

The Librarian's Guide



**Audiovisual, Print, and Web-based Materials
for Youth, Parents, and Youth-Serving Professionals**

Written by Jess Ratner and Barbara Huberman



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Advocates for Youth

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Who We Are

Established in 1980 as the Center for Population Options, 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.

What We Believe

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—

- **Rights:** Youth have *rights* to accurate and complete sexual health information, confidential reproductive and sexual health services, and a secure stake in the future.
- **Respect:** Youth deserve *respect*. Today, young people are largely perceived as part of the problem. Valuing young people means they are part of the solution and are included in developing programs and policies that affect their well-being.
- **Responsibility:** Society has the *responsibility* to provide young people with the tools they need to safeguard their sexual health, and young people have the responsibility to protect themselves from too-early childbearing and sexually transmitted infections (STIs), including HIV.

Our Mission

Advocates for Youth is dedicated to creating programs and advocating for policies that help young people make informed and responsible decisions about their reproductive and sexual health. Advocates provides information, training, and strategic assistance to youth-serving organizations, policy makers, youth activists, and the media in the United States and the developing world.

Credits

This resource guide was funded by:
New Morning Foundation
P.O. Box 11531, Columbia, SC 29211
www.newmorningfoundation.org
(803) 929-0088



NEW MORNING FOUNDATION

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Introduction

Young people today have many questions about sex and sexual health. Many of these questions are the same as the ones their parents and grandparents had at their age: Am I “normal?” Is my body developing at the right pace? How do I know if I’m in love? Parents too have questions: What do I say when my toddler asks where babies come from? When do I tell my teen about birth control? How do I help my pre-teen understand puberty?

Librarians can help young people and their parents to answer these questions and the thousands more they have by offering a safe and welcoming environment in which they can research and obtain accurate, age appropriate, sexual health materials.

Think back to when you were a teenager. What questions did you have? Where did you get your information? Schools today provide varying levels of sex education. Some schools provide comprehensive sex education in kindergarten through 12th grade. Others provide information only about HIV prevention. Many schools today provide abstinence-only education—education that censors information about the health benefits of condoms and contraception for sexually active youth.

Regardless of the type of education young people receive in school, many continue to have unanswered questions. In a study of students who received sexuality education in school, participants indicated that they needed more information about: rape and sexual assault (55 percent); coping with the emotional consequences of being sexually active (46 percent); talking with a partner about birth control and sexually transmitted diseases (46 percent); and where to obtain contraception (40 percent).[1]

In another study, teens reported the need for information regarding: the prevention of HIV/AIDS and other STDs (56 percent); available methods of birth control (57 percent); how to talk to a doctor about sexual health issues (43 percent); and how to deal with pressure to have sex (35 percent). [2]

Parents also need more information. No one teaches us to be good parents. Many parents say that teaching children about sex and sexuality is one of the most difficult and uncomfortable tasks they face. They want to provide their children with correct information, but often they feel ill-equipped. Many don’t know at what age they should approach various topics with their children; others feel unsure about the message that they want to provide.

Others in the community also need librarians’ help. Educators and other youth-serving professionals often have the responsibility of providing young people with sex education in the classroom and/or after-school programs. Many are in need of updated materials and age appropriate resources. Others are unsure exactly how much information they should provide, or if they should provide any information at all.

Research clearly indicates that information about sex and sexuality does not increase sexual activity or reduce the age of sexual initiation among young people. [3,4,5,6] In fact, young

people who receive age appropriate, medically accurate sexual health information—be it from their parents, teachers or other caring adults—regarding abstinence, contraception, sexual development, communication, etc. are more likely than those that learn only about abstinence to delay sexual initiation and to use contraception when they do have sex. [3,4,5,6,7,8]

As a librarian, you have a unique opportunity to help parents, educators and ultimately young people obtain the age-appropriate, medically accurate and culturally relevant information they need to be informed about sexual health. The environment you create in your library can help young people and their parents feel comfortable asking questions and finding resources. The library's collection can also assist educators and other youth-serving professionals in their efforts to provide young people with the information they need to make informed decisions about their sexual health.

Many librarians already provide their patrons with sexual health information. Others want to include this information, but are unsure how to start. Below are tips to help you create a supportive environment, offer a wide range of the best sexual health resources, raise community awareness, and provide programming related to sexuality issues. For some of the patrons you serve, your library may be their only source of information. Assisting young people, their parents and their educators to get the information they need can greatly affect the lives of these young people and reduce their risk of teenage pregnancy, HIV and other sexually transmitted infections.

References:

1. The Henry J. Kaiser Family Foundation. *Sex Education in America: A View from Inside the Nation's Classroom*, Chart Pack. Menlo Park, CA: The Henry J. Kaiser Family Foundation, 2000.
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3. Baldo M et al. Does Sex Education Lead to Earlier or Increased Sexual Activity in Youth? Presented at the Ninth International Conference on AIDS, Berlin, 6-10 June, 1993. Geneva: World Health Organization, 1993.
4. United Nations Joint Programme on HIV and AIDS. *Impact of HIV and Sexual Health Education on the Sexual Behavior of Young People*. [UNAIDS Best Practice Collection] Geneva: UNAIDS, 1997.
5. Institute of Medicine, Committee on HIV Prevention Strategies in the United States. *No Time to Lose: Getting More from HIV Prevention*. Washington, DC: National Academy Press, 2001.
6. Kirby D. *Emerging Answers: Research Findings on Programs to Reduce Teen Pregnancy*. Washington, DC: National Campaign to Prevent Teen Pregnancy, 2001.
7. Miller KS et al. Patterns of condom use among adolescents: the impact of mother-adolescent communication. *American Journal of Public Health* 1998; 1542-44.
8. Shoop DM, Davidson PM. AIDS and adolescents: the relation of parent and partner communication to adolescent condom use. *Journal of Adolescence* 1994; 17: 137-148.

Fifteen Ways a Librarian Can Promote Literacy About Sexuality

1. Host Community Forums about parent-child communication about sex, sex education in the schools, or other sexual health topics.
2. Invite sexual and reproductive health organizations to hold their meetings and public events at your library.
3. Hold story hours for moms and preschoolers and use books on growth and development, pregnancy and birth, body changes, families, etc.
4. Hold mother–daughter discussion groups for preteen youth and use books on puberty.
5. Create displays to commemorate national observances related to sexual and reproductive health such as Teen Pregnancy Prevention Month (May).
6. Order pamphlets and brochures for parents and youth to pick up and take home on sexual and reproductive health.
7. Educate teachers about the resources you have in the library about sexual and reproductive health.
8. Sponsor an essay or poster contest related to sexual and reproductive health.
9. Develop a bibliography of materials available for parents to use in educating their children about sexuality.
10. Visit the county health department and offer them books on growth and development, puberty etc. for their waiting rooms or exam rooms.
11. Establish a hotline where teens and parents can email or call in and ask questions about sexuality and you can respond or ask community experts to respond.
12. Make sure you have materials and resources in different languages per the makeup of your community.
13. Make sure you have materials and resources for sight and hearing impaired members of the community.
14. Hold a film festival and offer videos and films about sexual health issues for the public.
15. Develop a teen advisory board to review and recommend new materials on sexual health.

How is This Guide Organized?

This guide is organized both by type of media and by intended audience. The resources are divided into five sections according to type of media: video, audio, computer-based, print, and web-based; some of these sections are divided into more specific categories. Within each of these sections, resources are divided by appropriate audience (based on subject matter, not reading level). The three main audience categories are youth, parents, and youth-serving professionals (such as educators, health care providers, and others who work directly with youth). The youth and parents sections are divided by the age of youth: young children (ages 0-8), preteens (ages 9-13), and teens (ages 14 and up).

Each entry in the guide includes the title, author, publication date and length of the resource (providing that all of this information is available). When appropriate, the specific age range and gender of the intended audience is included in the entry. Additionally, a detailed description and ordering information are included for each resource.

If a resource is available in Spanish, this is indicated following the resource description in bold font.

