

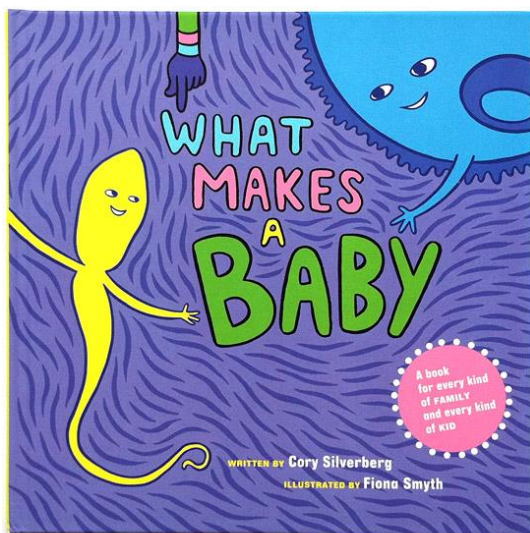
RESOURCES FOR PARENTS/CAREGIVERS AND KIDS

Talking to children about sexuality can be difficult, but it's important! Nearly 9 out of 10 teens say that they are more likely to delay sex and pregnancy if they are able to have open, candid, honest conversations with their parents (Nat'l Campaign to Prevent Teen and Unplanned Pregnancy, 2015).

Thankfully, there are lots of places to find assistance and guidance. Here are some books, websites and newsletters that are medically accurate, age appropriate and inclusive.

BOOKS FOR KIDS AND YOUTH

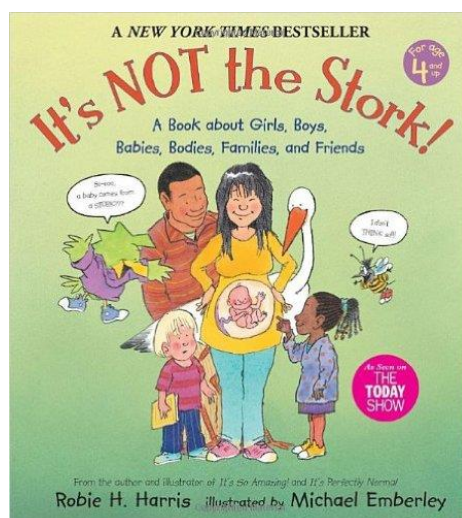
What Makes a Baby by Cory Silverberg, *preschool - 8 years old*



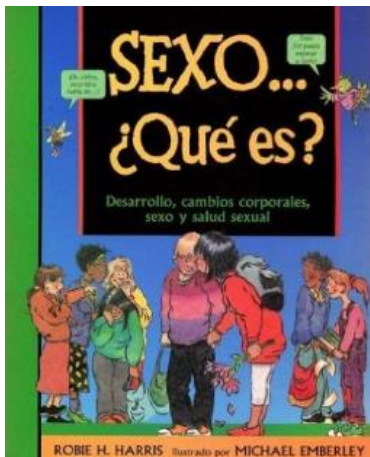
This is a picture book about where babies come from that is written and illustrated to include all kinds of kids, adults, and families. The story does not gender people or body parts, so most families will find that it leaves room for them to educate their child without having to erase their own experience.

It teaches curious kids about conception, gestation, and birth in a way that works regardless of whether or not the kid in question was adopted, conceived using reproductive technologies at home or in a clinic, through surrogacy, or through sexual intercourse, and regardless of how many people were involved, their orientation, gender and other identity, or family composition.

