

Resources: Reproduction & How Babies Are Made

One of the earliest questions about sex and sexuality is “Where do babies come from?” How we, as trusted adults, answer this question can set the tone and opportunity for becoming an askable parent. The talks can be assisted by videos and books that you have around your home or give to your young person. Below are some resources to help you answer this question!

Elementary School:

1. **Amaze, Jr.** Animated, fun video series for parents and kids ages 4-9 that brings age-appropriate sex ed resources to support early talks about reproduction. Topics include talking about where babies come from, how to talk to young kids about sex, and gender and privacy about genitals and body parts.
2. [*What's the Big Secret?: Talking about Sex with Girls and Boys*](#) by Laurene Krasny Brown. *Simple, straightforward, and age-appropriate answers to kids' most common questions about sex, the human body, reproduction, and development*
3. *Making a Baby*, by Rachel Greener.
4. *Sex is a Funny Word: A Book about Bodies, Feelings, and You* by Cory Silverberg. A comic book for kids that includes children and families of all makeups, orientations and gender identities.
5. *What Makes a Baby*, by Cory Silverberg.
6. [Clementine Wants to Know... Where Do Babies Come From?](#)
7. [How Does the Sperm Get to the Egg? \(Six Minute Sex Ed Podcast\)](#) This episode of the Six Minute Sex Ed Podcast is a level one, perfect for preschool and elementary ages. Listen to it as a family to learn together and discuss.
8. [Amazing You!: Getting Smart About Your Private Parts](#) by Gail Saltz.
9. [Where Did I Come From?](#) by Peter Mayle. This book describes the reproductive process from sex to birth.
10. [It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends](#) by Robie H. Harris. Young children are curious about almost everything, especially their bodies. And young children are not afraid to ask questions. This classic sexual health book helps answer these endless and perfectly normal questions that preschool, kindergarten, and early elementary school children ask about how they began

Tweens & Teens:

Books:

1. [*It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health*](#) by Robie H. Harris. For two decades, this universally acclaimed book on sexuality has been the most trusted and accessible resource for kids, parents, teachers, librarians, and anyone else who cares about the well-being of tweens and teens
2. *In Case You're Curious: Questions about Sex from Young People with Answers from the Experts* by Planned Parenthood.
3. [*The Every Body Book: The LGBTQ+ Inclusive Guide for Kids About Sex, Gender, Bodies, and Families*](#) by Rachel E. Simon.
4. [*Positive Sexuality: A Kid's Inclusive Guide to Being Body Aware*](#) by Sara Perry. A book for children to get conversations about positive sexuality started, with accurate information about gender identity, gender expression, consent and self-trust. Framed in the context of empowerment and based on research findings that prove teaching that pleasure and confidence are integral part of a consensual society.
5. [*It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families*](#) by Robie H. Harris. This book provides answers to questions kids commonly have about bodies, reproduction, relationships, and sex. Shared in fun, accurate, comic-book-style artwork and a clear, lively text that reflects the interests of children age seven and up in how things work, while giving them a healthy understanding of their bodies
6. [*What's Happening to My Body? Book for Boys*](#) by Lynda Madaras. Everything preteen and teen boys need to know about their changing bodies and feelings. This book 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.
7. [*What's Happening to My Body? Book for Girls*](#) by Lynda Madaras. Everything preteen and teen girls need to know about their changing bodies and feelings. This book 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.
8. [*Will Puberty Last My Whole Life?: REAL Answers to REAL Questions from Preteens About Body Changes, Sex, and Other Growing-Up Stuff*](#) by Julie Metzger. This flip book for boys and girls between the ages of 9 and 12 has questions asked by girls in one half of the book; flip it over and questions asked by boys are on the other side.

Contains honest, informative, and reassuring answers to questions pre-adolescents have about puberty.

9. [Our Bodies, Ourselves](#) by Boston Women's Health Book Collective. A comprehensive guide to all aspects of women's health and sexuality including menopause, birth control, childbirth, sexual health, sexual orientation, gender identity, mental health and general well-being.

Websites:

1. [Scarleteen](#)
2. [S.E.X.](#), second edition: The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties by Heather Corinna
3. [The Girls' Guide to Sex Education](#): Over 100 Honest Answers to Urgent Questions about Puberty, Relationships, and Growing Up by Michelle Hope

Videos:

1. Amaze Parents "[Help Kids Learn How Babies Are Made](#)" Video
2. Amaze Videos "[Pregnancy and Reproduction Explained](#)":
This video breaks down the process of reproduction by explaining that if a fertilized egg attaches to the wall of a uterus, pregnancy has begun. It explains that typically sperm combines with an egg through vaginal sex, and semen is ejaculated and carries the sperm through the cervix and the uterus and into the fallopian tubes, where it meets the egg and implants on the uteran wall. The video also defines artificial insemination and in vitro fertilization. It also clarifies that pregnancy and childbirth are just one way a family can be formed – some people choose to adopt or not to have kids.