



Resources for Children and Adolescents

Note: This is not a complete list of all the books and resources, but rather a good starting point. Please make sure, as a parent, that you read the book or visit the website first before introducing information to your children, regardless of their ages.

For Parents:

- ❑ Eyre, L & Eyre, RM. 1998. 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. Golden Books Pub.
- ❑ Haffner, Debra. 2004. From diapers to dating: A parent's guide to raising sexually healthy children— from infancy to middle school. Newmarket Press.
- ❑ Jones, S: & Jones, BB. 1993. How & When to tell your kid about sex: a lifelong approach to sexuality. Navpress.
- ❑ Leight, Lynn. 1990. Raising your child to be sexually healthy. Avon. Moglia, RF et al. 1997. All about sex: a family resource on sex and sexuality. Crown Pub.
- ❑ Roffman, D. 2000. The Thinking Parent's Guide to Talking Sense About Sex, Cambridge: Perseus.

Young Children:

- ❑ Andry, AC, et al. 1984. How babies are made. Little Brown & Co.
- ❑ Harris, Robie & Michael Emberly. 2008. It's not the stork: A book about girls, boys, bodies, families and friends. Also in Spanish: No es la ciguena. Candlewick press.
- ❑ Harris, R, 1994. It's perfectly normal: a book about changing bodies, growing up, sex and sexual health. Candlewick Press.
- ❑ Harris, R. 1999. It's so amazing! A book about eggs, sperm, birth, babies, and families. Candlewick Pr.

Pre and early teens:



- ❑ Gravelle, Karen, with Nick and Chava Castro. 1998. What's going on down there? Answers to questions boys find hard to ask. (ages 9-12). Walker and Co.
- ❑ Madaras, Lynda. 2000. What's happening to my body? Book for boys: A growing up guide for parents and sons. Newmarket Press.
- ❑ Madaras, Lynda. 2003. Ready, set, grow!: A what's happening to my body? Book for younger girls. Newmarket.
- ❑ Madaras, Lynda. 2007. The "What's happening to my body" Book for girls, revised 3rd ed. Newmarket.

Adolescents:

- ❑ Bass, Ellen. 1996. Free your mind: The book for gay, lesbian, and bisexual youth and their allies .NY: Harper.
- ❑ Bell, R. 1998. Changing bodies, changing lives: a book for teens on sex and relationships. Times Books.
- ❑ Brick & Monfort. 2007. Unequal Partners: Teaching About Power and Consent in Adult-Teens and Other Relationships
- ❑ Brown, S. & Taverner, B. 2001. Streetwise to sex-wise: Sexuality education for high-risk youth—2nd Ed. Morristown, NJ: Planned Parenthood of Northern New Jersey, Inc.
- ❑ Chernin, J & Johnson, M. 2002. Affirmative psychotherapy and counseling for lesbians and gay men. Sage Press.
- ❑ Columbia University Staff. 1998. The 'Go ask Alice' Book of Answers: A guide to good physical, sexual, and emotional health. Holt Press.
- ❑ Corrinna, Heather. 2007. SEX: The all-you-need-to-know progressive sexuality guide to get you through high school and college. DeCapo Press.
- ❑ Drill, E., 1999. Deal with it: A whole new approach to your body, brain, and life as a gURL. Pocket.
- ❑ Farley-Gillespie, J & Gackenbach, J. 2007. Cyber rules: What you really need to know about the internet. WW Norton & Co.
- ❑ Luadzers, Darcy. 2004. Virgin Sex: A girl's no-regrets guide to happy, healthy sex...the first time and every time. Columbia, S.C.: Palmetto Press.
- ❑ Luadzers, Darcy. 2006. Virgin sex for guys: A no-regrets guide to safe and healthy sex. NY: Hatherleigh Press.
- ❑ Miron, Charles & Miron, Amy. 2001. How to talk to talk to teens about love, relationships, and S-E-X: A guide for parents. Minneapolis, MN: Free Spirit Press.
- ❑ Resh, Evelyn. 2009. The secret lives of teen girls: What your mother wouldn't talk about but your daughter needs to know. Hay House. Also has a website that is informative.
- ❑ Weill, Sabina. 2005. The real truth about teens and sex. NY: Perigee.

Web resources:

Teens General:



- ❑ <http://kidshealth.org/>
- ❑ Teens Health: Provides teens and families with accurate, up-to-date, and jargon-free health information they can use.
- ❑ <http://www.advocatesforyouth.org/>
- ❑ Advocates for Youth: A comprehensive site offering information for both parents and youth.
- ❑ <http://www.sexetc.org/>
Sex Etc.: Sex Etc. is an award-winning national magazine and website on sexual health that is written by teens, for teens. It's part of the Center for Applied Psychology at Rutgers, The State University of New Jersey. <http://answer.rutgers.edu/> Answer is a national organization dedicated to providing and promoting comprehensive sexuality education to young people and the adults who teach them.

For STIs:

- ❑ www.ashastd.org
Excellent website to encourage healthy sexual interaction, cope with having an STI, or protecting oneself. Good information

Book on Herpes:

- ❑ Ebel, Charlie & Wald, Ann, MD. 2007. Managing herpes: Many living and loving with HSV. American Social Health Association (ASHA).

Teens with Disabilities:

- ❑ www.sexualhealth.com
A Website by Mitch Tepper, Sexuality Educator. Please check it out to make sure it is appropriate for your son or daughter.