“Must Haves” for Beginning a Library Collection on Sexuality Education

VIDEOS

Youth

Private Lives: HIV/STI Education (Northwest Media, Inc., 2003)

Raising Healthy Kids: Families Talk About Sexual Health (Family Health Productions, 1997)

Talking About Sex: A Guide for Families (Planned Parenthood Federation of America, 1996)

Youth-Serving Professionals

Abstinence Comes to Albuquerque (Stuart Television Productions, 2005)

The Education of Shelby Knox (Incite Pictures, 2005)

Teens and Sex in Europe: A Story of Rights, Respect and Responsibility (Advocates for Youth, 2005)

What Works: Sexuality Education (Family Health Productions, 1998)

PRINT RESOURCES

Youth

Books

Young Children (0-8)

Did the Sun Shine Before You Were Born? A Sex Education Primer (Sol Gordon, 1992)

It's So Amazing: A Book About Eggs, Sperm, Birth, Babies and Families (Robie Harris, 2004)

Preteens (9-13)

American Medical Association's Girl's Guide to Becoming a Teen (Kate Gruenwald Pfeifer, 2006)

American Medical Association's Boy's Guide to Becoming a Teen (Kate Gruenwald Pfeifer, 2006)

It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health (Robie Harris, 2004)

Teens (14+)

Changing Bodies, Changing Lives: A Book for Teens on Sex and Relationships (Ruth Bell, 1998)

GLBTQ: The Survival Guide for Queer and Questioning Teens (Kelly Huegel, 2003)

The “Go Ask Alice” Book of Answers: A Guide to Good Physical, Sexual and Emotional Health (Columbia University's Health Education Program, 1998)

How Can You Tell If You're Really In Love? (Sol Gordon, 2001)

Salud: A Latina's Guide to Total Health (Jane Delgado, Ph.D., 2002)

Magazines

Sex, Etc. Magazine

Parents

From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children (Debra Haffner, 2004)

Sex and Sensibility (Deborah Roffman, 2001)

Ten Talks Parents Must Have With Their Children About Sex and Character (Dominic Capello, 2000)

Youth-Serving Professionals

Books

Our Sexuality (Robert Crooks, Karla Baur, 2005)

Talk About Sex: The Battles Over Sex Education in the United States (Janice Irvine, 2004)

Teaching About Sexuality and HIV: Principles and Methods for Effective Teaching (Evonne Hedgepath, Joan Helmich, 1996)

When Sex Goes to School: Warring Views on Sex—and Sex Education—Since the Sixties (Kristin Luker, 2006)

Guidelines for Comprehensive Sexuality Education: Kindergarten to 12th Grade (SIECUS, 2004)

Curricula

Reducing the Risk

Our Whole Lives (OWL): A Lifespan Sexuality Education Series

Making Proud Choices!

Journals and Newsletters

American Journal of Sexuality Education

Culture, Health and Sexuality

The Journal of Adolescent Health

Perspectives on Sexual and Reproductive Health

Recommended Resources for a Complete Sexuality Education Collection

VIDEO RESOURCES

Youth (with Parents &/or Educators)

The Birds, the Bees and Me, for Boys

National Training Organization for Child Care Providers, 2003, 18 min.
(Ages 8-14, M)

This educational video for preteen boys covers the topics of puberty, sex and childbirth. Though it does not address puberty in a detailed way, sex is explained and illustrated in a straightforward and complete manner. The video can be used as an introduction to these subjects and as an ancillary tool to open communication between parents and children. The video is narrated by a young man and is introduced and concluded by a pediatrician. Sexually transmitted diseases are mentioned briefly, as is contraception, but the video addresses neither in depth. Heterosexuality is assumed, as is marriage before sex, but other potential decisions are discussed. The video also emphasizes respect for girls and their bodies.

Website: www.birdsandbeesvideo.com
Email: info@birdsandbeesvideo.com
Cost: \$19.95 (VHS or DVD)
Also available at www.amazon.com

The Birds, the Bees and Me, for Girls

National Training Organization for Child Care Providers, 2003, 18 min.
(Ages 8-14, F)

This educational video for preteen girls covers the topics of puberty, sex and childbirth. Though it does not address puberty in a detailed way, sex is explained and illustrated in a straightforward and complete manner. The video can be used as an introduction to these subjects and as an ancillary tool to open communication between parents and children. The video is narrated by a young woman and is introduced and concluded by a pediatrician. Sexually transmitted diseases are mentioned briefly, as is contraception, but the video addresses neither in depth. Heterosexuality is assumed, as is marriage before sex, but other potential decisions are discussed.

Website: www.birdsandbeesvideo.com
Email: info@birdsandbeesvideo.com
Cost: \$19.95 (VHS or DVD)
Also available at www.amazon.com

Birth Control: Myths and Methods

SVE & Churchill Media, 2004, 4th edition, 26 min.
(Ages 12-18)

The latest edition of this classic birth control program illustrates numerous forms of contraception for men and women, including the most current. Methods include those available through prescription and over-the-counter, with commentary on which are most appropriate for individual needs, and emphasis on condom use for protection against STD's as well as for contraception. Other birth control methods discussed are Norplant, Depo-Provera, the pill, diaphragm, IUD, male and female condoms, vasectomy, tubal ligation and more. The definite explanation of birth control for all sexually active individuals.

Available in Spanish.

CLEARVUE & SVE
6465 North Avondale Avenue
Chicago, IL 60631
Phone: 1-800-253-2788 or 1-773-775-9433
Fax: 1-800-444-9855 or 1-773-775-9855
Website: www.clearvue.com
E-mail: CustServ@clearvue.com
Cost: \$94.95 (VHS or DVD, Teacher's Guide included)

Conquering the Media Maze: Sexuality

United Learning, 1995, 16 min.
(Grades 4-8)

Designed for and narrated by young people, *Sexuality* is one of four in a series that teaches children how to make sense of the information they receive through all types of media, using examples from television, radio, newspapers, billboards, videos, magazines, and comic books. Throughout the series, viewers learn skills to become savvy media consumers and to sift through available information to make wise personal choices about what is true and what needs to be questioned. Viewers also learn that every action has a consequence, which may not always be accurately portrayed in the media, and that ultimately, they are responsible for their own viewing habits. In *Sexuality*, young people openly describe how programs use sex for entertainment, how advertisers use sex appeal as a selling tool, and how this makes them feel. Gender roles in television shows and movies are examined, and viewers see how these roles may affect their perceptions of themselves and others.

United Learning
1560 Sherman Avenue, Suite 100
Evanston, IL 60201
Phone: 1-800-323-9084, Fax: 847-328-6706
Website: www.unitedlearning.com
Email: info@unitedlearning.com
Cost: \$79.00 (VHS)

HIV and AIDS: Staying Safe

United Learning, 2001, 16 min.
(Grades 3-6)

This program introduces children to some of the basic facts about HIV and AIDS in a sensitive and careful way, preparing them for some of the difficult decisions they will make as they approach their teenage years. Through discussion, demonstration, and clever animation, the children will see what the virus does inside the body, why it leaves the body so vulnerable to other infections, and how HIV develops into AIDS. The program explores the ways that HIV can and cannot be contracted, so that children can identify safe and risky behaviors and can make good choices about their health. The narrator addresses common misconceptions about HIV/AIDS, which are voiced by a diverse group of young people. A teacher's guide and student worksheets are available online free of cost.

United Learning
1560 Sherman Avenue, Suite 100
Evanston, IL 60201
Phone: 1-800-323-9084, Fax: 847-328-6706
Website: www.unitedlearning.com; Email: info@unitedlearning.com
Cost: \$89.00 (VHS)

Hope is Not a Method

United Learning, 2002, 20 min.
(Grade 9 to adult)

The fifth edition of this classic video provides women and men with a brief overview of many of the methods of contraception available in the United States at this time. Set in a family planning clinic, several counselors discuss the various methods with their clients. Both over-the-counter and prescription methods are described. Clear visuals help the audience see how each contraceptive method is used correctly. The primary message in the video is that every method of birth control is most effective when used correctly and consistently.

