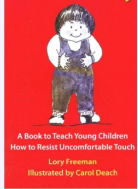


## Sex Ed Resource List for Parents

### 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



#### 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!

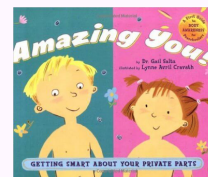
A book about girls, boys, babies, bodies, families and friends, Robie Harris and Michael Emberley

From the expert team behind IT'S PERFECTLY NORMAL and IT'S SO AMAZING! comes a book for younger children about their bodies — a resource that parents, teachers, librarians, health care providers, and clergy can use with ease and confidence.



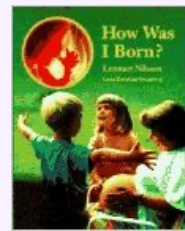
#### What's the Big Secret? Laurie Krasny Brown, Ed.D. and Marc Brown

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



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

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



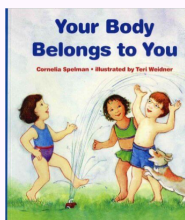
#### How Was I Born, Lennart Nilsson

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



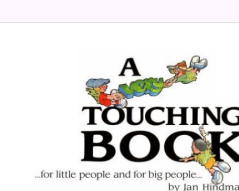
#### Look Inside Your Body, Gina Ingoglia

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.

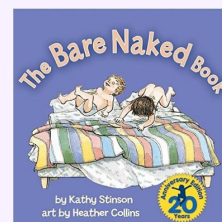


#### A Touching Book...For Little People and For Big People, Jan Hindman

A 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.

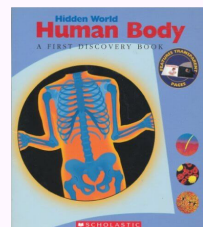


**A Kid's First Book About Sex, Joani Blank**  
An introduction to sexuality for young readers, discussing feelings, bodies, and developing a positive self-image.



#### 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. 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!



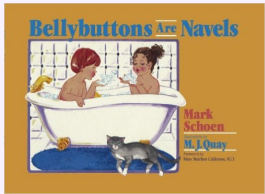
#### "Where Did I Come From": The Facts of Life Without Any Nonsense and With Illustrations, Peter Mayle

Describes the reproductive process from intercourse to birth.

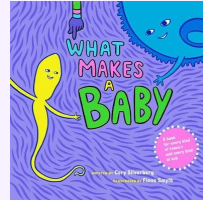
## Sex Ed Resource List for Parents

### Ages 3 to 6

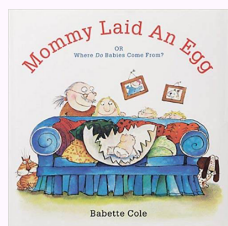
If you are a parent and are wondering what books are appropriate to begin initiating conversations around their sexuality, here are some resources by different age groups



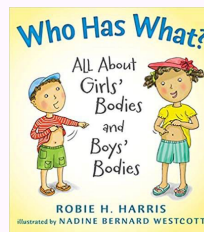
**Bellybuttons Are Navels**, Mark Schoen  
“Bellybuttons Are Navels” is designed for use with young children. Cheerful artwork and gentle words frame this engagingly told story of two children taking a bath. Today, when the USA has among the highest rates of teen pregnancy, HIV and STD rates in the western world it is clear that we need to begin prevention early.



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

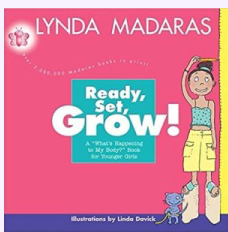


**Mommy Laid An Egg: Or, Where Do Babies Come From?**, Babette Cole  
In this hilarious twist on one of the most difficult discussions in a child's development, award winning author Babette Cole illustrates the one question all children are bound to ask: Where do babies come from?

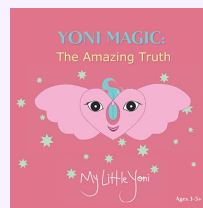


**Who Has What?: All About Girls' Bodies and Boys' Bodies (Let's Talk about You and Me)**, Robie Harris

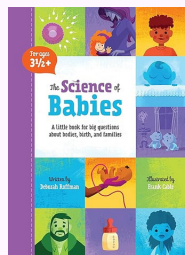
Young children are curious about almost everything. Asking questions is one of many ways they learn about themselves and the world around them.



