



# Let's Talk About . . .

## 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."

### 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.

This book provides practical support and information for families.

#### ***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.

--continued

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***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.

***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.

***From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Youth***

*Debra Haffner. Newmarket Press, 2000.*

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 value exercise, it encourages parents to examine their own sexual values so that they can share these messages.

***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.

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

*Pamela M. Wilson. ETR Associates, 1991.*

Written for teachers and parents, this book addresses questions of children 10 years of age and younger. The psychosocial development and learning processes of children are discussed. 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.

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## ***For Older Children, Preteens and Teens: GIRLS***

### ***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.

### ***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.

### ***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.

### ***The 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 Girl's 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.

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## For Older Children, Preteens and Teens: BOYS

### ***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 wondering if they are gay and need information about self-acceptance and fitting in.

### ***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 Niekah, 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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## For Older Children, Preteens and Teens: BOYS AND GIRLS

***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.

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

*Diane Yancey, Lerner Publishing Group, 2002.*

This book explains different 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.

***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.

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## 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.

### ***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.

### ***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.

### ***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.

### ***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.*

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.

### ***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.

### ***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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