United Learning
1560 Sherman Avenue, Suite 100
Evanston, IL 60201
Phone: 1-800-323-9084, Fax: 847.328.6706
Website: www.unitedlearning.com
Email: info@unitedlearning.com
Cost: \$89.00 (VHS)

In Our Own Words: Teens and AIDS

Family Health Productions, Inc., 1995, 20 min.
(Grades 6 and up, parents and caregivers)

This emotionally powerful video profiles five teens who were infected with HIV through unprotected sexual intercourse. The teens address denial, living with HIV, alcohol and its potential link to risky behavior, condoms and making healthy decisions. The video speaks to a wide audience and effectively shows that HIV can infect *anyone*, so *everyone* needs to protect themselves. Includes an updated educator's discussion guide.

Available in Spanish.

Family Health Productions
PO Box 1639
Gloucester, MA 01930
Phone: 978-282-9970, Fax: 978-282-9550
Website: www.abouthhealth.com
E-Mail info@abouthhealth.com
Cost: \$99.99 + \$12.00 S/H (VHS or DVD)

The Joy of Life

The Multimedia Group of Canada, 1994, 20 x5 min.
(Young children)

This series of 20 cartoon vignettes from France utilizes a grandmother teaching two young children about sexuality. The vignettes are warm and loving, and cover topics not usually addressed, like masturbation, pleasure, and homosexuality.

Available in Spanish.

The Multimedia Group of Canada (MGC)
415-A Mount Pleasant
Montreal Westmount, Canada (QC) H3Y 3G9
Phone: (514) 844 3636, Fax: (514) 844 4990
Email: mgc@the-mgc.com
Website: www.the-mgc.com
Cost: \$800.00 (for non-commercial, non-theatrical rights for loan purposes)

Private Lives: HIV/STI Education

Northwest Media, Inc. 2003, 30-45 min.
(Teens)

This animated educational drama provides thorough and accurate information on STIs, HIV and sexual health in a direct, entertaining and engaging manner. The program focuses on understanding condom usage, identifying common sexually transmitted infections, including HPV and HIV, and what to expect during a visit to a health clinic for testing. This information is conveyed through the story of a group of virtual teens training to be peer educators who, in the process, learn about their own sexual health and come to grips with their own vulnerability. One of the strengths of this production is how relatable the characters are; we watch them as they deal with relationship issues and grapple with STIs, and, in doing so, the topic of sexual health becomes more real and familiar. Furthermore, the diversity of the characters shows us that these issues affect everyone, regardless of race, ethnicity or disability. Commercials about condom usage, interspersed throughout the story, amuse while making valuable points. Overall, this is a great resource that provides in-depth and important information in a creative and compelling way. This program is available in both CD and DVD format and includes a discussion guide, which highlights key points and important questions for discussion, as well as additional resources for teens.

Northwest Media, Inc.
326 West 12th Avenue
Eugene, OR 97401
Phone: (800)-777-6636 or (541)-343-6636; Fax: (541) 343-0177
Email: nwm@northwestmedia.com
Website: www.sociallearning.com
Cost: \$59.99 (CDROM), \$99.99 (DVD)

Puberty for Boys: Amazing Changes Inside and Out

United Learning, 2001, 22 min.

(Grades 4-8, M)

Narrated by a young man, this video helps preteen boys understand all of the physical, psychological, and emotional changes that they may soon experience as they go through puberty. Two experts, a medical doctor and an adolescent psychologist, provide facts about the changes and feelings that boys will face. Information is presented about hormones and development, pubic hair, body odor, pimples, erections and ejaculations, and sexual thoughts and feelings. The narrator shares relationship advice, suggesting that friendship is the best place to begin and that developing a sense of respect and trust is the most important. Diverse teen boys share their personal stories, confusions and discoveries and serve as role models for viewers. Body changes and conception are addressed thoroughly, but the video lacks any discussion of sex and contraception. Heterosexuality is assumed throughout and other sexual orientations are never mentioned. A teacher's guide and student worksheets are available online free of cost.

Available in Spanish.

United Learning
1560 Sherman Avenue, Suite 100
Evanston, IL 60201
Phone: 1-800-323-9084, Fax: 847.328.6706
Website: www.unitedlearning.com
Email: info@unitedlearning.com
Cost: \$89.00 (VHS)

Puberty for Girls: Amazing Changes Inside and Out

United Learning, 2001, 28 min.

(Grades 4-8, F)

This video helps preteens understand what soon will be happening to their bodies as well as their feelings and thoughts. A doctor explains how the hormones trigger growth and development while animation shows the growing body. An adolescent psychologist helps students understand that they are not alone, that relationships with their friends, with parents, with school, and even with their own self-image may soon change along with their changing bodies. Diverse teen girls share their very personal stories, their confusions, and their discoveries. Body changes and conception are addressed thoroughly, but the video lacks any description of sex and contraception. Though not discussed in relation to religion or marriage, abstinence is portrayed as the only option for teens and heterosexuality is assumed. A teacher's guide and student worksheets are available online free of cost.

Available in Spanish.

United Learning
1560 Sherman Avenue, Suite 100
Evanston, IL 60201
Phone: 1-800-323-9084
Fax: 847.328.6706
Website: www.unitedlearning.com
Email: info@unitedlearning.com
Cost: \$89.00 (VHS)

Raising Healthy Kids: Families Talk About Sexual Health

Family Health Productions, 1997, 2 30-min. videos

(Video #1: Parents of children ages 0-7, Video #2: Parents of adolescents)

This set of two 30-minute videos with discussion guides is designed to help families of young children, preadolescents, or adolescents communicate about sexual health. The first video is for parents of young children. It includes interviews with children, parents, and experts and features discussion about setting limits, telling the truth, labeling body parts, how babies are made, self-touching, appropriate and inappropriate touch and more. The second video is for parents of preadolescents and adolescents. It includes interviews with young people, parents, and experts and features discussion about values, listening, relationships, and more. Videos are available as a set or individually and are closed-captioned.

Family Health Productions

PO Box 1639

Gloucester, MA 01930

Phone: 978-282-9970, Fax: 978-282-9550

Website: www.abouthhealth.com

E-Mail info@abouthhealth.com

Cost: \$69.99 + \$12.00 S/H each, \$99.99 + \$15.00 S/H for both (special library price)

Safe For Life

FILMFORSYNINGEN, 18 min.

(Ages 8-16)

This animated film, a complementary program to *Sex: A Guide for the Young*, is an entertaining and informative examination of AIDS and STD prevention. An endearing 'condom' character introduces the essentials of safer sex in an approachable and engaging manner.

Available in Spanish.

The Multimedia Group of Canada (MGC)

415-A Mount Pleasant

Montreal Westmount, Canada (QC) H3Y 3G9

Phone: (514) 844 3636, Fax: (514) 844 4990

Email: mgc@the-mgc.com

Website: www.the-mgc.com

Cost: \$150.00 (for non-commercial, non-theatrical rights for loan purposes)

Sex: A Guide for the Young

FILMFORSYNINGEN, 20 min.

(Teens)

This animated film, a complementary program to *Safe for Life*, deals in a comical and explicit (but not offensive) manner with the doubts, fears and pleasures experienced by young people when they first become involved in sexual relationships. It informs teenagers about the physiological, psychological and emotional aspects of sexuality. Personal hygiene, masturbation, orgasm, ejaculation and methods of birth control are approached in a sensitive and straightforward way.

Available in Spanish.

The Multimedia Group of Canada (MGC)
415-A Mount Pleasant
Montreal Westmount, Canada (QC) H3Y 3G9
Phone: (514) 844 3636, Fax: (514) 844 4990
Email: mgc@the-mgc.com
Website: www.the-mgc.com
Cost: \$150.00 (for non-commercial, non-theatrical rights for loan purposes)

So That's How!

FILMFORSYNINGEN, 18 min.

(Ages 2-5)

In this animated film, conception and birth are presented from a child's refreshing and ingenuous point of view.