It's Not the Stork by Robie H. Harris, *preschool and older*

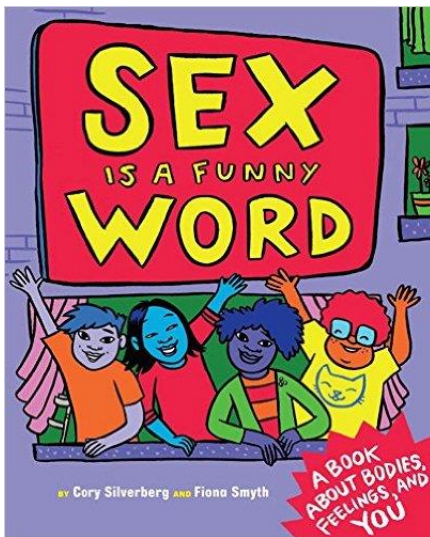


Young children are curious about almost everything, especially their bodies. And young children are not afraid to ask questions. *It's Not the Stork!* helps answer these endless and perfectly normal questions that preschool, kindergarten, and early elementary school children ask about how they began. Vetted and approved by science, health, and child development experts, the information is up-to-date, age-appropriate, and scientifically accurate, and always aimed at helping kids feel proud, knowledgeable, and comfortable about their own bodies, about how they were born, and about the family they are part of.



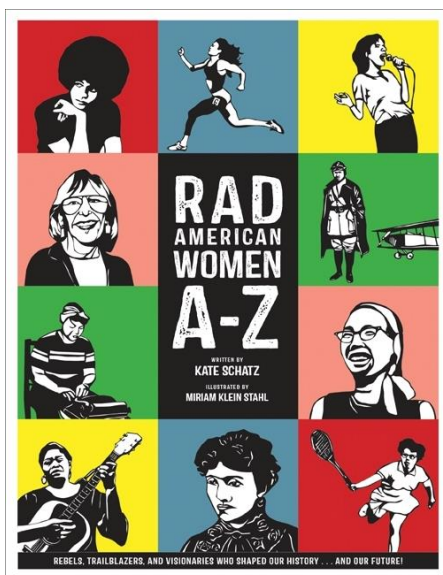
***Sexo... Qué es?* By Robie H. Harris, ages 10 and up**

A Spanish-language edition of Harris’s *It’s Perfectly Normal: Growing Up, Changing Bodies, Sex, and Sexual Health*, *Sexo... Qué Es?* is a great resource for Spanish-speaking youngsters and their caretakers. The book covers topics puberty, STIs, HIV/AIDS, birth control, and sex in age-appropriate, fun ways. This book is useful for caretakers looking to answer difficult questions as well as for kids to explore on their own.



***Sex is a Funny Word* by Cory Silverberg, ages 8-10**

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.



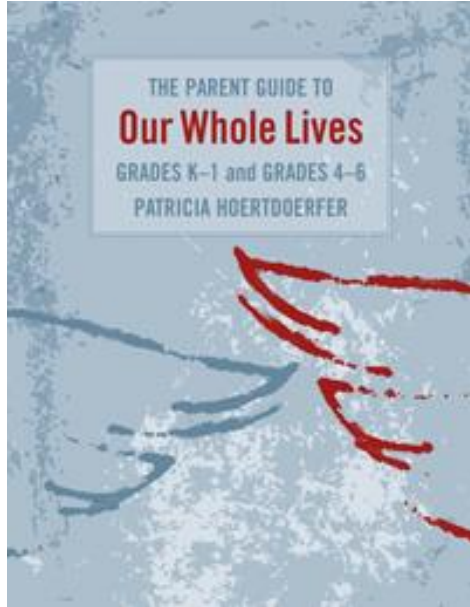
***Rad America Women A-Z* by Kate Schatz, ages 8-16**

The New York Times-bestselling book for kids—and their parents, teachers, and cool grown-up friends—documenting America’s famous and unsung heroines.

Like all A-Z books, this one illustrates the alphabet—but instead of “apple,” A is for Angela—as in Angela Davis, the iconic political activist. B is for Billie Jean King, who shattered the glass ceiling of sports; C is for Carol Burnett, who defied assumptions about women in comedy; D is for Dolores Huerta, who organized farmworkers; and E is for Ella Baker, who mentored Dr. Martin Luther King Jr. and helped shape the Civil Rights movement.

