

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Sex Education

Material Title: **Am I Weird or Is This Normal? Advice and Info to Get Teens in the Know**
 Author: Marlin S. Potash, Ed.D. *Children's Books* 2001 261 pages

Written by a mother-daughter team, this book offers practical, down-to-earth advice on issues teenage girls are dealing with today. It is written in question-and-answer form, and includes many quizzes, games, & helpful hints. In addition, the book is packed with current facts on alcohol and drugs, eating disorders, sex and relationships, after school jobs, college, & more.

Material Title: **Asking About Sex and Growing Up: A Question and Answer Book for Boys and Girls* (Children's Materials)**
 Author: Joanna Cole *Children's Books* 1988 86 pages

This illustrated book is targeted at preteen boys and girls. Written in an easy to understand question-and-answer format, it addresses all aspects of sexuality from growth and development to sex and relationships. The aim of this book is to give children a healthy and accurate view of sexuality.

Material Title: **Before She Gets Her Period: Talking with Your Daughter about Menstruation**
 Author: Jessica B. Gillooly *Books* 1998 158 pages

This book is designed to help parents talk with their children about all aspects of menstruation. It includes exercises and activities to get parents talking with their daughters, as well as tips on exactly what to say. In addition, the book provides insightful real life stories written by girls and women.

Material Title: **Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens from Middle School to High School and Beyond**
 Author: Debra W. Haffner, MPH *Books* 2001 222 pages

In this book, the author confronts issues such as peer pressure, dating and parties, alcohol and drugs, sexual harassment, abstinence, and much more. The book is broken down to provide specific information particular to each age group from middle school to high school and beyond. It is packed with helpful exercises and an extensive appendix of additional resources. In addition, a supportive foreword is written by the author's own teenage daughter.

Material Title: **Finding Our Voices: Talking with our Children about Sexuality and AIDS**
 Author: Mothers' Voices *Books* 1998 36 pages

This book is designed to help parents initiate important conversations with their children about sexuality and AIDS. It encourages parents to educate children in the home and also in the community in an attempt to make a difference in the AIDS epidemic and create stronger, healthier families. This book is filled with current statistics and many helpful resources.

Material Title: **Flight of the Stork: What Children Think (and When) about Sex and Family Building**
 Author: Anne C. Bernstein *Books* 1994 269 pages

This is for parents who are uncertain about how to talk to their children about sensitive issues, including sex and adoption. Bernstein outlines developmental stages in terms that are easily understood and describes what children's capabilities and tendencies are at each level. The book is filled with interviews with children on the subjects first of sex and later adoption, and there are many concrete suggestions for words, and more importantly, approaches to use when talking to your children.

Material Title: **Healthy Sexuality Development: A Guide for Early Childhood Educators and Families**
 Author: Kent, and Donna Couchenour Chrismaan *Books* 2002 85 pages

Children learn about sexuality the same way they learn about everything else--through words, actions, interactions, and relationships. Early childhood professionals assist families in supporting children's healthy sexuality development as they interact with children, work with families, and plan programs.

This book provides bey information to booth early childhood educators and family members about what is typical in young children and how to support then in this early and inquisitive stage.

Sex Education

Material Title: **I Said No! A kid-to-kid guide to keeping private parts private**
Author: Kimberly and Zack King *Children's Books* 2016 38

Helping kids set healthy boundaries for their private parts can be a daunting and awkward task for parents, counselors and educators. Written from a kid's point of view, I Said No! makes this task a lot easier. To help Zack cope with a real-life experience he had with a friend, he and his mom wrote a book to help prepare other kids to deal with a range of problematic situations. I Said No! uses kid-friendly language and illustrations to help parents and concerned adults give kids guidance they can understand, practice and use. Using a simple, direct, decidedly non-icky approach that doesn't dumb down the issues involved, as well as an easy-to-use system to help kids rehearse and remember appropriate responses to help keep them safe, I Said No! covers a variety of topics, including:
What's appropriate and with whom.
How to deal with inappropriate behavior, bribes and threats.

When and where to go for help, and what to do if the people you're turning to for help don't listen.

Dealing with feelings of guilt and shame.

Material Title: **Is This Normal (Revised): MORE Girls' Questions, Answered by the Editors of The Care & Keeping of You**
Author: Darcie Johnston *Children's Books* 2015 120

This helpful resource book is filled with over 100 letters from real girls like you with questions about their changing bodies, and expert answers to each one. Plus, the back of the book features tips on how to talk to your parents about puberty and other touchy topics.