Available in Spanish.

The Multimedia Group of Canada (MGC)
415-A Mount Pleasant
Montreal Westmount, Canada (QC) H3Y 3G9
Phone: (514) 844 3636, Fax: (514) 844 4990
Email: mgc@the-mgc.com
Website: www.the-mgc.com

Talking About Sex: A Guide for Families

Planned Parenthood Federation of America, 1996, 30 min.

(Ages 10-14)

This animated video offers an excellent springboard for family discussions about puberty, sexuality, and relationships. *Talking About Sex* can reduce the confusion and anxiety children may feel, teach them how to protect themselves, and foster a positive self-image. The video shows families discussing sex and sexuality, focusing on some of the feelings, questions, and concerns families can face when speaking about these things, particularly for the first time. The video features families from a variety of backgrounds. A resource guide for parents and an activity book for adolescents accompany the video. For families with young people ages 10 to 14.

Planned Parenthood Federation of America
Marketing and Sales Department
434 West 33rd Street,
New York, NY 10001
Phone: 877-478-7732, Fax: 212-868-4692
Website: store.ppfastore.org
Email: store@ppfa.org
Cost: \$15.95 (VHS)

La Tardeada

National Alliance for Hispanic Health, 1998, 14 min.
(Hispanic youth, migrant worker families)

This video is designed for community educators working with Hispanic/Latina youth (Spanish-speaking) and is particularly appropriate for Mexican migrant workers. The video, conceived and developed by Hispanic youth themselves, depicts real-life situations and options for negotiating the avoidance of risky behavior in order to prevent HIV transmission. Both sexual intercourse and intravenous drug use are discussed as modes of transmission, and advice for safer practices in both contexts is presented. Though messages are sometimes slightly confusing, all are eventually made clear and many common myths about HIV/AIDS, sexual intercourse and drug use are clarified. A discussion guide for community educators, available for free online, provides necessary background information.

Available in Spanish only.

National Alliance for Hispanic Health
1501 Sixteenth Street, N.W.
Washington, DC 20036
Phone: (202) 387-5000
Email: publications@hispanichealth.org
Website: www.hispanichealth.org
Cost: free (VHS), free discussion guide available online

That's A Family! A Film for Kids about Family Diversity

Women's Educational Media, 2000, 35 min.
(Grades 1-6)

In this documentary video for elementary school children, young people from a variety of family structures share their lives with viewers. The film provides insight into what it's like to have parents who are different races or religions or who are divorced, gay or lesbian; to be adopted; or to be raised by a single parent or guardian. It helps lay the foundation for helping young people understand and respect diversity. *That's a Family!* comes with an extensive discussion and teaching guide, which includes lesson plans to use with the video, suggestions for facilitating classroom discussion at different grade levels, and additional resources for teachers, families and children.

New Day Films
190 Route 17M, P.O. Box 1084
Harriman, NY 10926
Phone: 888-367-9154, Fax: 845-774-2945
Email: orders@newday.com
Website: www.newday.com
Cost: \$75.00 (VHS or DVD)

Where Did I Come From? The fast, fun, and easy way to answer your children's toughest questions!

Goldhil Entertainment, 1985, 30 min.
(Ages 4-8)

This video, based on the book of the same title by Peter Mayle, covers the basics of sexual intercourse, conception, pregnancy and birth in animation that closely resembles the book's illustration. Intercourse is

described clearly, but simply, using words and concepts that young children can understand. Sexual intercourse is portrayed as something that happens between a man and woman, when they really love each other and want to have a baby. The narrator includes information about anatomy, orgasm, ejaculation and conception in order to help children understand how babies are made. The stages of fetal development are described in detail and an animated picture of the fetus growing inside the mother helps children understand how the baby develops. The film is very open and straightforward and animation, though not explicit, is fairly suggestive. Parents should be encouraged to preview this film to make sure it is appropriate for their child.

Goldhil Entertainment
5284 Adolfo Road
Camarillo, CA 93012
Phone: (805) 764-1500, Fax: (805) 373-1603
Email: Customerservice@goldhil.com
Website: www.goldhil.com
Cost: \$9.98 (VHS or DVD)
Also available at www.amazon.com

Youth Serving Professionals

Abstinence Comes to Albuquerque

Stuart Television Productions, 2005, 29 min. + 60 min.

This documentary follows the controversy that erupted when the Albuquerque public school system adopted abstinence-only sex education. It captures the words of a wide range of people involved in the conflict, including teens, parents, public health officials, educators and even state officials and national advocates on both sides of the issue. The video also features a Frequently Asked Questions session with eight national experts on sexuality education. A discussion guide is included.

Documentary Educational Resources
101 Morse Street
Watertown, MA 02472
Phone: 800-569-6621 or 617-926-0491
Fax: 617-926-9519
Email: docued@der.org
Website: www.der.org
Cost: free w/ \$10.00 S/H

The Education of Shelby Knox

InCite Pictures, 2005, 76 min.

This documentary tells the story of spirited teenager Shelby Knox of Lubbock, Texas and her campaign bring comprehensive sexuality education to her school. Although her county's high schools teach abstinence as the only safe sex, Lubbock has some of the highest rates of teen pregnancy and sexually transmitted diseases in the nation. A devout Christian who has pledged abstinence until marriage herself, Shelby becomes an unlikely advocate for comprehensive sex education, profoundly changing her political and spiritual views along the way. The film is an exceptionally timely and intimate look at the cultural wars from the perspective of a young woman's life.

InCite Pictures
347 West 36th Street, Suite 901
New York, NY 10018
Phone: (212) 216-9315
Email: info@incite-pictures.com
Website: www.incite-pictures.com
Cost: \$250.00 for film, educational guide and extras (DVD)
Also available from www.amazon.com (DVD for \$26.95)

Rehearsal for Life: Youth Theater for HIV/AIDS Prevention Education

National Alliance for Hispanic Health, 2004, 12 min.

This short film introduces community-based organization to the use of theater as an effective and engaging means to reach youth with health promotion and disease prevention messages. The video has four major sections: Youth Theater and HIV/AIDS Prevention Education, Recruitment, Retention, and Final Tips. A lively format, interspersed with actual youth performances, is punctuated by the words of program coordinators and youth participants. Organizations interested in implementing a youth theater program will find a wealth of helpful resources in the “Next Steps” section at the end of the companion guide.

National Alliance for Hispanic Health
1501 Sixteenth Street, N.W.
Washington, DC 20036
Phone: (202) 387-5000
Email: publications@hispanichealth.org
Website: www.hispanichealth.org
Cost: Free as long as supplies last, postage required
(Available in VHS or DVD)

Sex Education in America: AIDS and Adolescence

Family Health Productions, 1995, 41 min.

This one-hour documentary explains why young people are at risk for HIV infection and how to reach them with potentially lifesaving information. The program documents the passionate debate between those who support comprehensive sex education, and those who support abstinence-only-until-marriage programs.

Family Health Productions
PO Box 1779
Gloucester, MA 01931-1799
Phone: (978) 282-9970, Fax: (978) 282-9550
For ordering information, call or
E-mail: info@abouthealth.com
Web site: www.abouthealth.com
Cost: \$49.99 + \$12.00 S/H (special library price)

Teens and Sex in Europe: A Story of Rights, Respect and Responsibility

Advocates for Youth, 2000, 16 min.

Advocates for Youth and the University of North Carolina at Charlotte sponsor study tours to the Netherlands, Germany, and France to explore the reasons behind these nations' much lower rates of teenage pregnancy, birth, and sexually transmitted diseases. Narrated by Mariette Hartley, this video provides a fascinating glimpse into the sexual health attitudes of Dutch, German, and French teens and their parents and into the attitudes of government officials, educators, and health care providers. European and U.S. teens speak their minds about protecting themselves within sexual relationships. All of this is interspersed with funny, frank media clips drawn from larger multimedia campaigns to reduce HIV infections and unintended pregnancy.