BOOKS FOR PARENTS/CAREGIVERS AND EDUCATORS

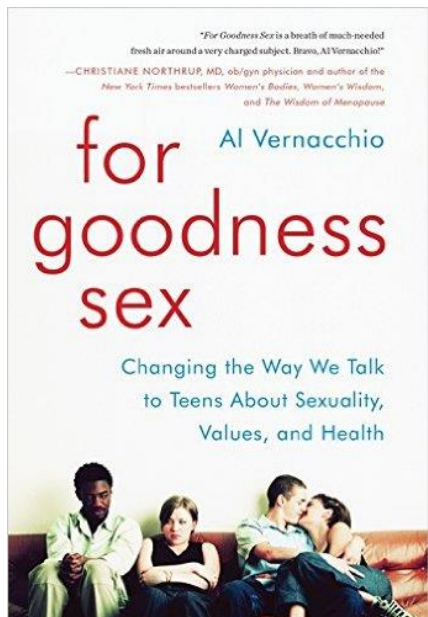
The Parent Guide to Our Whole Lives by Patricia Hoertdoefer



Our Whole Lives (OWL) is a sexuality education curriculum from the Unitarian Universalist Association, a progressive church. Though the curriculum comes from a religious/spiritual organization, it is a secular curriculum that promotes the values of self-worth, responsibility, sexual health, justice, and inclusivity. OWL is a lifespan curriculum, meaning there are age-appropriate lessons for people from kindergarten through adulthood. The OWL curriculum is taught at UUA churches, at some schools and afterschool programs, and in other youth group settings.

This guide is meant to keep parents abreast of what their children will learn in various OWL lessons and to help them answer difficult questions children may have. Even if your child is not part of OWL, it is a useful guide for how to relay awkward information and engage on tough topics!

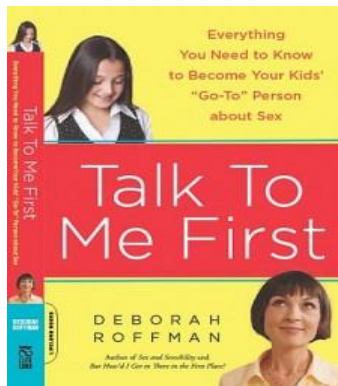
For Goodness Sex: Changing the Way We Talk to Teens About Sexuality, Values and Health by Al Vernacchio



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. In *For Goodness Sex*, Al Vernacchio, a high school sexuality educator, refutes the “disaster prevention” model of sex ed, offering a progressive and realistic approach: Sexuality is a natural part of life, and healthy sexuality can only develop from a sex-positive, affirming appreciation.

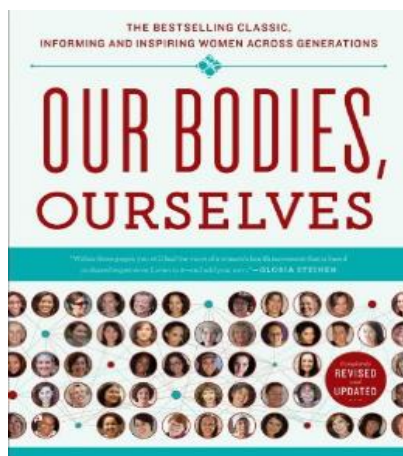
For Goodness Sex offers the tools and insights adults need to talk young people and help them develop healthy values and safe habits. With real-life examples from the classroom, exercises and quizzes, and a wealth of sample discussions and crucial information, Vernacchio offers a guide to sex education for the twenty-first century.

