

Family Conversations About Sexuality

Sex is a part of life. Be prepared. Talk about it.

Books for Parents/Caregivers

Sex & Sensibility:

The Thinking Parent's Guide to Talking Sense About Sex
Deborah Roffman, Perseus Publishing, 2001

Ten Talks Parents Must

Have With Their Children about Sex and Character
Pepper Schwartz & Dominic Capello, Hyperion, 2000

Harmful to Minors:

The Perils of Protecting Children from Sex
Judith Levine, University of Minnesota Press, 2002

Let's Talk About S-E-X:

A Guide for kids 9-12 and their parents
Sam Gitchel & Lorri Foster, Book Peddlers, 2005

Beyond The Big Talk:

Every Parent's Guide to Raising Sexually Healthy Teens
Debra W. Haffner, Newmarket Press, 2001

**Everything You Never Wanted Your Kids
to Know about Sex (but were afraid they'd ask)**

Justin Richardson & Mark Schuster, Crown Publishers, 2003

Real Boys:

Rescuing Our Sons From the Myths of Boyhood
William Pollack, Owl Books, 1998

**Dads and Daughters: How to Inspire, Understand and
Support Your Daughter When She's Growing Up So Fast**

Joe Kelly, Broadway Books, 2002

Venus in Blue Jeans:

Why Mothers & Daughters Need to Talk About Sex
Nathalie Bartle, Houghton Mifflin, 1998

Raising A Child Responsibly

In a Sexually Permissive World

Sol Gordon & Judith Gordon, Adams Media, 2000

Books for middle-school age youth

It's Perfectly Normal:

Changing Bodies, Growing Up, Sex & Sexual Health
Robie H. Harris, Candlewick Press, 1994

Changing Bodies, Changing Lives:

The book every teenager should have
Ruth Bell, Times Books, 1998

Deal With It! A Whole New

Approach To Your Body, Brain and Life as a Gurl
Esther Drill, et. al., Pocket Books, 1999

The Looks Book: A Whole New

Approach to Beauty, Body Image and Style
Esther Drill, et. al., Penguin Books, 2002

Period.

A Girl's Guide to Menstruation (with parent's guide)
JoAnn Loulan, et. al., Book Peddlers, 2001

What's Happening to My Body? Book for Boys:

A Growing Up Guide for Parents and Sons
Lynda Madaras, Newmarket Press, 2000

What's Happening to My Body? Book for Girls:

A Growing Up Guide for Parents and Daughters
Lynda Madaras, Newmarket Press, 2000

GLBTQ: The Survival Guide

For Queer and Questioning Teens
Kelly Huegel, Free Spirit Publishing, 2003

Boy v. Girl? How Gender Shapes

Who We Are, What We Want, and How We Get Along
George Abrahams & Sheila Ahlbrand, Free Spirit, 2002

What's Going On Down There?

Answers to Questions Boys Find Hard to Ask
Karen Gravelle, et. al., Walker Books, 1998

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Videos for classroom or family use

In The Mix—PBS Television Series
*“How You Look Is Not Who You Are:
Teens Talk About Eating Disorders”*
“Cliques: Behind the Labels”
“Media Literacy: TV—What You Don’t See”

Find these episodes and many more on a wide variety of topics available for sale through PBS at www.pbs.org/inthemix/

**In Other Words: Words That Hurt -
And How Young People Can Overcome Them**
National Film Board of Canada, www.nfb.ca
1.800.542.2164

**Speak Up! Improving The Lives of Gay,
Lesbian, Bisexual & Transgender Youth**
Media Education Foundation, www.mediaed.org
1.800.897.0089

**Can We Talk? Helping Families Talk
About Self-Esteem, Sex, and Peer Pressure**
*Video for family use, Family Activity Book, and
Planning & Training Manual for educators*
National Education Association &
Health Information Network
202.822.7570

Other Resources

Planned Parenthood of The Southern Finger Lakes
*Community members can get more information about
sexuality, talking with kids about sex, and sexual health*
Education Dept.—607.216.0021
www.ppfa.org/ppsfl
www.sextalk.org

Teenwire.com
*Sexuality and relationship information for teens from a
source you trust—Planned Parenthood Federation of
America.*
www.teenwire.com

Advocates for Youth
*Resources for parents, young people and professionals
about sexuality and sexuality education.*
www.advocatesforyouth.org

Kids Health
*Information for parents, kids and teens on general
health issues, including sexuality.*
www.kidshealth.org

Sex, Etc.
*Newsletter by teens, for teens with articles about
sexuality, communication, relationships & more.*
www.sexetc.org

Resources for Educators

Our Whole Lives, Sexuality Education for Grades 7-9
Pamela Wilson, Unitarian Universalist Association, www.uua.org

Positive Images: Teaching Abstinence, Contraception, and Sexual Health
Peggy Brick & Bill Taverner, Planned Parenthood of Greater Northern New
Jersey, 973.539.9580 ext. 120

Promoting Healthy Sexuality, Grades 7-8, A Curriculum for Classroom Teachers
Family Planning Association of Maine, Family Life Education Services

