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A GUIDE TO RAISING SEXUALLY HEALTHY CHILDREN

PARENTS AS SEXUALITY EDUCATORS RECOMMENDED READING LIST

"Sexual knowledge, like all knowledge, is powerful. Used carefully and deliberately, it is the cornerstone of safe, healthy, moral conduct."

—from *But How'd I Get in There in the First Place?* by Deborah Roffman

for families

All About Sex: A Family Resource on Sex and Sexuality

Ronald Filiberti Moglia, Ed.D. and Jon Knowles, Editors. Three Rivers Press, 1997.

This book, published by the Planned Parenthood Federation of America, provides important information about sex and sexuality in straightforward language that families can understand and use. It is intended to facilitate family communication, establish sexual values, and encourage responsible sexual behaviors.

The Family Guide to Sex and Relationships

Richard Walker, Ph.D. Macmillan Publishing USA, 1996.

Complete with over 300 color photos, illustrations, and diagrams, this book presents comprehensive information on the entire life cycle. Chapters include: "The Reproductive Body," "Baby to Child," "Adolescence," and "The Family and Sexuality."

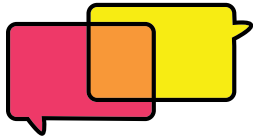
Five Hundred Questions Kids Ask About Sex and Some of the Answers

Francis Younger, M.A. Charles C. Thomas Publisher, Ltd., 1992.

This book is intended for parents, teachers and young people. Written in question-and-answer format, it provides clear, comprehensive answers to questions young people ask. Chapters include: "Bodily Development and Sexual Maturation," "Conception, Pregnancy, and Childbirth," "Relationships," "Birth Control," "Sexually Transmitted Diseases," and "Heredity."

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A GUIDE TO RAISING SEXUALLY HEALTHY CHILDREN

for parents and other caregivers

Always My Child: A Parent's Guide to Understanding Your Gay, Lesbian, Bisexual, Transgendered or Questioning Son or Daughter

Pat Shapiro and Kevin Jennings, Fireside Publishing, 2002.

Using real-life stories, scientific research and practical advice, this book helps others understand the many obstacles GLBTQ youth face and what a family can do to create a safe environment for these teens.

Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens

Debra W. Haffner, Newmarket Press, 2001.

A guide for adults about adolescent sexual development, values, influences, parent involvement, and what to say and do.

But How'd I Get in There in the First Place? Talking to Your Young Child about Sex

Deborah Roffman, Perseus Press, 2002.

This book shares thoughtful, thorough guidance for parents' continuous sexuality education of children up to about age six, written by an experienced certified sexuality and family life educator, covering how children assimilate information, what they need to know, and how to recognize and work with one's own inhibitions.

But I Love Him: Protecting Your Teen Daughter from Controlling, Abusive Dating Relationships

Jill Murray, Harper Publishing, 2001.

This book focuses on the different types of relationship abuse (sexual, physical, and emotional), how to spot signs of abuse, and help teens experiencing it break free and heal.

Conversaciones: Relatos Por Padres y Madres de Hijas Lesbianas y Hijos Gay

Mariana Romo-Carmona, Cleis Press, 2001.

Written in Spanish, this book contains a collection of interviews from parents of gay and lesbian teens in Latin America. They share first-hand experiences of everything from discrimination to isolation and ways of coping with these issues.

Everything You Never Wanted Your Kids to Know About Sex (But Were Afraid They'd Ask)

Justin Richardson and Mark Schuster, Three Rivers Press, 2004.

Written by an assistant psychiatry professor at Columbia and Cornell and a UCLA associate professor of pediatrics and public health, Richardson and Schuster team up to provide a positive, straightforward guide for parents on teenage sexuality from the earliest signs of puberty to young adulthood.

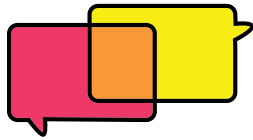
Field Guide to the American Teenager: A Parent's Companion

Michael Riera and Joseph Di Prisco, Perseus Publishing, 2000.

Addressing the isolation, fear, and silence parents endure during their child's adolescence, these authors go beyond the stereotypes to expertly guide parents to a better appreciation of their teenager's frustrating if not completely troubling behavior.