***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. *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.

Our Bodies, Ourselves



Originally published in 1971 by the Boston Women's Health Collective, *Our Bodies, Ourselves* is one of the best known texts about bodies and reproductive and sexual health. The book focuses primarily on cisgender women's bodies and health, but the latest edition includes more information on trans health and bodies. This is a great resource for people of all ages to learn more about topics like menstruation, puberty, breast cancer, medical care, pregnancy, and more. *Our Bodies, Ourselves* can also be found online—they are a great place to go with factual questions! *Full publication available in Spanish and English; online chapters or full publications available in Albanian, Arabic, Armenian, Bangla, French, Hebrew, Nepali, Vietnamese, Russian, Polish, Kiswahili.*

***Letters to Lola* by Erin Brown**



A series of essays written from mother to daughter, this is part memoir and part lessons to live by. The author's aim is to empower her daughter both with what she has learned and with honest stories of who her mother is and where she has been. All written years before her daughter would enter her teens- in an effort to write these stories before she needs them. Sincere, sweet and at times achingly vulnerable, it promises to be a book you return to again and again. As it bucks cultural expectations on growing up girl, *Letters to Lola* is meant to be shared with the young women in your life and inspire important conversations about being a woman and living well. *Recommended reading first before sharing with younger readers due to some chapters with mature content.

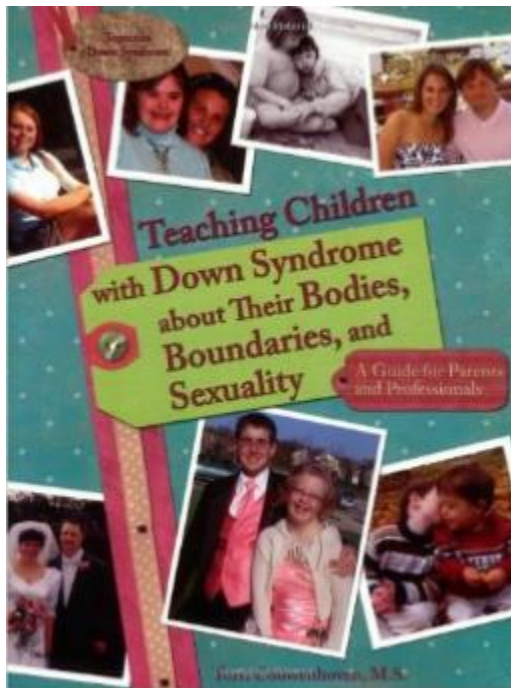


***The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes* by Diane Ehrensaft, Ph.D.**

In this up-to-date, comprehensive resource, Dr. Ehrensaft explains the interconnected effects of biology, nurture, and culture to explore why gender can be *fluid*, rather than binary. As an advocate for the gender affirmative model and with the expertise she has gained over three decades of pioneering work with children and families, she encourages caregivers to listen to each child, learn their particular needs, and support their quest for a true gender self.

The Gender Creative Child unlocks the door to a gender-expansive world, revealing pathways for positive change in our schools, our communities, and the world. This is a great resource for anyone looking to create a more gender-affirming environment for all children.

***Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality* by Terri Couwenhoven**



Drawing on her unique background as both a sexual educator *and* mother of a child with Down syndrome, Terri Couwenhoven blends factual information and practical ideas for teaching children with Down syndrome about their bodies, puberty, and sexuality. This book gives parents the confidence to speak comfortably about these sometimes difficult subjects.

She touches on topics such as respecting personal space, showing affection, explaining sexual relationships, preventing sexual abuse, and explaining puberty and body changes. Everything is easy to read and in nonclinical language.

ONLINE RESOURCES

Advocates for Youth, *Parent-Child Communication: Promoting Healthy Sexuality*

<http://www.advocatesforyouth.org/storage/advfy/documents/parent%20child%20communication%202010.pdf>

A short paper that summarizes the findings of many different national surveys and scholarly studies related to parent-child communication about sexuality. This resource takes all that information and distills it into a few short paragraphs that address how those findings apply to real-life parents.

Available in English, Amharic, French, Chinese, Spanish, and Vietnamese.

Advocates for Youth, *Are You an Askable Parent?*

<http://www.advocatesforyouth.org/publications/475-are-you-an-askable-parent>

Short and sweet, this resource gives quick tips on talking to adolescents and young children about sex and sexuality, geared toward helping parents become more “askable,” i.e., someone that their children see as a trustworthy and nonjudgmental place to talk and ask questions about sex and sexuality. *Available in English, Amharic, French, Chinese, Spanish, and Vietnamese.*

Advocates for Youth, Parents Sex Ed Center

<http://www.advocatesforyouth.org/parents-sex-ed-center-home>

This is a web portal that contains links to lots of short articles about all kinds of topics related to participating in the sex education of your children, such as advocating for good sex education in schools and incorporating discussions about ability and disability into discussions of sex and sexuality.

