

BOOKS AND ONLINE RESOURCES FOR FAMILIES

BOOKS FOR PARENTS

All About Sex: A Family Resource on Sex and Sexuality, *Ronald Filiberti Monglia, Ed.D. and Jon Knowles, Editors*, Three Rivers Press, 1997. This encyclopedic book covers everything from the history of sexology to STD prevention and birth control options to sexual feelings. Includes a section about the changes in sexuality through different life stages, and suggestions for parents about talking to their children about sex.

Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens—From Middle School to High School and Beyond, *Debra W. Haffner, MPH*, Newmarket Press, 2002. A sequel to *From Diapers to Dating*, this book addresses issues parents face with their early, middle, and late adolescents. Includes exercises to help parents clarify their values, and advice for taking advantage of teachable moments.

Everything You Never Wanted Your Kids to Know About Sex (But Were Afraid They'd Ask) *Justin Richardson, MD and Mark A Schuster, MD PhD*, Crown Publishers, 2003. Written by two physicians, this book provides information about sexuality education for parents of all ages of children.

Five Hundred Questions Kids Ask About Sex and Some of the Answers, *Francis Younger, M.A.*, Charles D. Thomas Publisher, Ltd., 1992. This book is based on the premise that sexual expression is a way for people to show affection and love for one another. Sections in each chapter contain questions that preteens and teenagers typically ask and provide clear, unambiguous, and comprehensive answers to the questions.

Flight of the Stork: What Children Think (and When) About Sex and Family Building, *Anne C. Bernstein*, Perspectives Press, 1994. Children sometimes have an unusual understanding of sex and reproduction, even after their parents have explained the facts to them. This book explains how to have age-appropriate discussions with children, depending on their level of cognitive development. Includes chapters about same-sex families and reproductive technology.

Free Your Mind: The Book for Gay, Lesbian, and Bisexual Youth and Their Allies, *Ellen Bass and Kate Kaufman*, Harper Collins Publishers, 1996.

From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children, *Debra W. Haffner, MPH*, Newmarket Press, 2000. Focus on sharing accurate information and family values, help for parents in talking about sexuality with their children to age 12. Includes examples of age-appropriate explanations of intercourse and pregnancy, and has helpful checklists and values exercises for parents.

Raising a Child Responsibly in a Sexually Permissive World, *Sol Gordon, PhD and Judith Gordon, MSW*, Adams Media Corporation, 1999.

Sex Is More Than a Plumbing Lesson: A Parent's Guide, *Patty Stark*, Preston Hollow Enterprises, 1992. Advice for parents about speaking openly to children on sex. Encourages parents to feel confident as sexuality educators, whether they're speaking to their toddlers or just broaching the subject with their teenager.

The Seven-Year Stretch, *Laura S. Kastner, PhD, and Jennifer F. Wyatt, PhD*, Houghton Mifflin Company, 1997. Filled with strategies for parenting adolescents, this book includes chapters specifically about sexuality and risk-taking. The authors give examples from a variety of families, and make suggestions for helping children with sexual decision-making and dealing with a sexual assault in the family.

Talking Sex! Practical Approaches and Strategies for Working with People Who Have Developmental Disabilities When the Topic Is Sex, Planned Parenthood of Tompkins County, Ithaca, NY, 1999. This guidebook provides information, activities, and overheads to help parents and educators better understand approaches and strategies toward making sexuality education more accessible to persons with developmental disabilities

Ten Talks Parents Must Have With Their Children About Sex and Character, *Pepper Schwartz, PhD, and Dominic Cappello*, Hyperion, 2000. One in a parenting series, this book provides outlines for ten parent-child discussions, using brief stories to engage conversations. The talks address puberty, friendship, honesty, media, attraction, and drugs.

The Underground Guide to Teenage Sexuality: An Essential Handbook for Today's Teens and Parents, *Michael J. Basso*, Fairview Press, 2003. Written in question-and-answer format, this text covers basics of sexual anatomy, birth control options, decision-making about sex and relationships, and abuse. The author taught health and sexuality in high schools and now works for the Centers for Disease Control and Prevention.