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From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Youth (2nd. Edition)

Debra Haffner. Newmarket Press, 2008.

This book is filled with practical advice and guidelines to help parents feel more comfortable talking to children and early adolescents about sexuality issues. Incorporating values exercise, it encourages parents to examine their own sexual values so that they can share these messages.

How to Talk to Teens About Really Important Things: Specific Questions and Answers and Useful Things to Say

Charles E. Schaefer and Theresa Foy DiGeronimo, Jossey-Bass, 1999.

Schafer and DiGeronimo stress the importance of communication between teens and caregivers in this book. It offers examples of discussions and answers to common questions and issues that adolescents may bring up, such as tattoos, sex, and depression. It also offers further resources for parents needing more specific information.

Sex and Sensibility: The Thinking Parent's Guide to Talking Sense about Sex

Deborah Roffman. Perseus Press, 2001.

This book for parents is intended to inspire honest communication about sexuality between them and their children. Chapters include "Age Appropriateness: Too Much, Too Little, or Just Right?," "Values: Becoming Your Child's Cultural Interpreter," "Sexuality: More Who We Are than What We Do," and "Sexual Orientation: Why and How It's Everyone's Business."

Ten Talks Parents Must Have With Their Children About Sex and Character

Pepper Schwartz, Ph.D. and Dominic Cappello. Time Warner Trade Publishing, 2000.

This book is intended for parents of children in grades 4 through 12. Developed to help parents and children talk about sexuality and building character it offers advice to parents on how to begin and what to say. Topics include safety, character, peer pressure, ethics, the Internet, and the media. Each chapter provides ways for parents to clarify their values and family rules about specific sexuality issues, anecdotes to share with children to foster communication, questions to ask your child, opportunity to reflect on responses and identify potential problems, and sample talks.

The Real Truth About Teens and Sex

Sabrina Weill. Perigee Trade, 2005.

This book presents a realistic picture of what today's teens are thinking, feeling, talking about and doing regarding dating and sex. The book contains exclusive results from a nationwide survey conducted by the National Campaign to Prevent Teen Pregnancy.

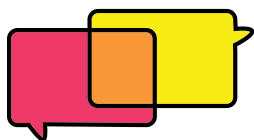
The Rollercoaster Years

Charlene C. Giannetti and Margaret Sagarese, Broadway, 1997.

A how-to manual for those raising 10-15 year olds, this book addresses issues that are likely to come up in this age-group, how to properly respond to them, and when to seek professional help. With plenty of statistics and humor, this book is clear and effective in helping parents navigate their child's adolescence.

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What Every 21st-Century Parent Needs to Know: Facing Today's Challenges with Wisdom and Heart

Debra W. Haffner. Newmarket, 2008.

This book presents parents with facts and statistics about the toughest issues teens face in today's world, including drugs, sex, and drinking, but Haffner interprets them in an optimistic way and focuses on helping parents make realistic and positive parenting choices that will bring out the best in their child.

When Sex is the Subject: Attitudes and Answers for Young Children

Pamela M. Wilson. ETR Associates, 1991.

This insightful handbook was written for teachers and parents, it addresses questions from children 10 years of age and younger. The psychosocial development and learning processes of children are discussed and guidelines are provided for accurate and comfortable responses.

Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen.

David Walsh. Free Press, 2004.

Although this book is not primarily about sexuality, it does cover hormones, impulsivity, sex drive, abuse, sexual activity and education in helpful ways other books omit.

for older children, preteens and teens: GIRLS

American Medical Association Girl's Guide to Becoming a Teen

Kate Gruenwald, Jossey-Bass, 2006.

With information from the American Medical Association, this book teaches girls 9-12 about both the physical (nutrition, exercise, and menstruation) and emotional (feelings and relationships) changes and issues that need to be addressed with the arrival of puberty. This guide does not spend great detail on sex or contraception, encouraging readers to wait.

Are You There, God? It's Me, Margaret

Judy Blum, Yearling, 1986.

Written from a preteen girl's point of view, this novel explores all aspects of female puberty in a relatable way.

Cycle Savvy: The Smart Teen's Guide to the Mysteries of Her Body

Toni Weschler, Harper Publishing, 2006.