Advocates for Youth
2000 M St., NW Suite 750
Washington, DC 20036
Phone: (202) 419-3420, Fax: (202) 419-1448
Email: information@advocatesforyouth.org
Website: www.advocatesforyouth.org
Cost: Individual rate \$49.95; Institutional rate \$79.95 (VHS)

What Works: Sexuality Education

Family Health Productions, 1998, 22 min.

This video is for professionals and explores how to reach young people with information and skills to help them reduce risk-taking behavior. It examines evaluated sexuality education curricula (comprehensive and abstinence-until-marriage-only) and is a good resource to help design programs under the federal initiative for abstinence-only-until-marriage programs.

Family Health Productions
PO Box 1779
Gloucester, MA 01931-1799
Phone: (978) 282-9970, Fax: (978) 282-9550
For ordering information, call or
E-mail: info@abouthealth.com
Web site: www.abouthealth.com
Cost: \$49.99 + \$12.00 S/H (special library price)

AUDIO RESOURCE

AutoTalk

*Hopkins School District 270, 14 min.
(Parents of children in grades 4-6)*

This resource, an audio recording intended for use in the car, is designed to answer parents' questions about how to talk with their children about alcohol, tobacco and sexuality. On the recording, fifth grade students pose questions about these three topics and parents are given information and guidance on how to respond to these questions, including possible follow-up questions they can use to keep a conversation going. Additionally, parents are given advice on how to begin conversations about risky behaviors.

Available in Spanish.

Education Services Center
Attn: Nancy Marcy
1001 Highway 7
Hopkins, MN 55305
Phone: (952)-988-4678 or -4160
Fax: (952) 988-4311
Email: Nancy_Marcy@hopkins.k12.mn.us
Website: www.hopkins.k12.mn.us
Cost: \$25.00 (CD or audiotape)

COMPUTER-BASED RESOURCES

BARN (Body Awareness Resource Network) Series 2

Wisconsin Alumni Research Foundation, 2001

This series of computer games includes *HIV/AIDS: It's Up to You*; *Human Sexuality 1: A Healthy Me*;, and *Human Sexuality 2: Respect and Responsibility*. The games use fun graphics, games, music and videos to convey information about sexuality, STDs and responsibility. While some activities contain voice-overs, and are therefore appropriate for lower-literacy audiences, a good portion of the activities require significant amounts of reading. The set includes both a teacher's guide that contains activities and teaching strategies and a student portfolio with activities and questions.

HIV/AIDS: It's Up to You includes 4 different activities. "Tip of the Iceberg" contains a visual and audio introduction to HIV/AIDS. "HIV/AIDS Risk Assessment" allows users to find out the risk of contracting HIV for themselves or a hypothetical person. "AIDS Advisor" provides answers to many questions relating to the HIV/AIDS, prevention, condoms, abstinence, drug use, and testing. Finally, the "Maze Game" allows students to test their knowledge about HIV/AIDS through an interactive game.

Sexuality 1: A Healthy Me includes five different activities. "STD Quick Check" asks a series of questions as a quick way to help the user determine if they need to see a doctor to receive an STD test. It also provides several helpful resources. "Teen Advisor" provides answers to questions relating to sexual health including: STDs (Chlamydia, HPV, gonorrhea, hepatitis B and herpes), development, menstruation, erections, and testicular/breast self-exams. "Female Health" contains a detailed explanation of female anatomy, pregnancy, female self-care and breast anatomy and self-exam. "Male Health" includes detailed information about male anatomy, male-self care and testicular self-exam. Finally, "Just the Facts Game" is a single or multi-player game that tests students' knowledge on all of these topics.

Sexuality 2: Respect and Responsibility includes four different activities. "Tough Choices" allows students to make different decisions about sex and sexual health for characters and then see the consequences of these decisions. "Teen Views" reveals teens' priorities based on a survey of California teens. "Soap Operas" portrays three different sexual situations and how teens set sexual boundaries. Finally, "Myth and Reality Game" is a single or multi-player board game that tests knowledge on sexual health and decision-making

System Requirements: Windows 2000/98; 32 MB of installed RAM; CD-ROM drive; sound card OR PowerMac, CD-ROM drive, 32 MB of installed RAM

Learning Multi-Systems, Inc.

1402 Greenway Cross

Madison, WI 53713

Phone: 800-362-7323 or 608-273-8060

Fax: 608-273-8065

E-mail: orderinginfo@lmssite.com

Website: www.lmssite.com

Cost: Full Series for \$295.00, Individual programs for \$95.00 each (PC/Mac compatible)

Private Lives: HIV/STI Education

Northwest Media, Inc. 2003, 30-45 min.

(Teens)

See *Videos for Youth* for description and ordering information.

System Requirements: Windows 9x, ME, 2000, or XP, Mac OS 7.5.1, Pentium II class or equivalent, 32 MB RAM, MB Graphics Adapter, Sound Card, Speakers &/or headphones

Sex in the CD: An interactive adventure in exploring sexual health

The Bacchus & Gamma Peer Education Network, 2001

(College students)

This computer program is intended for college students, including peer educators, residence life staff, residence hall programmers, Greek organization programmers and the general student population. The goal of the program is “to provide information, resources, and avenues to explore the issue of healthy relationships. People who use *Sex in the CD* will learn more about the topics of sexual responsibility and the ingredients to intimacy by answering questions, engaging in discussions, and participating in a number of interactive exercises all designed to increase knowledge and comfort about sexual choices and situations.” Activities include: a matching game, scenarios and questions to discuss in groups, trivia, personal stories followed by discussion questions, and more. These activities address a wide range of topics that include STDs, safer sex, history of HIV/AIDS, abstinence, sexual assault, LGBT issues, physical sexuality, and anatomy. The guide that accompanies the CD-ROM contains suggestions for how to incorporate the CD-ROM into peer education programs and provides recommendations for uses of specific activities.

System requirements: Windows 95, 98 or NT, 32 MB of RAM, sound card and speakers, 800x600 screen-16 bit display OR Macintosh PowerPC/G3/G4 processor, System 8.6 or higher, 25MB of available RAM, 800x600 screen size – Thousands of colors.

The BACCHUS Network Materials Center
3980 Alabama Avenue
St. Louis Park, MN 55416
Phone: 952-920-8999, Fax: 952-929-1711
Website: www.bacchusgamma.org
Cost: \$19.00 (PC and Mac versions sold individually)

PRINT RESOURCES

Youth

Books

Young Children (0-8)

The AIDS Awareness Library

*Anna Forbes, M.S.S., 1996, 8 books, 24 pp. each
(Grades K-5)*

This series of eight books, written for elementary school children, provides basic information about HIV/AIDS. Written by a consultant on AIDS health policies, these books speak to children in non-threatening language that provides important information without explicit detail. The series is intended to be a gentle introduction to this potentially overwhelming topic. The books are titled: *Heroes Against AIDS, Kids with AIDS, Living in a World with AIDS, Myths and Facts about AIDS, What is AIDS?, What You Can Do About AIDS, When Someone You Know Has AIDS, Where Did AIDS Come From?*.

Rosen Publishing (PowerKids Press)
Phone: 1-800-237-9932, Fax: 1-888-436-4643
Website: www.powerkidspress.com
ISBN: 0-8239-7406-5
Cost: \$119.70 for whole series, \$19.95 per book

Daddy's Roommate

*Michael Willhoite, 1991, 32 pp.
(Ages 3-7)*

In this book a young boy describes his father's relationship with his roommate, Frank (they "live together, work together, eat together, sleep together . . ."), and his own relationship with them--shopping, gardening, and enjoying the zoo, beach, movies, etc. He states that "being gay is just one more kind of love. And love is the best kind of happiness." The tone throughout the book is affirmative, and the boy has healthy and close relationships with the adults in his life. There is no mention of bitterness or possible disapproval from others. The book's message—that alternative lifestyles are as nurturing as mainstream ones—is clear. It is an appropriate resource for children in similar familial situations or for helping those from heterosexual families understand and value differences.

