Growing Up** by Jo Langford  
If you have a teenage girl, there's a 50 percent chance she's already sexually active and a 33 percent chance she's been solicited by an online predator in the past year. How prepared is she for the risks and realities of sex?

You hold in your hands a comprehensive crash course for girls into staying safe — emotionally, mentally, and physically — while navigating the danger-laden worlds of teenage sex and sexuality in a digital age. This book is the first of its kind for girls and young women ages 12-24, and for parents of girls as young as 8.



**Spare Me 'The Talk': A Guy's Guide to Sex, Relationships, and Growing Up** by Jo Langford  
If you have a teenage boy, there's a 50 percent chance that he's already sexually active, and a 33 percent chance that he's been solicited by an online predator in the past year. How prepared is he for the risks and realities of sex?

Unflinchingly honest, unfailingly complete, immensely readable (and often funny), Spare Me 'The Talk' is the first book of its kind by a guy, for guys ages 12-24, and for parents of boys as young as 8.



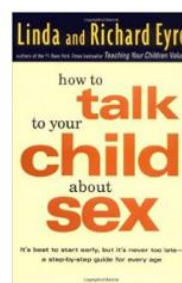
**The TALK – What your kids need to hear from you about sex**, Sharon Maxwell, Ph.D.

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. Faced with a culture that pushes our kids to be “sexy” before puberty begins, how do we explain the power of sexuality in a way that promotes healthy, age-appropriate behavior?



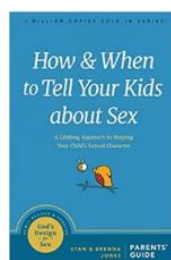
**Let's Talk About S-E-X: A Guide for Kids 9 to 12 and Their Parents** by Sam Gitchel and Lorri Foster

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. This read-together book helps to begin an open dialogue in the family.

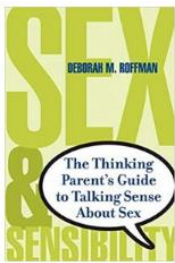


**How to Talk to Your Child About Sex: It's Best to Start Early, but It's Never Too Late — A Step-by-Step Guide for Every Age** by Linda Eyre and Richard Eyre

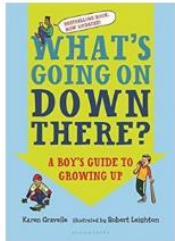
Linda and Richard Eyre stress that it's never too soon-or too late-to start discussing sex and values with your children, and they've got proven strategies to make it easier. For parents who want to go beyond the birds and the bees talk, How to Talk to Your Child About Sex provides thoughtful, clear, specific guidance on when and, most important, how to help children begin to learn and understand sex, love, and commitment from the most positive viewpoint possible.



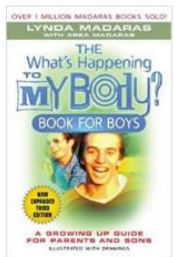
**How and When to Tell Your Kids about Sex: A Lifelong Approach to Shaping Your Child's Sexual Character (God's Design for Sex)** by Stan Jones and Brenna Jones  
Stan and Brenna Jones help parents establish a biblical view of sexuality in their homes. Building on a biblical foundation, they discuss how to talk with your children about sexual issues and when it's appropriate to tell them what. With stark honesty and practical suggestions, they address



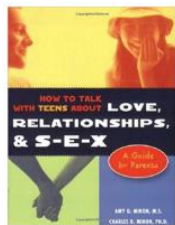
**Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex** by Deborah M. Roffman  
With a rare directness and clarity about sex and reproduction, sexual values, and cultural influences on sexuality, Deborah Roffman challenges and teaches readers how to develop a blueprint for opening the lines of communication with children of all ages. Sex and Sensibility introduces the five core parenting skills that parents need to confidently interpret and comfortably respond to virtually any question a child might pose or any situation that arises.



**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. Written in consultation with preteen boys, this guide offers a supportive, practical approach, providing clear and sensitive answers to common issues—from what physical changes you might experience, to what puberty is like for girls, to how to handle the sexual feelings you may be starting to experience.



**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.



**How to Talk with Teens About Love, Relationships, & S-E-X: A Guide for Parents** by Miron Ph.D., Charles D. and Miron M.S., Amy G.  
Many parents find it difficult, even impossible to talk with their kids about love, relationships, and especially sex.

But the real choice parents face is not if their kids will learn about these topics, but how they will learn and who will do the teaching

This candid guide covers everything you might ever want to discuss with your teen about intimacy and sex.



**The Secret Lives of Teen Girls: What Your Mother Wouldn't Talk about but Your Daughter Needs to Know** by Resh MPH CNM, Evelyn  
In The Secret Lives of Teen Girls, Evelyn Resh, the mother of a teenage daughter and a certified nurse-midwife specializing in the treatment of teenage girls, explores the mysterious world of female, adolescent sexuality and how parents—especially mothers—can help their daughters through this tumultuous time. Secrets divulged by teenage girls during consultation have made Resh realize that, with rare exception, most adolescents are left to develop a sexual identity without any adult guidance and often without the most basic knowledge of what is happening to them physically and emotionally.