Written by a national best-selling women's health author, *Cycle Savvy*; enlighten girls on various phases of their menstrual cycles and gives them the tools to stay physically and emotionally healthy in this area of their lives.

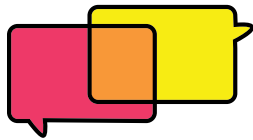
Deal with It! A Whole New Approach to Your Body, Brain, and Life as a gURL

Esther Drill, Heather McDonald, and Rebecca Odes. Simon and Schuster, 1999.

The creators of the gurl.com website offer frank, funny, and factual information about girls' sexuality.

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Girl Stuff: A Survival Guide to Growing Up

Margaret Blackstone and Elissa Haden Guest, Harcourt Paperbacks, 2006.

This book gives girls going through puberty helpful tips and lots of straightforward information on everything from stress to menstruation. It also touches on peer pressure and sex and encourages girls to make smart, healthy decisions in all aspects of their lives.

Girltalk: All the Stuff Your Sister Never Told You

Carol Weston, Harper Paperbacks, 2004.

A mixture of advice, facts, and answers to questions from adolescent girls, this book addresses puberty and everything that comes with it in an easily applicable and honest way.

It's A Girl Thing: How to Stay Healthy, Safe, and in Charge

Mavis Jukes. Random House, Inc., 1996.

This book for young women presents general information about puberty, crushes, kissing, intercourse, pregnancy, STDs, birth control, boys and puberty, and health. A list of resources is included.

My Body, My Self for Girls: for Preteens and Teens

Lynda Madaras and Area Madaras, Newmarket Press, 2000.

This journal/activity book for girls eight to 15 years of age is a companion to *What's Happening to my Body? Book for Girls*. It includes exercises, quizzes, and personal stories to help girls learn about body changes.

Period

LoAnn Loulan and Bonnie Worthen. Book Peddlers, 2001

Illustrated with drawings, this book addresses the changes that girls experience as they mature. Emphasizing that we are all unique and special, it explains physical changes during puberty. Includes a parents' guide. Intended for children ages 8 and older.

Ready, Set, Grow!: A What's Happening to My Body?

Lynda Madaras, Newmarket Press, 2003.

This book focuses on informing and supporting girls 9-12 about the changes they are beginning or about to experience both physically and emotionally and gives tips on staying healthy and positive.

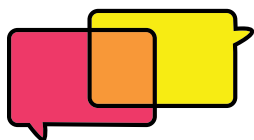
The Period Book: Everything You Don't Want to Ask (But Need to Know)

Karen Gravelle and Jennifer Gravelle with illustrations by Debbie Palen. Walker and Company, 1996.

This is a positive, down-to-earth book illustrated with funny and sympathetic cartoons. It answers the many questions that young women may have about their "period." It will also help guide young women through physical, emotional, and social changes.

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What's Happening to My Body? Book for Girls: A Growing Up Guide for Parents and Daughters

Lynda Madaras with Area Madaras, Newmarket Press, 2000.

Filled with anecdotes, illustrations, diagrams, and honest, sensitive, nonjudgmental information for the young girl, this revised edition also addresses the new scientific facts about when a girl actually begins puberty, advice on “female athletic syndrome,” eating disorders, unwanted attention because of early development, and information on eating right, exercise, AIDS, STDs, birth control, and more.

What's with My Body? The Girls' Book of Answers to Growing Up, Looking Good, and Feeling Great

Selene Yeager, Prima Publishing, 2002.

This book contains reassuring, accurate advice for preteen and young teen girls and their parents. Presented in a question-and-answer format, topics include body changes, skin and hair care, menstruation, eating disorders, moods, and sexuality.

Your Body: The Girls' Guide

Janis Brody, Ph.D., St. Martin's Press, 2000.

This book for teens discusses puberty, menstruation, female and male anatomy, sexual intercourse, STDs, birth control, sexual orientation, dating, and crushes as well as eating well, sports, and growing up healthy.

for older children, preteens and teens: BOYS

American Medical Association Boy's Guide to Becoming a Teen

Kate Gruenwald Pfeifer, Jossey-Bass, 2006.

With information from the American Medical Association, this book teaches boys 9-12 about both the physical (nutrition, exercise, and growing bodies) and emotional (feelings and relationships) changes and issues that need to be addressed with the arrival of puberty. This guide does not spend great detail on sex or contraception, encouraging readers to wait.