Alyson Publications
Email: sales@alyson.com
Website: www.alyson.com
Cost: \$10.95
ISBN: 1555831184
Also available at www.amazon.com

Did the Sun Shine Before You Were Born? A Sex Education Primer

Sol Gordon, Judith Gordon, 1992, 48 pp.

(Ages 3-7)

Aimed at 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 multicultural charcoal drawings, this book encourages communication between parents and children by sharing values ideas.

Prometheus Books
59 John Glenn Drive
Amherst, New York 14228
Phone: (716) 691-0133 or (800) 421-0351
Fax: (716) 691-0137
Email: marketing@prometheusbooks.com
Website: www.prometheusbooks.com
Cost: \$9.95
ISBN: 087975723X
Also available at www.amazon.com

Happy Birth Day!

Robie Harris, 2002, 32 pp.

(Ages 3 and up)

A warm, tender picture book in which a mother explains to her daughter all of the things that happen to a newborn during its first 24 hours of life outside of the womb. The book begins with a picture of a bewildered, wrinkled, life-sized baby, still with her umbilical cord, cradled by the doctor's hands. The cord is cut, a nurse places a hat on baby's head, and mother and father lovingly cuddle her. Mother breastfeeds her, and relatives gather around to admire, take photos, and welcome the new arrival. Pencil and pastel illustrations fill the pages with soft-focused, cozy colors and true-to-life detail. When parents want to answer a young child's questions about birth, this book offers both facts and encouragement.

Available in Spanish as "El dia que naciste."

Candlewick Press
2067 Massachusetts Avenue
Cambridge, MA 02140
Phone: (800) 733-3000 (to order from Random House, Inc.)
Fax: (800) 659-2436 (to order from Random House, Inc.)
Email: salesinfo@candlewick.com
Cost: \$6.99
ISBN: 0763609749
Also available at www.amazon.com

Heather Has Two Mommies

Leslea Newman, 2000, 32 pp.

(Ages 3-7)

This book tells the story of Heather, a preschooler with two moms who finds out that some of her friends have very different sorts of families. Her teacher Molly encourages her and her classmates to draw pictures of their families, and assures them that "each family is special" and that "the most important

thing about a family is that all the people in it love each other." *Heather Has Two Mommies* offers an enjoyable, cheerful, age-appropriate introduction to the idea of family diversity.

Alyson Publications
Email: sales@alyson.com
Website: www.alyson.com
Cost: \$10.95
ISBN: 1555835430
Also available at www.amazon.com

How Was I Born?

Lennart Nilsson, Lena Katarina Swanberg, 1996, 72 pp.
(Ages 5 and up)

This book tells the story of five-year-old Mary and her family as they get ready for the birth of her new sibling. Illustrated with amazing color photographs of developing fetuses, this book provides answers both the biological and emotional questions that young children have about pregnancy and childbirth, relating information ranging from the size of the baby to how the baby is nourished inside the uterus. The book appeals to young children because of its story and is appropriate for older children because of its detailed information. It is intended to be read by a child alone or with a parent.

Random House, Inc. (Dell)
Department of Library Marketing
1745 Broadway
New York, NY 10019
Phone: (212) 782-9000, Fax: (212)-940-7381
Email: customerservice@randomhouse.com
Website: www.randomhouse.com
Cost: \$17.00
ISBN: 0440507677
Also available at www.amazon.com

How You Were Born

Joanna Cole, 1994, 48 pp.
(Ages 4 and up)

This photo-essay describes a baby's conception, fetal development and ultimate birth. Cole relates the process of conception and birth in a warm and personal manner. It is addressed directly to a child; illustrations are well-integrated with the narration. Vibrant full-color photos depict a variety of families.

HarperTrophy (Harper Collins Publishers)
10 East 53rd Street
New York, NY 10022
Phone: 212-207-7000
Order from: www.amazon.com
Cost: \$6.99
ISBN: 068812061X

It's Not the Stork: A Book About Girls, Boys, Babies, Bodies, Families, and Friends

Robie H. Harris, 2006, 64 pp.

(Ages 4 and up)

“Helps answer [the] endless and perfectly normal questions that preschool, kindergarten, and early elementary school children ask about how they began. Through lively, comfortable language and sensitive, engaging artwork, Robie H. Harris and Michael Emberley address readers in a reassuring way, mindful of a child's healthy desire for straightforward information. Two irresistible cartoon characters, a curious bird and a squeamish bee, provide comic relief and give voice to the full range of emotions and reactions children may experience while learning about their amazing bodies. Vetted and approved by science, health, and child development experts, the information is up-to-date, age-appropriate, and scientifically accurate, and always aimed at helping kids feel proud, knowledgeable, and comfortable about their own bodies, about how they were born, and about the family they are part of. From the expert team behind *It's Perfectly Normal* and *It's So Amazing* comes a book for younger children about their bodies -- a resource that parents, teachers, librarians, health care providers, and clergy can use with ease and confidence.” – Publisher's description

Candlewick Press
2067 Massachusetts Avenue
Cambridge, MA 02140
Phone: (800) 733-3000 (to order from Random House, Inc.)
Fax: (800) 659-2436 (to order from Random House, Inc.)
Email: salesinfo@candlewick.com
Website: www.candlewick.com
Cost: \$16.99
ISBN: 0763600474
Also available at www.amazon.com

It's So Amazing: A Book About Eggs, Sperm, Birth, Babies and Families

Robie H. Harris, 2004 reprint, 88 pp.

(Ages 7 and up)

This guide on reproduction and birth answers common questions about sexuality and covers a wide range of topics, including basic anatomy, conception, fetal development, birth, genetics, adoption, and love. Sexual abuse and HIV are also addressed with sensitivity in short, informative chapters. An enthusiastic bird and reluctant bee narrate comic cartoon panels, eventually concluding that birth, families, and love are just "so amazing." People are portrayed with a variety of body shapes and ethnicities, and Harris touches on sexual orientations and alternative family situations.

The illustrations are helpful, engaging and often funny and factual information is effectively presented in a clear, nonjudgmental tone that will inform and assure readers.

Available in Spanish as “Es Alucinante”.

Candlewick Press
2067 Massachusetts Avenue
Cambridge, MA 02140
Phone: (800) 733-3000 (to order from Random House, Inc.)
Fax: (800) 659-2436 (to order from Random House, Inc.)
Email: salesinfo@candlewick.com; Website: www.candlewick.com
Cost: \$10.99
ISBN: 0763613215
Also available at www.amazon.com

What's the Big Secret?: Talking About Sex with Boys and Girls

Laurie Krasnoy Brown, Marc Brown, 2000, 32 pp.

(Ages 4-8)

This book covers the topics of anatomy, reproduction, pregnancy and birth, along with feelings, touching and privacy. Too detailed for younger children and not comprehensive enough for those nearing puberty, this information is best used as a bridge between books meant for preschoolers explaining birth and those that address puberty, sexuality, and the responsibilities and choices that are a part of growing up. The illustrations are excellent; they are colorful and cartoon-like, but clear in their representation of both internal and external human anatomy. The greatest value of this work will be in promoting dialogue between caregivers and children, especially if they read it together; but adults should be prepared to field many additional questions not covered by the text.

Little, Brown and Company (Hachette Book Group USA)

Phone: 800-759-0190

Email: customer.service@hbgusa.com or special.markets@hbgusa.com (for possible library discount)

Website: www.hachettebookgroupusa.com

Cost: \$15.95

ISBN: 0316109150

Also available at www.amazon.com

When You Were Inside Mommy

Joanna Cole, 2001, 32 pp.

(Ages 2-4)

When You Were Inside Mommy explains pregnancy and childbirth in words that young children can understand and presents relevant information in a straightforward manner. Illustrations in warm pink, blue and lavender convey the happiness of the expectant family and several detailed pictures of a developing fetus uncover some of the mystery. The small size makes the book comfortable for lap sharing while the "Note to Parents" in the back offers recommendations for talking to children.

