

Parent-Child Communication Book List

This Book List is intended to provide parents and caregivers with information and advice on how to have conversations with their children about sexuality and relationships. Any concerns about your child's development can always be discussed with a healthcare provider. In addition to the books on this list, we recommend the following websites:

Sex Ed Rescue (sexedrescue.com) provides a book list that allows parents to search by topic area or by age.

Welcoming Schools (welcomingschools.org) provides a book list specifically for transgender, non-binary, and gender-expansive children.

But How'd I Get in There in the First Place? (Deborah Roffman)

Provides information for parents on how to have conversations about pregnancy and childbirth with their young children.

For Goodness Sex (Al Vernacchio)

Explores the challenges teens and young adults face in the 21st century, including healthy sexuality, body image, and self-esteem.

From Diapers to Dating (Debra W. Haffner)

Offers advice and practical techniques to help parents identify and communicate values about sexuality to their children, from infancy through adolescence.

Girls and Sex (Peggy Orenstein)

Draws on in-depth interviews with young women, psychological experts, and research to examine the reality of girls' sex lives in the modern world.

Hold On to Your Kids: Why Parents Matter (Gordon Neufeld and Gabor Mate)

Explains the causes of the breakdown of parental influence that families experience. Provides advice on ways to "reattach" to children, establish the proper hierarchy in the home, make kids feel safe and understood, and earn loyalty and love from children.

How to Talk with Teens about Love, Relationships, and S-E-X (Amy G. Miron and Charles D. Miron)

A candid guide that covers parent communication strategies for a wide variety of sexual health topics.

Sex and Sensibility (Deborah Roffman)

Helps parents develop a blueprint for opening the lines of communication with children of all ages. It introduces the five core parenting skills that parents need to confidently interpret and comfortably respond to virtually any question a child might pose or any situation that arises.

Sexuality: Your Sons and Daughters with Intellectual Disabilities (Karin Melberg Schwier and David Hingsburger)

Learn how to interact with children - no matter their age or ability - in a way that increases self-esteem, encourages appropriate behavior, empowers them to recognize and respond to abuse, and enables them to develop lifelong relationships.

Staying Connected to Your Teenager (Michael Riera)

Helps frustrated parents reconnect with their teenager and maintain healthy communication through adolescence.

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Talk to Me First (Deborah Roffman)

Tips and advice for parents who want to remain or become their child's "go-to" person as a resource for information about relationships and sexual health.

Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality (Terri Couwenhoven)

A proactive approach for parents of children with Down Syndrome on how to have conversations with children about sexual development.

Ten Talks Parents Must Have with Their Children about Sex and Character (Pepper Schwartz and Dominic Cappello)

Advice on exactly how to begin and what to say about sex, safety, character, peer pressure, ethics, social media, and more.

The New Speaking of Sex (Meg Hickling)

Provides age-appropriate information about sexual health, debunks myths, and provides examples of how to answer tough questions.

The Real Truth About Teens and Sex (Sabrina Weil)

The former editor-in-chief of Seventeen magazine draws on hundreds of letters, e-mails, interviews, and a nationwide survey to provide a revealing look at teens and sex.

The Transgender Child (Stephanie Brill)

Explores the unique challenges that thousands of families face every day raising their children in every city and state in the U.S. The authors cover gender variance from birth through college.

Third Base Ain't What It Used to Be (Logan Levkoff)

Tools and perspectives to navigate how to talk about sex with children in a healthy and productive way.

What's the Big Secret? (Laurie Brown and Marc Brown)

Simple, straightforward, and age-appropriate answers to kids' most common questions about sex, the human body, reproduction, and development.

Why Do They Act That Way? (David Walsh)

Explores scientific, brain-based reasons behind risk-taking behaviors during adolescence.

"You're in the Wrong Bathroom!" (Laura Erickson-Schroth and Laura A. Jacobs)

Debunks myths, misconceptions, and misinformation about transgender and gender non-conforming people.

Need more information? Contact the Virginia League for Planned Parenthood's Education Department at education@vlpp.org.