

Book, Video and Article Recommendations for Parents & Teens Regarding Sexuality Education

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For Parents:

1. *Talk to Me First*. By Deborah Roffman

“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. *Talk to me First* is for any parent who wants to become and remain the most credible and influential resource about sexuality in their children’s lives”. - Peggy Orenstein

2. *From Diapers to Dating* by Debra Haffner

This book is a warm, practical, step-by-step program for helping parents provide accurate information and communicate their own values to their children. Haffner’s values-oriented approach to raising sexually healthy children is informative and comforting.

3. *It’s Not The Stork* (ages 3-8), *It’s So Amazing* (ages 10 and under), *It’s Perfectly Normal* (ages 10-13). By Robie Harris. These books are wonderful resources for the basics about puberty, reproduction, sexuality and anatomy.

4. *Changing Bodies, Changing Lives*. By Ruth Bell. This is a wonderful book that is full of medically accurate and comprehensive information about puberty and anatomy, but includes real teen stories about growing up. It includes sections on feelings, dating, depression and is also full of resources for kids and parents.

5. *For Goodness Sex* by Al Vernacchio, who came up with the pizza metaphor and has been a speaker at Piedmont High School. Al has a progressive, effective, and responsible approach to sex education for parents and teens that challenges traditional teaching models and instead embraces 21st century realities by promoting healthy sexuality, values, and body image in young people.

For Teens and Pre-Teens (Puberty and Anatomy Lessons):

6. *What's Going on Down There?* By Karen Gravelle.
7. *Boy's Guide to Becoming a Teen*. American Medical Association.
8. *Girl's Guide to Becoming a Teen*. American Medical Association.
9. *The Care and Keeping of You*. (Pre-Teen) American Girl Library.
10. *Growing Up and Changing: A Handbook for Pre-Teens*. By Kathy McCoy and Charles Wibbelsman, M.D.
11. *What's The Big Secret? Talking About Sex with Girls and Boys*. By Laurie Krasny Brown, Ed.D. and Marc Brown.
12. *Changing You!* By Dr. Gail Saltz.
13. *S.E.X.: The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties*. By Heather Corinna. Heather Corinna is the producer of the excellent resource website www.scarleteen.org. It is progressive, feminist and friendly sex education and information for teens and young adults.
14. *Girls and Sex* By Peggy Orenstein
15. Emily Nagowski

Online Video and Website Resources:

www.AMAZE.org takes the awkward out of sex. Real info in fun, animated videos to watch with your kids!

www.goaskalice.columbia.edu is a health question and answer program that is youth-friendly and geared towards honest information about sex education..

www.sexetc.org Real questions answered about real life situations.

These two videos are very simple, but may get the conversation started with your teen:

<https://www.youtube.com/watch?v=uAbUtrwYETg>

<https://www.youtube.com/watch?v=1Ya67aLaaCc>

Brdsnbz.org is a site that offers expert information about sexual health, relationships, related topics and referrals to medical care and local resources.

Girlology.org Great site with videos by two female MDs offering advice on menstruation, hygiene, and other health issues.

Bedsider.org Comprehensive contraceptive information, compares methods and efficacy rates.

<https://teenshealth.org/en/teens/> Teens Health offers quizzes for adolescents and parents, along with factual information and advice.

<http://www.teenagehealthfreak.org/> Website for advice on puberty, adolescence and growing up.

Gurl.com is a website, resource, and community for girl life information, advice, online fun, relationship and sex advice, free games, funny and helpful videos.

[Afterschool.org](https://afterschool.org) An app and website geared towards anti-cyberbullying practices for adolescents.