HarperCollins Publishers

10 East 53rd Street

New York, NY 10022

Phone: 212-207-7000

Website: www.harpercollins.com

Order from: www.amazon.com

Cost: \$6.99

ISBN: 0688170439

Where Did I Come From? A Guide for Children and Parents: African American Edition

Peter Mayle, 2000, 48 pp.

(Ages 4-8)

This book uses humor and bright cartoon illustrations to explain to children anatomy, intercourse, orgasm, fertilization, pregnancy and birth. Written in simple terms, this book will be understood by young children. Its straightforward and comic approach will help parents to answer children's questions about body parts, sex and babies. In this edition, cartoons depict African American families.

Kensington Publishing Corp. (Citadel)
850 Third Avenue
New York, New York 10022
Phone: 1-877-422-3665
Email: ecommerce@us.penguin.com
Website: www.kensingtonbooks.com
Cost: \$9.95
ISBN: 0818406089
Also available at www.amazon.com

Where Did I Come From? The Facts of Life Without Any Nonsense and With Illustrations

Peter Mayle, 2000, 48 pp.

(Ages 4-8)

This book uses humor and bright cartoon illustrations to explain to children anatomy, intercourse, orgasm, fertilization, pregnancy and birth. Written in simple terms, this book will be understood by young children. Its straightforward and comic approach will help parents to answer children's questions about body parts, sex and babies.

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New York, New York 10022
Phone: 1-877-422-3665
Email: ecommerce@us.penguin.com
Website: www.kensingtonbooks.com
Cost: \$9.95
ISBN: 0818402539
Also available at www.amazon.com

Your Body Belongs to You

Cornelia Maude Spelman, 2000, 24 pp.

(Ages 3-6)

This book helps young children understand that they can decide when, and by whom, they are to be touched. It describes "private parts" as "the places on your body covered by a bathing suit," and makes it clear that these parts should not be touched by other people, except medical professionals and adults helping in the bathroom. It also explains what to say and do if someone touches you when you do not want to be touched. The authors take a positive and forceful tone, without being alarming.

Albert Whitman & Company
6340 Oakton Street
Morton Grove, Illinois 60053-2723
Phone: 800-255-7675 or 847-581-0033
Fax 847-581-0039
Email: mail@awhitmanco.com
Website: www.awhitmanco.com
Cost: \$5.95
ISBN: 0807594733
Also available at www.amazon.com

Preteens (9 -13)

American Medical Association Girl’s Guide to Becoming a Teen

*AMA, Kate Gruenwald Pfeifer, Amy B. Middleman, ed. 2006, 128 pp.
(Ages 9-12, F)*

Published in conjunction with the American Medical Association, this book provides clear and medically-accurate information and advice for girls entering puberty. It covers the physical and emotional changes that accompany puberty, the female reproductive system, and periods, along with solid tips about grooming, diet, exercise, and other health issues, such as eating disorders. Information is very accessible, straightforward and nonjudgmental—the book is organized in a question and answer format, includes quotes from girls ages 10-13, and portrays a diverse group of girls in its illustrations. The book includes a glossary of important terms, an index and a list of helpful websites.

Jossey-Bass Publishers
10475 Crosspoint Blvd.
Indianapolis, IN 46256
Phone: 800-956-7738, Fax: 800-605-2665
Website: www.josseybass.com
Cost: \$12.95
ISBN: 0787983446
Also available at www.amazon.com

American Medical Association Boy’s Guide to Becoming a Teen

*AMA, Kate Gruenwald Pfeifer, Amy B. Middleman, ed., 2006, 128 pp.
(Age 9-12, M)*

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Jossey-Bass Publishers
10475 Crosspoint Blvd.
Indianapolis, IN 46256
Phone: 800-956-7738, Fax: 800-605-2665
Website: www.josseybass.com
Cost: \$12.95
ISBN: 0787983438
Also available at www.amazon.com

Boy V. Girl? How Gender Shapes Who We Are, What We Want and How We Get Along

George Abrahams, Ph.D., Sheila Ahlbrand, 2002, 200 pp.

(Ages 12-18)

“*Boy V. Girl?* invites young readers to examine gender issues, weigh the facts, and overcome gender barriers to make the most of friendships, school, extracurricular activities, and the future...A look at TV, movies, music, and advertising helps make kids more media-savvy. Activities and journaling exercises encourage readers to explore their experiences, notice what influences their feelings, beliefs, and choices, and decide what matters to them. Down-to-earth advice guides them to get past other people's expectations and assumption and find out who they really are. Throughout, the message is simple and clear: The best defense against stereotypes is to know and like yourself.” - *Publisher's description*

Free Spirit Publishing

217 Fifth Avenue North, Suite 200

Minneapolis, MN 55401-1299

Ph: 1-866-703-7322 or 1-800-735-7323 (to order)

Fax: 612-337-5050

Website: www.freespirit.com

Cost: \$14.95

ISBN: 1575421046

Also available at www.amazon.com

Captain Bio: HIV Attacks!

Tim Peters, 1996

(Ages 9 and up)

This comic book presents a scientific adventure story that is designed to help young people learn the facts about HIV transmission and prevention. According to the comic book's description, “Captain Bio confronts his most devious adversary, HIV, and sees first hand how the virus is spread, how it progresses, and most importantly, how it can be prevented. Captain Bio cannot defeat HIV, but he can provide ‘inside’ information, so we can all ‘Get the facts before HIV ATTACKS!’”

Tim Peters and Company, Inc.

87 Main Street, P.O. Box 370

Peapack, NJ 07977 USA

Phone: 800-543-2230 or 908-234-2050

Fax: 908-234-1961

E-Mail: info@timpetersandcompany.com

Website: www.biocomics.com

Cost: \$1.49

Also available at www.amazon.com

The Care & Keeping of YOU: The Body Book for Girls

Valorie Lee Schaefer, 1998, 104 pp.

(Ages 9-12, F)

This “head to toe” guide answers all of girls’ questions, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between. The book includes tips, how-to’s and facts from the experts. Information is thorough, accessible and straightforward, layout is fun and appealing and colorful illustrations feature a diverse group of girls.

American Girl
P.O. Box 620497
Middleton, WI 53562-0497.
Phone: 1-800-360-1861
Email: im_catalog_cs@americangirl.com
Web site: www.americangirl.com
Cost: \$9.95
ISBN: 1562476661
Also available at www.amazon.com

Deal With It! A Whole New Approach to Your Body, Brain and Life as a gURL

Esther Drill, Heath McDonald, Rebecca Odes, 1999, 320 pp.

(Ages 12 and up, F)

According to authors, this book aims to be “smart, funny, approachable, and tuned in to the things girls really want to know.” Based on questions, concerns and comments that the authors have received on their website for teen girls—gURL.com—this guide covers a wide range of topics with frankness and humor. Subjects addressed include zit remedies, hair removal advice, masturbation, what to do if you are raped, dealing with anger/depression/anxiety, drugs and alcohol, eating disorders, and a great deal more. Information for girls of all sexual orientations is integrated throughout the book in a respectful way and is presented evenhandedly and honestly. The book’s hip, colorful layout is filled with detailed information and includes questions, comments and advice from girls who visit gURL.com. Each section ends with a comprehensive list of topical resources: Web sites, hot lines, books and organizations.

Simon and Schuster (Pocket)
1230 Avenue of the Americas, 11th Floor
New York, NY 10020
Email: customerservice@simonsays.com
Website: www.simonsays.com
Cost: \$17.95
ISBN: 0671041576
Also available at www.amazon.com

Girl Stuff: A Survival Guide to Growing Up

Margaret Blackstone, Elissa Haden Guest, 2006, 192 pp.

(Ages 9-12, F)

This guidebook for girls nearing puberty covers a broad range of topics related to female physical, emotional, and social development and sexuality. Addressing so many issues in a relatively small book prevents the authors from providing extensive detail in any particular area, but, nevertheless, they do a commendable job discussing many subjects preteen girls want to know about. In a friendly, matter-of-fact and reassuring manner, authors provide information on body hair and odor, nutrition and eating disorders, menstruation, friendship, peer pressure, stress and alternative medicine. In addition, relationships, sexual identity, and birth control are discussed, but in less detail. Much of the information is organized in a Q&A format and includes quotes from teen girls that give the book a more authentic vibe.