When Sex Is the Subject: Attitudes and Answers for Young Children, *Pamela M. Wilson, MSW*, ETR Associates, 1991. This book provides suggestions for parents and educators on how to talk about sexuality with children at various ages. Includes concise definitions of important sexuality terms and strategies for communicating facts and family values.

Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen, *David Walsh, Ph.D.*, Free Press, 2004. Former high school counselor and therapist Walsh explains new discoveries in brain development and their relevance for parents of adolescents.

BOOKS FOR CHILDREN & PRE-ADOLESCENTS

ABC: A Family Alphabet Book, *Bobbie Combs*, Two Lives Publishing, 2000. An alphabet book covering the daily activities of families. Includes same-sex parents and interracial families. For children age 2-5.

All Families Are Different, *Sol Gordon, PhD*, Prometheus Books, 2000. This book discusses all sorts of families, including those with single parents, step-parents, adoptive parents, and same-sex parents. Includes blank pages for children to draw their own families, friends, etc. For kids 7 years and older.

Are You There, God? It's Me, Margaret, *Judy Blume*, 1970. When her family moves to New Jersey, eleven-going-on-twelve-year old Margaret Simon has to adjust to life in the suburbs, a different school, new friends and someone to talk to about growing up.

Cliques, Phonies, and Other Baloney, *Trevor Romain*, Free Spirit Publishing, 1998. Using simple drawings and humor, this book explains the difference between cliques and true friends, and emphasizes the importance of self-confidence and assertiveness.

Dinosaurs Divorce: A Guide for Changing Families, *Laurene Krasny Brown and Marc Brown*, Little, Brown and Company, 1986. One of the Dino Life Guides for Families, this book addresses feelings and concerns of children whose parents divorce and remarry.

Help. (American Girl Library), *Nancy Holyoke*, 1995 and **More Help**, 1996
This is a compilation of thoughtful, honest responses to everyday issues facing young girls, including friends, families and feelings.

It's Not the Stork! A Book About Girls, Boys, Babies, Bodies, Families, and Friends, *Robie H. Harris*, Candlewick Press, 2006. In age-appropriate language, this book answers small children have about their bodies, babies, pregnancy, and growing up. For age 4 and up.

It's Perfectly Normal: A Book About Changing Bodies, Growing Up, Sex, and Sexual Health, *Robie H. Harris*, Candlewick Press, 1994. For preteens, teens, and parents, this book provides comprehensive, contemporize and candid information on the mechanics and consequences of puberty, sexual activity, birth control, pregnancy and sexually transmitted diseases. The text and wonderful illustrations provide the opportunity for growing children to understand and value themselves.

It's so Amazing! A Book About Eggs, Sperm, Birth, Babies and Families, *Robie H. Harris*, 1999. Using comic-book style artwork, this fun, accurate and comprehensive book illustrates the answers to how a baby is made, from conception, through pregnancy and birth, Related topics such as love, sex, gender, families, hetero/homosexuality, HIV and AIDS, are also artfully addressed.

Let's Talk About S-E-X: a Guide for Kids 9 to 12 and Their Parents, *Sam Gitchel and Lorri Foster*, Book Peddlers, 2005. Produced by Planned Parenthood of Mar Monte, this book covers puberty and sexuality, including workbook pages for families to fill out together.

My Body, My Self, *Linda Madaras and Ann Madaras*, 2007. This workbook is available in separate editions for boys and for girls. It includes quizzes, checklists, and other exercises to teach children about the changes of puberty.

Bellybuttons are Navels, *Mark Schoen*, Prometheus Books, 1990

Daddy's Roommate, *Michael Willhoite*, Alyson Publications, 1990. In this picture book, a boy explains the relationship of his father and his roommate, and how being gay is just "one more kind of love. And love is the best kind of happiness."

The Daddy Machine, *Johnny Valentine*, Alyson Wonderland, 2004. Two children in a lesbian family create a Daddy Machine to see what it might be like to have a dad around.

Did the Sun Shine Before You Were Born? A Sexuality Education Primer, *Sol and Judith Gordon*, Prometheus Books, 1992. Written for children 3-7, this book covers intercourse, pregnancy, and families in basic, age-appropriate language.