Changes in You & Me: A Book about Puberty Mostly for Boys

Paulette Bourgeois and Martin Wolfish, M.D., Andrews and McMeel Publishers, 1994.

This is a reference book for boys about the physical changes and feelings that go along with growing up. Topics include anatomy, puberty, birth control, pregnancy, masturbation, what happens to girls, decision making, STDs, sexual abuse, sexual orientation, and where to go for help. The book includes transparent overlays, a glossary, and an index.

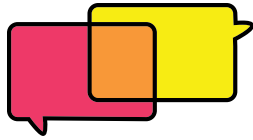
Growing up Gay in America: Informative and Practical Advice for Teen Guys Questioning Their Sexuality and Growing Up Gay

Jason Rich, Dimension Publishing, 2002.

Thoughtful, thorough, and expansive exploration of many relevant topics important to male teens who are gay or questioning if they are gay and need information about self-acceptance and fitting in.

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The Guy Book: An Owner's Manual for Teens

Mavis Jukes, Crown Publishing, 2002.

A clever, retro automotive style guide with information for boys on changes that occur in their bodies during puberty and offering advice on sexual topics, nutrition, drugs, girls, and more.

My Body, My Self for Boys: for Preteens and Teens

Lynda Madaras and Area Madaras, Newmarket Press, 2000.

This journal/activity book for boys eight to 15 years of age is a companion to What's Happening to my Body? Book for Boys. It includes exercises, quizzes, and personal stories to help boys learn about the changes that take place in their bodies during puberty.

Our Boys Speak: Adolescent Boys Write about Their Inner Lives

John Nikkah, St. Martin's Griffin, 2000.

This collection of writings by adolescent boys addresses sex and dating, sports, religion, depression, sexual orientation, and family. The author provides commentary and perspective on the question: "What do boys think?"

The Teenage Guy's Survival Guide: The Real Deal on Girls, Growing Up, and Other Guy Stuff

Jeremy Daldry, Little, Brown and Company Children's Books, 1999.

This book for young men discusses basic information about sexuality. Topics include love, dating, sexual orientation, relationships, intimacy, puberty, emotions, confidence, and peer pressure.

What's Going on Down There? Answers to Questions Boys Find Hard to Ask

Karen Graville with Nick and Chava Castro and illustrated by Robert Leighton, Walker and Company, 1998.

Straightforward and entertainingly presented, this book helps boys understand the changes that occur during puberty, what causes these changes, and what to expect. The book addresses sexual orientation, masturbation, intercourse, contraception, STDs and pregnancy.

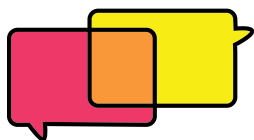
The What's Happening to My Body? Book For Boys: A Growing Up Guide for Parents and Sons

Lynda Madaras with Area Madaras, Newmarket Press, 2000.

This book discusses the changes that take place in a boy's body during puberty, including information on the body's changing size and shape, the growth spurt, reproductive organs, pubic hair, beards, pimples, voice changes, wet dreams, and puberty in girls.

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A GUIDE TO RAISING SEXUALLY HEALTHY CHILDREN

for older children, preteens and teens: GIRLS AND BOYS

Changing Bodies, Changing Lives: Expanded Third Edition: A Book for Teens on Sex and Relationships

Ruth Bell, Three Rivers Press, 1998.

Written to address all areas of teenage sexuality, this book includes illustrations, quotes from teenagers themselves, and lots of straight-forward information about sexual health for both boys and girls from eighth grade and older.

GLBTQ: The Survival Guide for Queer and Questioning Teens

Kelly Huegel, Free Spirit Publishing, 2003.

This book is designed to offer practical information on all aspects of life for a teen questioning hihe/sher sexuality. It addresses everything from coming out to religion as well as listing other resources for additional information.

The "Go Ask Alice" Book of Answers: A Guide to Good Physical, Sexual, and Emotional Health

Columbia University's Health Education Program, Owl Books, 1998.