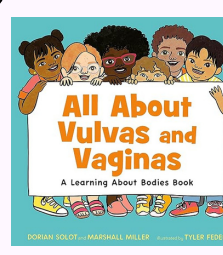
**Ready, Set, Grow!: A What's Happening to My Body? Book for Younger Girls**, Lynda Madaras and Linda Davick  
In her uniquely warm and funny style, Lynda wrote this entirely new book especially for younger girls to give them what they need to know to celebrate and accept the new and exciting changes that are happening to their bodies during puberty.



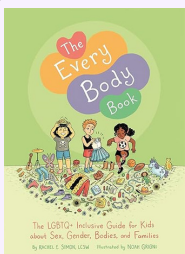
**Yoni Magic: The Amazing Truth**  
Join My Little Yoni as she explains the natural wonder of female anatomy! As a superhero, she's here to help you bust vulva shame by telling you the facts. A wonderful resource for parents hoping to introduce the subject of sex education in a fun, shame free way.



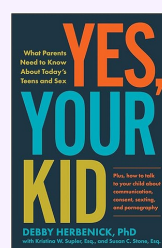
**The Science of Babies: A little book for big questions about bodies, birth and families (Kids Need to Know)**, Deborah Roffman MS  
Where did I come from? How did I get out of there? How did I get in there in the first place? If the thought of answering these questions makes you feel awkward, relax! For young children, these are simply questions about science and how the world really works.



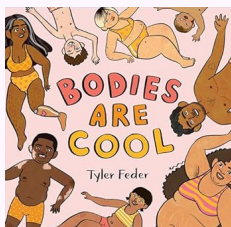
**All About Vulvas and Vaginas: A Learning About Bodies Book**, Dorian Solot and Marshall Miller  
Head, shoulders, knees, and...vaginas! Young children are curious about all their body parts, including the private ones. Many parents are unsure how to answer their questions in a way that's accurate, age-appropriate, and understandable. This book is here to help!



**The Every Body Book: The LGBTQ+ Inclusive Guide for Kids about Sex, Gender, Bodies, and Families**, Rachel E. Simon  
This vibrant and beautifully illustrated book teaches children sex, gender and relationships education in a way that is inclusive of all sexual orientations and gender identities.



**Yes, Your Kid: What Parents Need to Know About Today's Teens and Sex**, Debby Herbenick PhD  
Parents of teenagers and young adults have enormous catching up to do to understand how sexting, internet porn, TikTok, and more have shaped sex for young people.



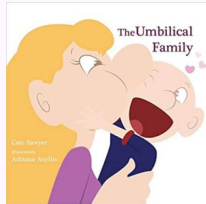
**Bodies Are Cool**, Tyler Feder  
This cheerful love-your-body picture book for preschoolers is an exuberant read-aloud with bright and friendly illustrations to pore over. From the acclaimed creator of Dancing at the Pity Party and Roaring Softly, this picture book is a pure celebration of all the different human bodies that exist in the world.



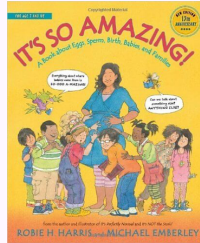
## Sex Ed Resource List for Parents

### Ages 7 to 9+

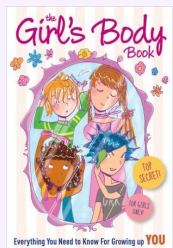
If you are a parent and are wondering what books are appropriate to begin initiating conversations around their sexuality, here are some resources by different age groups



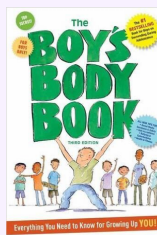
**The Umbilical Family: Start a Loving Conversation about Adoption, Egg Donation, Step-parenting, Same Sex Families,** Cate Sawyer and Adriana Avellis (illustrator)  
Start a loving conversation about adoption, egg & embryo donation, step-parents, same sex couples, fostering, single parents, traditional couples, and grandparents.