Girls are Girls and Boys are Boys: So What's the Difference? *Sol Gordon*, Prometheus Books, 1991. Although boys and girls have different bodies, both genders can play with trucks or dolls, and grow up to do all kinds of jobs. This book also includes brief descriptions of intercourse, birth and masturbation. Written for children age 6-10.

Growing Up: It's a Girl Thing, *Mavis Jukes*, Alfred A. Knopf, 1998. In-depth explanation of menstruation, breasts, personal privacy, and other aspects of puberty. The author includes personal anecdotes about her own experience of puberty. For girls 9-12.

Heather Has Two Mommies, *Leslea Newman*, Alyson Publications, 2000. Heather has two mommies, but she has friends who have two daddies, a stepdaddy, and adopted parents. This book celebrates all kinds of families, and recognizes that children may worry about being different from other children.

How You Were Born?, *Joanna Cole*, Wilmor Inc., 1993

It's Not the Stork! A Book About Girls, Boys, Babies, Bodies, Families, and Friends, *Robie H. Harris*, Candlewick Press, 2006. By the author of **It's So Amazing!** and **It's Perfectly Normal**, this book covers reproduction, anatomy, and relationships in language appropriate for elementary age children.

My Body is Private, *Linda Walvoord Girard*, Albert Whitman & Company, 1992. Julie explains that a body is private, just like a personal letter or a closed door. She and her mother discuss what to do if someone touches her in an unwanted way, whether it is her brother tickling her or a stranger who tries to touch her.

My Dad Has HIV, *Earl Alexander, Sheila Rudin, and Pam Sejkora*, Fairview Press, 1996. This colorful picture book covers the basics of HIV/AIDS for very small children, through the story of a child whose father is HIV positive.

Oliver Button is a Sissy, *Tomie dePaola*, Harcourt Brace & Company, 1979. Oliver Button doesn't like to play baseball with the other boys – he likes to draw and read and dance. The boys in his class call him a sissy, but when he performs in the talent show, they change their minds about him.

Ready, Set, Grow! *Lynda Madaras*, Newmarket Press, 2003. For age 8 and up. This book covers the basics of puberty in language appropriate for younger girls.

The Right Touch: A Read-Aloud Story to Help Prevent Child Sexual Abuse, *Sandy Kleven*, Illumination Arts Publishing Company, 1998.

What's The Big Secret? Talking About Sex with Girls and Boys, *Laurie Krasny Brown and Marc Brown*, Little, Brown and Company, 1997. This book explains physical differences between boys and girls with clear, accurate language. Addresses reproduction with only the slightest mention of intercourse. Also models parents answering difficult questions.

Where Did I Come From? The Facts of Life Without Any Nonsense and with Illustrations, *Peter Mayle*, Carol Publishing Group, 1999

Where Do Babies Come From?, *Angela Royston*, DK Publishing, 1996

For children 4-8. Through photographs and details of plant and animal reproduction, this book answers the title question in a simple and clear way. Does not cover intercourse.

Where Willy Went: The Big Story of a Little Sperm! *Nicholas Allan*, Alfred A. Knopf, 2004. A humorous picture book that depicts reproduction as a race between sperm (who aren't very good at math, but are very good at swimming). Funny, not the full story. Ages 4-8.

What To Expect When Mommy's Having A Baby, *Heidi Murkoff*, HarperFestival, 2000.

Written by one of the co-authors of **What To Expect When You're Expecting**, this book goes over basic questions small children may have when their mothers are pregnant. For children 2-5 years old.

Why Is Mommy's Tummy So Big? Questions Children Ask About the Facts of Life, *Mary Atkinson*, DK Publishing, Inc, 1997. Simple, clear answers to common questions from children about pregnancy and families.

BOOKS FOR ADOLESCENTS

Boy's Guide to Becoming a Teen: Getting Used to Life in Your Changing Body, Amy B. Middleman and Kate Gruenwald Pfeifer, Jossey-Bass, 2006. Produced by the American Medical Association, this book provides medically accurate information about the physical changes of puberty, as well as social challenges of adolescence. (Only discusses male anatomy.)