This book provides young people with information and advice on a variety of frequently asked questions from the "Go Ask Alice!" web site at Columbia University. Topics include relationships; sexuality; sexual health; emotional health; fitness and nutrition; alcohol, nicotine, and other drugs; and general health.

Healthy Sexuality

Kristen Kemp, Scholastic, Inc., 2004.

Contributing editor at Girls' Life magazine, Kristen Kemp offers facts, advice, and straight talk about different aspects of sexuality, including gender characteristics, changing emotions during puberty, birth control, and sexually transmitted diseases.

It's Perfectly Normal: Changing Bodies, Sex and Sexual Health

Robie H. Harris and illustrated by Michael Emberly, Candlewick Press, 2004.

In this book accurate information about sexuality is presented in a reader-friendly style that includes age-appropriate illustrations and humor. From conception and puberty to contraception and HIV/AIDS, it covers both the biological and psychological aspects of sexuality.

Love & Sex: Ten Stories of Truth

Edited by Michael Cart, Simon & Schuster, 2001.

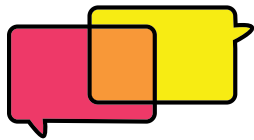
This anthology, featuring popular writers for adults and teens, contains stories about love and sexuality in the lives of adolescents.

Puberty's Wild Ride: The Ups and Downs, Ins and Outs, Zigs and Zags of Growing Up

Marta McCave, 2001

This book is intended for young teens and their parents. It is a useful resource for teens to find information. Parents and teen can use it together as a conversation starter or as a reference tool. This book is sure to help teens get through the ups and downs, ins and outs, zigs and zags of growing up.

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STD's: What You Don't Know Can Hurt You

Diane Yancey, Lerner Publishing Group, 2002.

This book explains difference types of sexually transmitted diseases, how they are contracted, their symptoms, and treatment.

The Underground Guide to Teenage Sexuality

Michael Basso, Fairview Press, 2003.

This book for teens on human sexuality covers such subjects as anatomy, sexual intercourse, STDs, contraception, and homosexuality. The author wrote the book to give teens the information they need to protect themselves and accept responsibility for their actions.

Too Old for This, Too Young for That! Your Survival Guide for the Middle-School Years

Harriet S. Mosatche and Karen Unger, Free Spirit Publishing, 2005.

Geared toward preteens ages 9-12, this illustrated book uses humor and examples of situations that may arise to inform about physical and emotional changes, peer pressure, and family life. Survival tips and further resources are listed to give kids more information and confidence as they enter adolescence.

What If Someone I Know Is Gay? Answers to Questions about Gay and Lesbian People

Eric Marcus, Penguin Putnam Incorporated, 2000.

This book for teens provides questions and answers about homosexuality and bisexuality. Topics include coming out, friends and family, religion, sexual behavior, school, activism, and discrimination. The book includes a resource section.

for younger children

Amazing You! Getting Smart About Your Private Parts

Gail Saltz, M.D. and illustrated by Lynne Cravath, Dutton Publishing, 2005.

This book is mostly pictures with anatomically correct illustrations and proper terms for body parts. It's meant for parents and their children, ages 3 to 7, to read together.

A Very Touching Book...for Little People and for Big People

Jan Hindman, Alexandria Assoc, 1983.

This book is designed to teach young children about respecting their bodies and how others should treat them in terms they can understand and includes illustrations to teach proper anatomy.

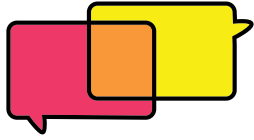
Bellybuttons Are Navels

Mark Schoen and illustrated by M.J. Quay, Prometheus Books, 1990.

This children's book is intended to create a relaxed environment for the discussion of sexuality. It will help parents initiate and guide matter-of-fact, accurate discussions with their young children about sexual anatomy.

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Did the Sun Shine Before You Were Born?

Sol and Judith Gordon, Prometheus Books, 1992.

Targeted to children three to seven years old, this book focuses on the family and how it grows. It explains everything from conception to birth. Illustrated with charcoal drawings of multicultural images, this book fosters communication between parents and children by the sharing of values and ideas.

Do I Have A Daddy? A Story About A Single- Parent Child

Jeanne Warren Lindsay, Morning Glory Press, 1999.