Gender Spectrum, <http://www.genderspectrum.org>

This is a great resource for learning more about how to create an environment that is inclusive and welcoming for people of all gender identities, in your own family or your own educational environment. It includes information about how people identify and what those identities mean, and advice on how to make people feel safe and comfortable regardless of gender.

HealthyChildren.org “Ages and Stages”, <http://www.healthychildren.org>

HealthyChildren.org is a young people’s health guide for parents and guardians put together by the American Academy of Pediatrics. The “Ages and Stages” section of the site focuses on growth and development, including sexuality, dating, and sex. This is a great place to find age-appropriate information and facts about the development of children.

Let's Change the Talk: Encouraging Families to Communicate Effectively about Sex & Relationships

<http://www.letschangethetalk.org/>

Many parents struggle with talking to their children about sex-related topics. We know you want to help your children understand tough topics such as sexual health and relationships, yet these anticipated conversations may leave you uncertain and anxious about what to say and how to say it. This site provides parents/caregivers with the empirically-based PSAs, proof that your kids want you to talk to them, and other resources. Nebraska youth featured in videos. Lead researcher – Dr. Amanda Holman, Creighton University

The Native Youth Sexual Health Network, <http://www.nativeyouthsexualhealth.com/>

The NYSHN is an organization by and for Indigenous youth working on issues related to reproductive and sexual health and justice. They are primarily involved in advocacy, outreach, and community mobilization. Their resources include a Two-Spirit and Indigenous LGBTQQIA+ Mentors, Elders, and Grandparents Support Circle, culturally relevant and appropriate campaigns to increase contraceptive use and to fight homophobia and transphobia, and a First Nations Sexual Health Toolkit.

Planned Parenthood, *Talking to Kids about Sex and Sexuality*

<https://www.plannedparenthood.org/parents/talking-to-kids-about-sex-and-sexuality>

This resource includes short videos and written answers to common questions about talking to kids about sex and sexuality.

Planned Parenthood, *Hey What Do I Say? A Parent-to-Parent Guide on How to Talk to Children about Sexuality*

English: <https://www.plannedparenthood.org/files/2514/0034/8138/ParentGuide.pdf>

Spanish: <https://www.plannedparenthood.org/files/1214/0001/2327/ParentGuideSp.pdf>

This short PDF has valuable quick tips on talking to children about sexuality and sex written by other parents! The topics include how to answer questions from your child, helping your child deal with puberty and body changes, talking to children about healthy relationships and setting boundaries, and how to encourage your child to avoid high-risk behaviors.

Planned Parenthood, *The Parent Buzz Newsletter*

<https://www.plannedparenthood.org/planned-parenthood-massachusetts/local-training-education/parents/parent-buzz-newsletter>

Part of the Planned Parenthood League of Massachusetts' parent education program, the Parent Buzz is a bi-monthly newsletter designed especially for parents/guardians and other caregivers of youth. Each issue features tips for talking with kids about sex and sexuality, as well as information on issues dealing with developmentally appropriate sexuality topics, adolescent sexual behavior, useful web, phone, and book resources, and suggest answers to typical questions youth may ask. *Available in Spanish.*

Scarleteen, <http://www.scarleteen.com>

Scarleteen is an amazing resource for people of all ages about sex, relationships, sexuality, gender, sexual politics, and reproductive and sexual health. It's great for young people looking for information, and has great resources for parents/guardians and educators as well. It has particularly good articles on healthy relationships and dating, including intimate partner violence, long distance relationships, transitioning to college, maintaining healthy friendships while in a romantic relationship, disclosing STDs, gender roles in sexual/romantic relationships, and more.