The Care and Keeping of You: the Body Book for Girls, Valorie Schaefer and Norma Bendell, American Girl Library, 1998. Produced by the American Medical Association, this book provides medically accurate information about the physical and emotional changes of puberty.

Changing Bodies, Changing Lives, Ruth Bell, Random House, 1998. Written by the co-authors of **Our Bodies, Ourselves**, this book provides information on health and relationship issues for teens. Chapters cover mental health, puberty, sexuality, Includes interviews with teens from all over the US.

Deal With It! A Whole New Approach to Your Body, Brain and Life as a Gurl, Esther Drill, Heather McDonald, and Rebecca Odes, Pocket Books, 1999. Compiled by the creators of gurl.com, this book covers issues of body, sexuality, brain, and life, including lots of questions and answers posted by real girls on their website.

Easy for You to Say: Q & A's for Teens Living with Chronic Illness or Disability, Miriam Kaufman, M.D., Firefly Books, 2005. This collection of real questions from teens addresses concerns about specific conditions and more general information for young people with disabilities. Covers family relationships, doctors, sex, and sexuality.

Everything You Need to Know About Going to The Gynecologist, Shifra N. Diamond, The Rosen Publishing Group, Inc. 1999. Many girls have questions and concerns before their first trip to the gynecologist. From scheduling the appointment to birth control options, this book will help a young woman get prepared for her first appointment.

The Feelings Book: The Care and Keeping of Your Emotions, Lynda Madison, American Girl, 2002. In this book, girls learn to recognize and deal with their emotions through written exercises, tips, and real questions from real girls.

From Boys to Men: All About Adolescence and You, Michael Gurian, Price Stern Sloan, 1999. This book addresses the emotional and social changes boys face in adolescence. Includes advice about dealing with anger and peer pressure. Addresses intercourse and masturbation.

Girl's Guide to Becoming a Teen: Getting Used to Life in Your Changing Body, Amy B. Middleman and Kate Gruenwald Pfeifer, Jossey-Bass, 2006. Produced by the American Medical Association, this book provides medically accurate information about the physical changes of puberty, as well as social challenges of adolescence. (Only describes/discusses female anatomy.)

Girltalk: All the Stuff Your Sister Never Told You, *Carol Weston*, Harper Collins Publishers, 2004. Now in its fourth edition, this guide for young women offers information on everything from relationships to birth control to education. Also includes questions and answers from the author's advice column.

How Sex Works, *Elizabeth Fenwick and Richard Walker*, Publisher Resources, Inc., 1994. This book covers puberty, sexual intercourse, reproduction, health, relationships, and potential problems young people face. Uses diagrams, photographs, and Q and A from real teens.

It's a Girl Thing: How to Stay Healthy, Safe, and in Charge, *Mavis Jukes*, Alfred A. Knopf, 1996. This book covers periods, breast development, romance and sex, birth control, drunks and alcohol, and accessing health care. Rich with anecdotes from the author's own life.

It's OK to Be You: A Frank and Funny Guide to Growing Up, *Claire Patterson and Lindsay Quilter*, Tricycle Press, 1988. Just like the title suggests, this book emphasizes that puberty happens at different rates for all individuals, and that that is normal. Covers the physical and emotional changes of puberty, as well as masturbation and crushes.

It's Perfectly Normal: Changing Bodies, Sex and Sexual Health, *Robie H. Harris*, Penguin USA, 1994. A bird and a bee walk readers through this illustrated book about puberty, sexuality, and families. By the author of **It's So Amazing!** and **It's Not the Stork**.

My Body, My Self, *Lynda Madaras and Area Madaras*, Newmarket Press, 1995

Period. A Girl's Guide, *JoAnn Gardner-Loulan, Bonnie Lopez, and Marcia Quackenbush*, Volcano Press, 1991. For girls age 8 and up, this book explains everything about menstruation, including an explanation about the gynecological exam. Also includes a detachable parent's guide, with additional tips about discussing puberty and sexuality with children.