This book introduces children to single-parent families by following Erik as his Mother explains why he doesn't have a conventional family, but the love she feels for him and the importance of his Uncle and Grandfather in his life.

Emma and Meesha My Boy: A Two Mom Story

Kaitlyn Considine, TWOMOMBOOKS.com, 2005.

This book focuses on the story of Emma learning proper pet care while simultaneously introducing the fact that she has two Moms. While not directly addressing same-sex parenting in-depth, this book allows children to see how different types of families share the same every-day activities.

Happy Birth Day!

Robie H. Harris, Candlewick, 2002.

Designed for children from babies to age 7, this book illustrates a mother describing the first day after birth to her daughter in an affectionate and joyful way.

How Babies and Families Are Made: There Is More Than One Way!

Patricia Schaffer, Tabor Sarah Books, 1988.

This picture book seeks to show children ages 5-9 the journey from conception to birth and alternative circumstances, such as in vitro fertilization, adoption, and premature birth.

How Was I Born?: A Child's Journey Through the Miracle of Birth

Lennart Nilsson and Lena Katarina Swanberg, Dell, 1996.

For children 4-8, this book is told from the point-of-view of Mary, a 5-year-old with a pregnant mother. It includes real photographs of a developing fetus and describes the progression from conception to infancy.

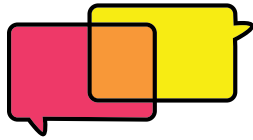
How You Were Born

Joanna Cole, Harper Collins Publishers, 1993.

This book is designed to tell children about birth in simple terms. Using colorful photographs, it can be read to children or pictures can be discussed.

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It's My Body

Lory Freeman, Parenting Press, 1982. Also available in Spanish, ***Mi Cuerpo es Mio***

Simply illustrated, but containing a powerful message, this book aims to explain to young children the difference between “good” and “bad” touch and how to respond appropriately.

It's NOT the Stork! A Book About Girls, Boys, Babies, Bodies, Families, and Friends

Robie Harris and illustrated by Michael Emberley, Candlewick Press, 2005.

This book is for ages four and up to help answer those endless and perfectly normal questions that preschool, kindergarten and early elementary school children ask about how they began and what makes a girl a girl and a boy a boy.

It's So Amazing! : A Book About Eggs, Sperm, Birth, Babies, and Families

Robie Harris and illustrated by Michael Emberley, Candlewick Press, 2002.

Also available in Spanish, ***iEs Alucinante!***

This book provides a solid combination of appealing cartoon humor and intelligently presented, straightforward information, presented at the middle elementary age level, about many topics kids wonder about: bodily changes, abuse, intercourse, birth control, pregnancy and birth, genetics, love, masturbation, homosexuality, HIV and AIDS.

Molly's Family

Nancy Garden, Farrar, Straus and Giroux Publishing, 2004.

This book depicts to children aged four to eight a story about Molly and her two mothers. While Molly has trouble finding peer acceptance at first, support and understanding grow as all different types of families are explored.

The Family Book

Todd Parr, Little Brown Young Readers, 2003.

Written for children four to eight, this colorful picture book illustrates different types of families, including single, step, and same-sex parents, while highlighting the similarities all families share such as the love to hug and support each other.

What's the Big Secret? Talking About Sex with Girls and Boys

Laurie Krasny Brown and Marc Brown, Little Brown Publishing, 1997.

This inviting children's picture book for children presents information and answers about sexuality. It addresses how boys and girls differ, anatomy, reproduction, pregnancy, and birth. It also discusses feelings, touching, and privacy.

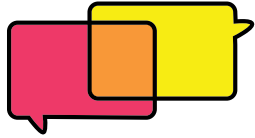
When You Were Inside Mommy

Joanna Cole, HarperCollins, 2001.

Using easily understood language and inviting illustrations, this book describes the fetus growing in the womb through birth to young children.

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Where Did I Come From?

Peter Mayle with illustrations by Arthur Robins, 1997.

Celebrating its twentieth anniversary, this book uses humor and bright illustrations to explain anatomy, intercourse, orgasm, fertilization, pregnancy and birth to children.

Your Body Belongs to You

Cornelia Maude Spelman, Albert Whitman Publishing, 1997.

This book shares positive encouragement for children to use their own judgment to be in charge of who touches their body and how.

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