Material Title: **It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch* (Children's Materials)**
Author: Lory Freeman *Children's Books* 1982 24 pages

This illustrated book for preschool children teaches them about boundaries and the difference between "good" and "bad" touches. Also discusses appropriate responses to unwanted touching. Also available in Spanish

Material Title: **Kids Online: Protecting Your Children in Cyberspace**
Author: Donna Rice Hughes *Books* 1998 253 pages

This book provides simple step-by-step directions for keeping kids safe while still allowing them the many benefits of the Internet. It offers a detailed description of the serious risks of cyberspace, and gives advice on providing rules and regulations regarding online activity. This book also outlines basic computer and Internet terms and usage, for parents who aren't exactly Internet-savvy.

Material Title: **My Body Is Private* (Children's Materials)**
Author: Linda Walvoord Girard *Children's Books* 1984 25 pages

Pictures by Rodney Pate. This book gives us glimpses into the day-to-day life of Julie, the prepubescent girl who is the book's narrator. Readers learn that there are welcome and unwelcome forms of touching, and how to tell someone when you are not comfortable with being touched or held. The message is pretty straight-forward but it avoids being alarmist.

Material Title: **My Body, My Self for Boys**
Author: Lynda Madaras *Children's Books* 2007 92 pages

Aimed at 8 to 15 year old boys, this fact-filled journal and activity book makes it fun for boys to find answers to their many questions about the physical and emotional changes that accompany puberty. With quizzes, checklists, games, and illustrations throughout, there are also journal pages and lots of personal stories addressing boys' concerns, experiences, and feelings during this new stage of their lives.

Material Title: **My Body, My Self for Girls**
Author: Lynda Madaras *Children's Books* 2000 117 pages

This book is designed to help 8 to 15 year old girls learn more about the changes that take place in their bodies during puberty. It's packed with quizzes, exercises, checklists, suggestions for diary-keeping, illustrations, and personal stories from girls (and their mothers) about their growing-up concerns, experiences, and feelings. It covers everything affected by the onset of puberty, from body image, height, weight, pimples, and cramps to first periods, first bras, and first impressions.

Sex Education

Material Title: **No b.o.!: The Head-to-Toe Book of Hygiene for Preteens**
Author: Marguerite Crump *Children's Books* 2002 118

Puberty can be a pain. Who needs acne? Stinky feet? B.O.? Good hygiene can make a big difference in how kids feel about themselves during this challenging time. It can also make a difference in how others feel about them.

This frank, reassuring, humorous book covers the physical changes boys and girls experience during puberty and offers tips on caring for oneself from head to toe. Fascinating facts, friendly suggestions, and funny illustrations combine in a lighthearted approach that kids find appealing and nonthreatening. Previously titled Don't Sweat It!, this book is recommended for all upper elementary and middle school students, their parents, teachers, coaches, counselors, and anyone else who cares about kids.

Material Title: **Our Daughters and Sons: Questions and Answers for Parents of Gay, Lesbian and Bisexual People**
Author: PFLAG *Books* 1995 23 pages

This booklet, from Parents, Families and Friends of Lesbians and Gays (PFLAG), addresses questions commonly asked by parents of children who are gay. It covers such topics as the definition of homosexuality, religion, STD's, and how parents can be supportive of their children during the "coming out" process. In addition, this booklet contains a list of many other helpful resources for both gay people and their parents.

Material Title: **Parents' Practical Guide to Resilience for Preteens and Teenagers on the Autism Spectrum, The**
Author: Jeanette Purkis *Books* 5/21/2018 202

This book empowers parents of autistic young people aged 11 to 20 to help them promote resilience in their child. Full of suggestions and simple activities, this easy-to-use resource will help guide parents on how to build the foundations of resilience and independence for situations such as negotiating sexuality and relationships, entering employment or living away from home.

It includes information about the main developmental stages for preteens and teens on the autism spectrum, and will take parents through life events and milestones at different ages and identify where difficulties and barriers to resilience may arise and how to address them.

Material Title: **Period.: A Girl's Guide**
Author: JoAnn Loulan *Children's Books* 2001 100

In simple terms, and without getting into sex education, the authors explain the changes all girls go through and how to handle the onset of their menstrual cycle. The supportive voice of peers and an emphasis on the uniqueness of each of us, pave the way for a healthy attitude about our bodies. It is a practical, user-friendly guide and medically accurate. You'll also find an open dated calendar to use to monitor one's cycle, helpful websites, and sample send-for information. Included with this book is a guide for parents to talk with their daughters (and sons!) about menstruation.