The Period Book: Everything You Don't Want to Ask (But Need to Know), *Karen Gravelle and Jennifer Gravelle*, Walker and Company, 1996. Just like the title says, this book explains everything about periods, from pads and tampons to cramps to the other changes of puberty. Also includes a section on body image and on visiting the gynecologist.

Sex, Puberty And All That Stuff: A Guide to Growing Up, *Jacqui Bailey*, Barron's, 2004. Using fun drawings, this book is a guide to puberty, reproduction and relationships for older kids (13-17).

A Smart Girl's Guide to Boys: Surviving Crushes, Staying True to Yourself & Other Stuff, *Nancy Holyoke*, American Girl Library, 1991.

A Smart Girl's Guide to Friendship Troubles: Dealing With Fights, Being Left Out & the Whole Popularity Thing, *Patty Kelley Criswell*, American Girl Library, 2003.

A Smart Girl's Guide to Sticky Situations: How to Tackle Tricky, Icky Problems and Tough Times, *Nancy Holyoke*, American Girl, 2002.

The Teenage Body Book, *Kathy McCoy, PhD, and Charles Wibbelsman, MD*, Perigee, 1999. This book addresses teenagers' concerns about their bodies, diet and exercise, sexuality, sexually transmitted diseases, feelings, mental health, and other issues.

The Watts Teen Health Dictionary, *Charlotte Isler, R.N. and Alwyn T. Cohal, M.D.*, Franklin Watts, 1996. A dictionary of health terms for teenagers, this book also includes lists of relevant hotlines and books, information about doctors, and information about drugs and medications.

What's Going On Down There? Answers to Questions Boys Find Hard to Ask *Karen Gravelle, Walker and Company, 1998.* Written with the help of two adolescent boys, this book provides clear information about the changes of puberty, including answers to scary 'what if' questions.

"What's Happening to My Body?" Book For Girls/Boys *Lynda Madaras, Newmarket Press, 2007.* These books, now in their revised 3rd editions, provide comprehensive information about the physiological and emotional changes of puberty.

ONLINE RESOURCES

Teenwire.com

A sexual health website for teens, provided and staffed by Planned Parenthood, giving teens factual information about sexuality to assist them in making responsible choices. It includes information on pregnancy and STD prevention, self-esteem, body image, drugs and alcohol, communication, and relationships, interactive quizzes and animations, and opportunities for teens to *Ask the Experts* and post their own stories. Information is also available in Spanish <http://www.teenwire.com/>

Advocates for Youth

Advocates for Youth is a respected national organization that champions efforts to help young people make informed and responsible decisions about their reproductive and sexual health. Advocates believes it can best serve the field by boldly advocating for a more positive and realistic approach to adolescent sexual health. This site's, *Teen Scene* offers comprehensive sexual health information and stories by peer health educators. In addition, the Parents' Sex Ed Center includes a wealth of resources, information, tips and research for parents. <http://advocatesforyouth.org/teens> <http://www.advocatesforyouth.org/parents>

Sex, Etc

Sex, Etc. is an award-winning national magazine and website on sexual health, written by teens, for teens as part of the Teen-to-Teen Sexuality Education Project developed by Answer, a national organization dedicated to providing and promoting comprehensive sexuality education, based at the Center for Applied Psychology at Rutgers, The State University of New Jersey. The site includes links to a number of excellent video resources. <http://www.sexetc.org/>

Scarleteen

A youth-accessible comprehensive website with sexual information for young people. Providing 'sex education for the real world' – birth control, safer sex, STDs, masturbation, anatomy, sexual orientation and identification, communication between sexual and romantic partners. <http://www.scarleteen.com>

Go Ask Alice!

Produced by Columbia University's Health Education program, offering questions and answers on for teens on relationships, sexuality and sexual health, and general health concerns. <http://www.goaskalice.columbia.edu>

And, finally, in case this list wasn't enough:

SIECUS, The Sexuality Information and Education Council of the United States, has another annotated bibliography, titled ***Sexuality Education in the Home***, from which you can link to these and other titles from Amazon, each order will benefit SIECUS' education efforts. <http://www.siecus.org/pubs/biblio/bibs0011.html>