



HEALTHY SEXUALITY - SELECTED RESOURCE LIST:

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BOOKS FOR PARENTS / FACULTY / CARING ADULTS:

- *Always My Child: A Parent's Guide to Understanding Your Gay, Lesbian, Bisexual, Transgender or Questioning Son or Daughter* (Kevin Jennings, 2003)
- *Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens From Middle School to High School and Beyond* (Debra Haffner, 2004)
- *Breaking the Hush Factor: Ten Rules for Talking with Teenagers about Sex* (Karen Rayne, 2015)
- *Challenging Casanova: Beyond the Stereotype of the Promiscuous Young Male* (Andrew Smiler, 2012)
- *Dr. Ruth's Guide to Teens and Sex Today* (Ruth Westheimer, 2008)
- *For Goodness Sex: Changing the Way We Talk to Teens about Sexuality, Values, and Health* (Al Vernacchio, 2014)
- *From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children - From Infancy to Middle School* (Debra W. Haffner, 2008)
- *Girls and Sex* (Peggy Orenstein, 2017)
- *Loving Someone Gay* (Donald H. Clark, 2009)
- *Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex* (Deborah Roffman, 2000)
- *Sexploitation: Helping Kids Develop Healthy Sexuality in a Porn Driven World* (Cindy Pierce - foreword by Al Vernacchio, 2015)
- *Talk To Me First: Everything You Need to Know to Become your Kids' "Go To" Person About Sex* (Deborah M. Roffman, 2012)
- *Ten Talks Parents Must Have with Their Children About Sex and Character* (Pepper Schwartz, 2000)
- *The Social Justice Advocate's Handbook: A Guide to Gender* (Sam Killermann, 2013)
- *What Every 21st-Century Parent Needs to Know: Facing Today's Challenges with Wisdom and Heart* (Debra Haffner, 2008)

BOOKS FOR CHILDREN AND PRETEENS:

- *Dating and Sex: A Guide for the 21st Century Teen Boy* (Andrew Smiler, 2016)

- *Inside Out: Your Body is Amazing Inside and Out and Belongs Only To You* (Mary Jo Podgurski, 2012)
- *It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health* (Robie Harris, 2014)
- *It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends* (Robie Harris, 2008)
- *It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families* (Robie Harris, 2014)
- *Let's Talk About S-E-X: A Guide for Kids 9 to 12 and Their Parents* (Sam Gitchel & Lorri Foster, 2005)
- *Nonnie Talks about Gender* (Mary Jo Podgurski, 2014)
- *Nonnie Talks About Pregnancy and Birth* (Mary Jo Podgurski, 2017)
- *Nonnie Talks About Puberty* (Mary Jo Podgurski, 2016)
- *Sex is a Funny Word: A Book about Bodies, Feelings, and YOU* (Cory Silverberg, 2015)
- *The Boy's Body Book - Everything You Need to Know for Growing Up YOU* (Kelli Dunham, 2013)
- *The Girl's Body Book - Everything You Need to Know for Growing Up YOU* (Kelli Dunham, 2013)
- *What Makes a Baby* (Cory Silverberg, 2013)
- *What's Happening to Me? A Guide to Puberty* (Peter Mayle, 2000)
- *What's Happening to My Body - Book for Boys* (Linda Madaras, 2007)
- *What's Happening to my Body - Book for Girls* (Linda Madaras, 2007)
- *What's In There? All About Before You Were Born* (Robie Harris, 2013)
- *What's the Big Secret? Talking About Sex with Girls and Boys* (Laurie Krasny Brown, 2000)
- *What's Up as YOU Grow Up?: 4th and 5th Grade Version* (Mary Jo Podgurski, 2013)
- *Where Did I Come From?* (Peter Mayle, 2000)
- *Who Has What?: All About Girls' Bodies and Boys' Bodies* (Robie Harris, 2011)

BOOKS FOR TEENS AND YOUNG ADULTS:

- *Beyond Magenta: Transgender Teens Speak Out* (Susan Kuklin, 2015)
- *Changing Bodies, Changing Lives: Expanded Third Edition: A Book for Teens on Sex and Relationships* (Ruth Bell, 1998)
- *Dating and Sex: A Guide for the 21st Century Teen Boy* (Andrew Smiler, 2016)
- *Hello Cruel World: 101 Alternatives to Suicide for Teens, Freaks & Other Outlaws* (Kate Bornstein, 2006)
- *My New Gender Workbook: A Step-by-Step Guide to Achieving World Peace Through Gender Anarchy and Sex Positivity* (Kate Bornstein, 2013)
- *Proud: emPOWERment for LGBTQ youth* (Mandi Hawke, 2012)
- *Queer: The Ultimate LGBT Guide for Teens* (Kathy Belge, 2011)

- *S.E.X: All-you-need-to-know progressive sexuality guide to get you through high school & college* (Heather Corinna, 2016)
- *Speaking Out: LGBTQ Youth Stand Up* (Steve Berman, 2011)
- *Teen Guide to Sex and Relationships* (Matt Posner & Jess Scott, 2012)
- *The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity* (Rylan Jay Testa and Deborah Coolhart, 2015)
- *The Teen Guide to Sex Without Regrets* (Andrea Estepa, Keith Hefner, Laura Longhine, 2010)

WEB RESOURCES:

- **Advocates for Youth:** <http://www.advocatesforyouth.org/>
Excerpted from their website: Advocates for Youth 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.
- **Amaze:** www.amaze.org
Excerpted from their website: AMAZE takes the awkward out of sex ed. Real info in fun, animated videos that give you all the answers you actually want to know about sex, your body and relationships. The videos can also be accessed via YouTube.
- **Amplify Your Voice:** www.amplifyyourvoice.org
Excerpted from their website: Amplify is a project of Advocates for Youth...[which]...champions efforts to help young people make informed and responsible decisions about their reproductive and sexual health. Advocates for Youth envisions a society that views sexuality as normal and healthy and treats young people as a valuable resource. The core values of Rights, Respect, Responsibility® (3Rs) animate this vision:
- **GLSEN (Gay, Lesbian, Straight Education Network) -** www.glsen.org
Excerpted from Wikipedia: The Gay, Lesbian and Straight Education Network (GLSEN) is an organization in the United States that seeks to end discrimination, harassment, and bullying based on sexual orientation, gender identity and gender expression in K-12 schools.
- **Go Ask Alice -** <http://goaskalice.columbia.edu/>
Excerpted from their website: Columbia University's renowned health question and answer Internet resource has proudly been bringing you quality content since 1993...[F]rom its birth in 1993 as the first health Q&A web site of its kind, to its mass market book publication debut in 1998, to its present day renewal to help maintain its cutting edge appeal and to keep it at the head of the class. As you can see, Go Ask Alice! has been influential to and influenced by higher education, health professions, the media, society and culture, and, of course, its international readership.
- **Incarnation Institute for Sex and Faith -** <http://www.incarnationinstitute.org/>
Excerpted from their website: Teaching an inclusive, science-friendly, and sex-positive Christianity. We are a group of professionals in the fields of Christianity and sexology. We believe in:
 - a pleasure-centered Christian gospel of abundance and grace
 - the moral framework Jesus modeled; respect and mutuality, inclusivity and diversity, nurturance and affirmation as the basis for both sexual decision-making and righteous relationships
- **I Wanna' Know:** <http://www.iwannaknow.org/>
Excerpted from their website: iwannaknow.org offers information on sexual health for for teens and young adults. This is where you will find the facts, the support, and the resources to answer your questions, find referrals, and get access to in-depth information about sexual health, sexually transmitted infections (STIs),

healthy relationships, and more. [Iwannaknow.org](http://www.lwannaknow.org) is a site of the American Sexual Health Association

- **Kaiser Family Foundation: <http://kff.org/>**

Excerpted from their website: Kaiser is a non-profit organization focusing on national health issues, as well as the U.S. role in global health policy. Unlike grant-making foundations, Kaiser develops and runs its own policy analysis, journalism and communications programs, sometimes in partnership with major news organizations. We serve as a non-partisan source of facts, analysis and journalism for policymakers, the media, the health policy community and the public

- **The Religious Institute - www.religioustolerance.org**

Excerpted from their website: The Religious Institute is a multifaith organization dedicated to advocating for sexual health, education, and justice in faith communities and society.

- **Religious Tolerance.org - <http://www.religioustolerance.org>**

Although covering much more than topics in human sexuality and gender, this website offers in-depth information about any religious denominations beliefs about sexuality and gender. Factual, non-judgemental, and non-proselytizing, this website provides excellent information on the intersections between religion and sexuality.

- **The Renaissance Transgender Association: www.ren.org**

Excerpted from their website: Renaissance Education Association is a non-profit, non-political, educational and social support organization founded and designed to educate and support persons regarding transgender issues, sexual orientation, sexual identity or gender identity without prejudice. We accomplish this through a variety of carefully selected educational programs, support groups, resources for transgender community care providers as well as personal and recreational resources for anyone who identifies as Transgender and persons close to them.

- **Sex, Etc. - <http://www.sexetc.org/>**

Excerpted from their website: Sex, Etc. is on a mission to improve teen sexual health across the country...We've helped teens with answers to their question about sex, relationships, pregnancy, STDs, birth control, sexual orientation and more! Sex, Etc. is published by Answer, a national organization that provides and promotes unfettered access to comprehensive sexuality education for young people and the adults who teach them. Learn how you can support better sex education at the Answer website.

- **Scarleteen - <http://www.scarleteen.com/>**

Excerpted from their website: Scarleteen is an independent, grassroots sexuality education and support organization and website. Founded in 1998, Scarleteen.com is visited by around three-quarters of a million diverse people each month worldwide, most between the ages of 15 and 25. It is the highest-ranked website for sex education and sexuality advice online and has held that rank through most of its tenure.

- **SIECUS (Sexuality Information and Education Council of the US): <http://www.siecus.org/>**

Excerpted from their website: SIECUS [is] a recognized leader in the field of sexuality and sexuality education, publishing numerous books, journals, and resources for professionals, parents, and the public.

- **SmarterSex.org: www.smartersex.org**

Excerpted from their website: In June 2002, The BACCHUS Network™ conducted a survey of students ages 18-24 to determine their attitudes and knowledge about sex...In response to this need, BACCHUS created SmarterSex.org, an exciting and one-of-a-kind sexual health web site for college students. Our hope is that this will encourage not only students, but also educators and parents, to discuss and learn from each other about smart sex.

- **Talk About Sex: www.seriouslysexuality.com**

Sponsored by SIECUS, this website offers answers to many of the most common questions asked by teens about sexuality, relationships, and sexual health.

- **Youth Resources (for LGBTQ youth): <http://youthresource.com>**

Excerpted from their website: Youth Resources is a website BY and FOR lesbian, gay, bisexual, and transgender youth.

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