Material Title: **Raising a Child Responsibly in a Sexually Permissive World**
Author: Sol Gordon, Ph.D., and Judith Gordon, MSW *Books* 2000 233 pages

This book teaches parents how to give their children the guidance they need to develop healthy, positive attitudes about sex, and to counter media and peer pressures. It will help you to discuss this sensitive topic in an open, informed way and to take responsibility for being your child's primary sex educator.

Material Title: **Ready, Set, Grow!: A What's Happening to My Body? Book for Younger Girls**
Author: Lynda Madaras *Children's Books* 2003 128

In her uniquely warm and funny style, Lynda wrote this entirely new book especially for younger girls to give them what they need to know to celebrate and accept the new and exciting changes that are happening to their bodies during puberty.

Illustrated with delightful drawings, Ready, Set, Grow! is the sixth book in the popular Madaras "What's Happening to My Body?" series of growing-up books for girls and boys. Praised by parents, teachers, nurses, doctors, and especially kids, the bestselling "What's Happening to My Body?" books for older girls and boys are on the "Best Books for Young Adults" list from the American Library Association, and have been translated into 12 languages. Over 2,000,000 copies of the "What's Happening to My Body?" series are in print.

Material Title: **Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex**
Author: Deborah M. Roffman *Books* 2001 325 pages

This is a practical guide for parents and teachers of adolescents. A wide range of topics are covered including age appropriateness, what sex really is, values, sexual health, partnerships, gender, and sexual orientation. This book helps parents learn how to educate and empower their teenage children.

Sex Education

Material Title: **Sex Book, The: An alphabet of smarter love**
Author: Jane Pavanel *Children's Books* 2001 196 pages

This cartoon-illustrated book is a glossary/encyclopedia of terms and slang, realities and myths exposed, and questions and answers related to the sexes. It covers such topics as venereal diseases, pregnancy, arousal, birth control, body parts -- external and internal, puberty, sexual preferences, drugs, menstruation, abuse, masturbation, etc. etc. It is very thorough and up to date. It could be helpful for adolescents and parents in the fast changing world of slang, cyber sex, ecstasy type drugs and even diseases.

Material Title: **Sex is a Funny Word: A Book About Bodies, Feelings, and You**
Author: Cory Silverberg *Children's Books* 2015 160

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.

Material Title: **Sex, Teens, and Everything in Between: The New and Necessary Conversations Today's Teenagers Need to Have about Consent, Sexual Harassment, Healthy Relationships, Love, and More**
Author: Shafia Zaloom *Books* 2019 352

Many American teens are steeped in a culture that sends unsettling messages about sex, through everything from politics to music to the normalization of porn. In today's environment, it's crucial that teens be able to ask hard questions about how to take care of themselves, make decisions that reflect their values, and stay safe. In Sex, Teens, and Everything in Between, veteran teen sex educator and mother of three Shafia Zaloom helps you discuss a wide variety of sex-related topics with your teens, including:

- How to get and give consent
- What it means to have "good" sex
- How to help prevent sexual harassment and assault
- How to stay safe in difficult situations
- The legal consequences of sexual harassment and assault, and what to do if a teen experiences assault or is accused of it
- Stories from survivors of sexual assault

Approachable, engaging, and with real-life scenarios and discussion questions in every chapter, Sex, Teens, and Everything in Between is a must-have resource that gives parents and educators the tools they need to have meaningful conversations with teens about what sex can and should be.

Material Title: **Sexuality: Your Sons and Daughters with Intellectual Disabilities**
Author: Karin Melberg Schwier *Books* 2000 196 pages

From this book, parents will learn how to interact with their 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. Parents share the joys and challenges of raising a child with an intellectual disability and offer helpful advice and practical strategies. Individuals with intellectual disabilities explain, too, what is important to them.

Material Title: **Teenage Human Body Operator's Manual, The**
Author: Lee White *Children's Books* 1998 167 pages

This book attacks the difficult topics of puberty, sex, health, and safety through games, quizzes, and many humorous illustrations. It covers a wide range of topics that are of concern to teens and preteens such as pregnancy, STD's, personal hygiene, eating disorders, and drug and alcohol abuse.

Material Title: **Ten Talks Parents Must Have With Their Children About Sex and Character**
Author: Pepper Schwartz, Ph.D. *Books* 2000 379 pages

Based on proven approaches the authors are using in workshops across the country, this book offers advice on exactly how to begin and what to say about ten important issues. Providing information from sex, to peer pressure, to Internet use, this illustrated book helps prepare kids for the complex world of relationships, sex, and growing up.