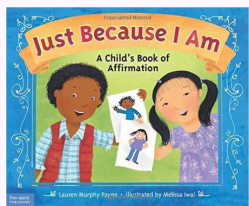
**It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families,** Robie Harris and Michael Emberley  
How does a baby begin? What makes a baby male or female? How is a baby born? Children have plenty of questions about reproduction and babies—and about sex and sexuality, too.



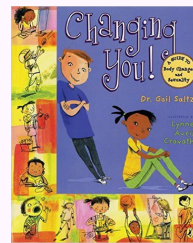
**The Girl's Body Book: Everything You Need To Know For Growing Up YOU!**, Kelly Dunham and Laura Tallardy  
Growing up isn't as easy as it looks. With changing emotions, friends, expectations, and bodies, some days it can seem like life is one big roller coaster ride. The Girl's Body Book is here to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



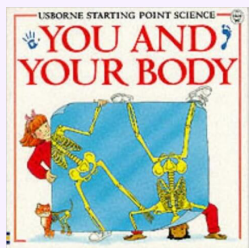
**The Boy's Body Book: Everything You Need To Know For Growing Up YOU!** Kelly Dunham and Steven Bjorkman  
You have questions? We have answers to everything you need to know for growing up you!  
Growing up isn't as easy as it looks. With changing emotions, friends, expectations, and bodies, some days it can seem like life is one big roller coaster ride.



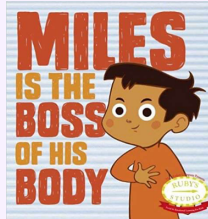
**Just Because I Am: A Child's Book of Affirmation,** Lauren Murphy Payne  
This book of sweet, simple affirmations for children helps them respect their bodies, acknowledge their own needs, and name their feelings. Just Because I Am invites little ones to love, accept, and feel good about themselves exactly as they are.



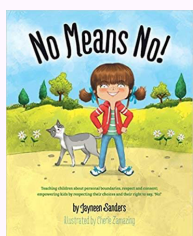
**Changing You!: A Guide to Body Changes and Sexuality,** Gail Saltz  
An honest and reassuring guide to puberty for elementary school children  
Puberty can be an exciting?and confusing?time for children. In the follow-up to her bestselling Amazing You!, Dr. Gail Saltz navigates the curiosity and confusion that youngsters feel as they start to notice the changes their bodies undergo.



**You and Your Body: 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.



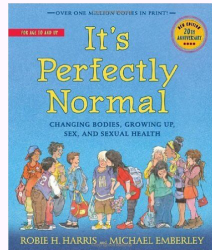
**Miles is the Boss of His Body (Safety),** Samantha Kurtzman-Counter and Abbie Schiller  
The latest installment in The Mother Company's award-winning "MILES" series, Miles Is The Boss Of His Body is a fun, engaging way to explore the potentially difficult topic of kids' personal safety.



**No Means No!: Teaching children about personal boundaries, respect and consent; empowering kids by respecting their choices and their right to say, 'No!'**, 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. This book can be read to children from 3 to 9 years.

## 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



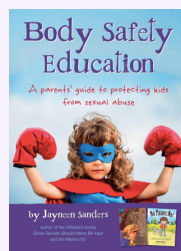
**It's Perfectly Normal! Changing bodies, growing up, sex and sexual health,** Robie Harris and Michael Emberley  
The definitive book about puberty and sexual health for today's kids and teens, now fully updated for its twentieth anniversary. It's Perfectly Normal offers young people the information they need—now more than ever—to make responsible decisions and stay healthy.



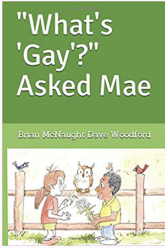
**The "What's Happening to My Body?" Book for Girls,** Lynda Madaras with Area Madaras  
Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all girls ages 10 and up.



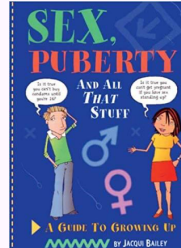
**Birds + Bees + YOUR Kids: A Guide to Sharing Your Beliefs about Sexuality, Love, and Relationships,** Amy Lang  
You need to talk to your kids about sex, but have no idea where to start. This is the place. This book will provide years of answers to just about any question your kids may have. Stop fretting about doing it right and get down to what's true for you, your family and your kids.