Material Title: **The Care and Keeping of You: The Body Book for Younger Girls, Revised Edition (American Girl Library)**
Author: Valorie Schaefer *Children's Books* 2012 104

Our best-selling body book for girls just got even better! With all-new illustrations and updated content for girls ages 8 and up, it features tips, how-tos, and facts from the experts. (Medical consultant: Cara Natterson, MD.) You'll find answers to questions about your changing body, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between. Once you feel comfortable with what's happening, you'll be ready to move on to the The Care & Keeping of You 2!

Sex Education

Material Title: **Understanding Your Child's Sexual Behavior: What's Natural and Healthy**
Author: Toni Cavanagh Johnson *Books* 1999 186 pages

This readable, easily understood book for parents and caregivers explains children's developing sexuality -- when their behaviors are normal and when to be concerned. It focuses on children from birth to approximately 12 years, providing valid strategies to both understand the behavior and respond to it.

Material Title: **Untangled; Guiding Teenage Girls Through the Seven Transitions into Adulthood**
Author: Lisa Damour *Books* 4/04/2017 368

In this sane, highly engaging, and informed guide for parents of daughters, Dr. Damour draws on decades of experience and the latest research to reveal the seven distinct—and absolutely normal—developmental transitions that turn girls into grown-ups, including Parting with Childhood, Contending with Adult Authority, Entering the Romantic World, and Caring for Herself. Providing realistic scenarios and welcome advice on how to engage daughters in smart, constructive ways, Untangled gives parents a broad framework for understanding their daughters while addressing their most common questions

Material Title: **Very Touching Book, A...for Little People and for Big People (Children's Materials)**
Author: Jan Hindman *Children's Books* 1983 50 pages

This book is intended to be read and shown to a child by a parent. Through pictures and words, it teaches appropriate and inappropriate touching. It is written on a child's level, but the cartoon like illustrations are anatomically correct to avoid confusion.

Material Title: **What if Someone I Know Is Gay? Answers to Questions About Gay and Lesbian People**
Author: Eric Marcus *Children's Books* 2007 138 pages

Aimed at teenagers, this book breaks down the stereotypes surrounding homosexuality. Written in question-and-answer form, the author answers real questions from real teenagers about everything from sex to religion. He pushes aside all of the myths and misinformation to help kids understand what being gay is really all about.

Material Title: **What Makes a Baby**
Author: Cory Silverberg *Children's Books* 2013

Material Title: **What's Happening to Me? An Illustrated Guide to Puberty* (Children's Materials)**
Author: Peter Mayle and Arthur Robins *Children's Books* 1975 50 pages

This anatomically explicit illustrated guide to puberty contains the answers to "some of the world's most embarrassing questions." Aimed at preteen boys and girls, it explores such topics as sex, masturbation, growth, and body image.

Material Title: **What's Happening to My Body? Book for Boys, The**
Author: Lynda Madaras *Children's Books* 2007 231 pages

This book gives sensitive straight talk on: the body's changing size and shape; diet and exercise; the growth spurt; the reproductive organs; body hair; voice changes; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on steroid abuse, acne treatment, sexually transmitted diseases, AIDS, and birth control. Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all boys ages 10 and up.

Material Title: **What's Happening to My Body? Book for Girls, The**
Author: Lynda Madaras *Children's Books* 2007 255 pages

Written by an experienced educator and her daughter in a reassuring and down-to-earth style, this book gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control. Featuring illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all girls ages 10 and up.

Material Title: **What's the Big Secret?: Talking about Sex with Girls and Boys* (Children's Materials)**
Author: Laurie Krasny Brown *Children's Books* 1997 32 pages

With chapters entitled "How Do Boys and Girls Differ?"; "More About Girls' and Boys' Bodies;" and "Why Boys and Girls Differ: A Little Lesson in Reproduction," this children's book (pre-school-grade 3) with anatomically correct cartoon illustrations is intended to help parents talk about "where babies come from" in an enlightened way.

Sex Education

Material Title: **Where Did I Come From?: The facts of life without any nonsense and with illustrations* (Children's Materials)**

Author: Peter Mayle and Arthur Robins *Children's Books* 1977 43 pages

For more than twenty years, this book has helped parents explain the facts of life to their curious children. It helps describe to young children how babies are really made. It is packed full of humorous illustrations and honest facts about love, sex, pregnancy, and the birth process.

Material Title: **Your Body Belongs to You* (Children's Materials)**

Author: Cornelia Spelman *Children's Books* 1997 18 pages

This children's picture book teaches very young children about their bodies and about how to distinguish between "good touch" and "bad touch." It teaches children that their bodies belong to them and them alone, and that it is ok to say "no" to someone, even an adult, if touch makes them feel uncomfortable. It also encourages positive touch such as cuddling and hugging between parents, children, and friends, in a safe environment.