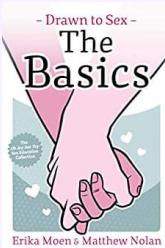
**Body Safety Education: A parents' guide to protecting kids from sexual abuse,** Janeen Sanders  
'Body Safety Education — A parents' guide to protecting kids from sexual abuse' is a step-by-step guide for parents and carers on how to protect children from sexual abuse through personal Body Safety Education.



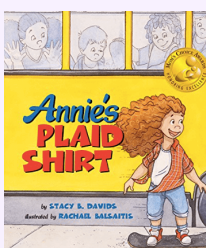
**"What's 'Gay'?" Asked Mae,** Brian McNaughton Dave Woodford  
Children often ask questions about sex that make many of us uncomfortable. And yet, they need age-appropriate, honest, meaningful answers.



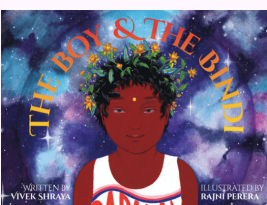
**Sex, Puberty and All That Stuff: A Guide to Growing Up,** Jacqui Bailey  
A newly updated comprehensive and inclusive guide that is packed with useful information, presented in a way that teenagers will find user-friendly and appealing. Checked by expert consultants and includes useful addresses and how to find out more.



**Drawn to Sex: The Basics**, Erika Moen, Matthew Nolan  
Well, Erika and Matthew have spent years learning, talking, and creating informative comics about all aspects of sex. Using comics, jokes, and frank communication, they're here to demystify the world of sex and answer your questions—including ones you might not even know you had!



**Annie's Plaid Shirt,** 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. Annie protests, but her mom insists and buys her a fancy new dress anyway. Annie is miserable. She feels weird in dresses. Why can't her mom understand?



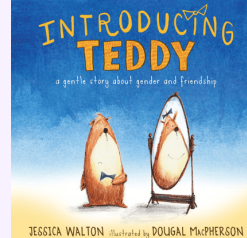
**The Boy & the Bindi,** Vivek Shraya  
In this beautiful children's picture book by Vivek Shraya, author of the acclaimed God Loves Hair, a five-year-old South Asian boy becomes fascinated with his mother's bindi, the red dot commonly worn by Hindu women to indicate the point at which creation begins,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



**Bunnybear,** 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.



**I am Jazz,** 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,** 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.



## 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



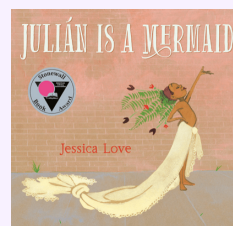
**It Feels Good to Be Yourself: A Book About Gender Identity**, Theresa Thorn  
A picture book that introduces the concept of gender identity to the youngest reader from writer Theresa Thorn and illustrator Noah Grigni. Some people are boys. Some people are girls. Some people are both, neither, or somewhere in between.



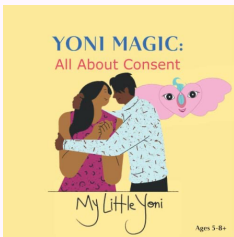
**Jacob's New Dress**, Sarah Hoffman and Ian Hoffman  
Jacob loves playing dress-up, when he can be anything he wants to be. Some kids at school say he can't wear "girl" clothes, but Jacob wants to wear a dress to school. Can he convince his parents to let him wear what he wants?



**Pink Is for Boys**, Robb Pearlman  
Pink is for boys . . . and girls . . . and everyone! This timely and beautiful picture book rethinks and reframes the stereotypical blue/pink gender binary and empowers kids-and their grown-ups-to express themselves in every color of the rainbow.



**Julián Is a Mermaid**, Jessica Love  
In an exuberant picture book, a glimpse of costumed mermaids leaves one boy flooded with wonder and ready to dazzle the world. While riding the subway home from the pool with his abuela one day, Julián notices three women spectacularly dressed up. Their hair billows in brilliant hues, their dresses end in fishtails, and their joy fills the train car.



**Yoni Magic: All About Consent**  
All About Consent! This book teaches young kids about the importance of consent, communication, and boundaries in everyday life and intimate relationships. For ages 7+.