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Girlology: A Girl's Guide to Stuff that Matters

Melisa Holmes, M.D., Trish Hutchinson, M.D., 2005, 255 pp.
(Ages 11 and up, F)

This book, with its peppy, straightforward, friendly and modern voice, offers teen girls some clear answers to their questions about growing up. The authors of this book, two physicians who are experts in the health of adolescent girls, urge girls to develop "Girl Power," developing control and self-esteem by gaining knowledge about the emotional and physical changes they are experiencing and the effects of these changes on themselves, their families and their friends. The book frankly discusses female anatomy, changes during puberty, sex, periods, hair removal, friends, family relationships, decision making, and lots more. The strength of this book is its non-threatening, friendly approach. However, it is difficult to locate information because the book lacks an index and section titles and headings are not very informative.

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Also available at www.amazon.com

Girltalk: All the Stuff Your Sister Never Told You

Carol Weston, 2004, 4th ed., 448 pp.
(Ages 11-18, F)

This "upbeat and up-to-date, honest and hip" guide answers many questions that teen girls may feel too awkward to ask. It has advice on many topics ranging from protecting yourself from STIs to dealing with sweat to doing well in school. Chapter titles include: "Body: Looking and Feeling Your Best," "Friendship: You Don't Like Everybody -- Why Should Everybody Like You?," "Love: Falling In, Falling Out," "Sex: What You Should Know Before Saying Yes," and "Smoking, Drinking and Drugs: Advice without Lectures." The tone is friendly, helpful and humorous.

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El Gran Libro de la Sexualidad

José R. Díaz Morfa, Caterina Marassi Candia, Pilar Migallón Lopezosa, and Mercedes Palop Botella, 2002, 128 pp.

This Spanish language book for young people, written by La Asociación Española de Sexología Clínica, presents facts of sex and sexuality. It covers topics including body image, puberty, conception, birth control, and HIV/AIDS. Throughout the book a cartoon boy and girl reflect the various feelings and questions children often have on these topics. This book is fully illustrated and has information to assure young people that the changes and emotions they experience while growing up are perfectly normal.

Available only in Spanish.

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The Guy Book: An Owner's Manual

Mavis Jukes, 2002, 160 pp.
(Ages 13 and up, M)

Told in the author's usual straightforward, funny, favorite-aunt style, *The Guy Book* delivers sound information and useful advice for boys preparing to go through, or in the midst of, puberty. Boys will find specific information on a variety of subjects, from getting rid of acne to buying birth control to finding help for depression. Jukes answers questions that are too embarrassing to ask, dealing with guy-basics like tying a tie, being a good friend, and essential dating dos and don'ts. She also incorporates a car theme throughout the book, including 50s-style car illustrations and witty car-related chapter titles. This is a great resource for boys who want to get the facts, be in control, and learn how to make informed choices.

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It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health

Robie H. Harris, 2004, 96 pp.
(Ages 10-14)

In this book Harris honestly explains the physical, psychological, emotional and social changes one experiences during puberty and their implications. In a conversational and relaxed tone, Harris also discusses such subjects as sexual orientation, reproduction, pregnancy, birth control, sexually transmitted diseases and sexual abuse. Topics are given an honest, unbiased treatment, noting different views and

recommending further discussion with a trusted adult. The author intentionally and effectively repeats certain important information, especially on the subject of the potential consequences of sexual intercourse. An easy-going bird and anxious bee offer their own comments, adding humor to the text. Alternately playful and realistic, the illustration emphasizes Harris's message that bodies come in all sizes, shapes and colors and that each variation is "perfectly normal." Cartoon panels depict various complex processes, including menstruation, the fertilization of an egg and childbirth.

Available in Spanish as “Sexo... Que Es?”

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My Body, My Self for Boys: The “What’s Happening to My Body?” Workbook

*Lynda Madaras, Area Madaras, 2000,
(Ages 9-12, M)*

Based on *What's Happening to My Body? Book for Boys*, this workbook by the same authors helps boys understand the transformations that will take place in their bodies during puberty using games, drawings, photographs, quizzes, personal stories, checklists, and other activities. The workbook is like the *My Body, My Self for Girls* workbook, but has a more masculine slant and covers such topics as skin and hair changes, body image, acne, reproductive organs, voice changes, masturbation, and more. Although *What's Happening to My Body?* addresses these issues more in-depth, this workbook enables boys to explore the in-and-outs of puberty on a more personal level. Written in a lively, approachable style, the authors emphasize honest, straightforward conversation about the concerns that boys are bound to have as they approach adulthood.

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My Body, My Self for Girls: The “What’s Happening to My Body?” Quizbook and Journal

*Lynda Madaras, Area Madaras, 2000, 2nd ed., 128 pp.
(Ages 9-12, F)*

Based on *What's Happening to My Body? Book for Girls*, this workbook helps girls learn about the changes that will occur in their bodies during puberty through quizzes, exercises, personal stories, checklists, and other activities. *What's Happening to My Body?* covers these physical and emotional

changes in greater depth, but the workbook/journal is more interactive so that girls can really get involved in the sometimes overwhelming and wonderful transformations that take place as they grow older. Written in an energetic, fun style that emphasizes honest, straightforward discussions, the workbook covers such topics as menstruation, acne, pubic hair, breasts, growing pains, and sex. The information provided and questions asked are smart, sensitive, and appropriate for girls entering puberty.

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Period: A Girl's Guide to Menstruation With a Parent's Guide

JoAnn Loulan, Bonnie Lopez, Bonnie Worthen, 2001, 4th ed., 100 pp.
(Ages 9-13, F)

This book thoroughly covers questions about puberty with a focus on menstruation, addressing topics that range from tampons to cramps to pelvic exams. The authors take an affirmative approach, emphasizing positive body image, and use diagrams help readers become familiar with the inner workings of their bodies, including the menstrual cycle. A question-and-answer format in the last three chapters adds to the book's readability. Other features include a calendar for photocopying, an index, and a Parent's Guide which offers parents guidance on how to talk about puberty with their kids.

Available in Spanish.

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The Period Book: Everything You Don't Want to Ask (But Need to Know)

Karen Gravelle, Jennifer Gravelle, 2006, 2nd ed., 160 pp.
(Ages 9-12, F)

This accessible guide for preteen girls focuses on the changes that girls experience during puberty, especially those involved with menstruation. Authors address the details of menstruation, answer many "What if?" questions and provide many useful tips (such as how to improvise a sanitary pad). The book also covers such topics as what to expect during a gynecologist visit, to acne and cramps, to communicating successfully with parents. The updated edition contains a new chapter on body image, as well as a new introduction for parents. Cartoon illustrations strengthen the book's positive and friendly tone.

Available in Spanish.

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Ready, Set, Grow! A “What’s Happening to My Body?” Book for Younger Girls

Lynda Madaras, 2003, 128 pp.
(Ages 8-12, F)

This book delves into the changes young girls ages 8 to 11 may be experiencing or about to experience including: development of breasts, body hair, and body fat; the changes in their reproductive organs, both inside and out; their first period and all the complex feelings surrounding it; acne; and new body odors. Madaras also encourages girls to respect and celebrate their unique bodies, regardless of what other people think. Lively cartoon drawings throughout make the book not only helpful, but fun to read, too. This book, the sixth book in the "What's Happening to My Body" series for girls and boys, is aimed at younger readers and does not include information on sex and birth control.

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Sex, Boys and You: Be Your Own Best Girlfriend

Joni Arredia, 1998, 192 pp.
(Ages 10-19, F)

This book addresses issues such as sex, dating, body image, self-esteem, loneliness, spirituality, exercise and posture. According to the School Library Journal, “Arredia acts as a sympathetic mentor to younger teens in this empowering, feel-good book. She describes her own experiences as a sexually abused child and explains how she overcame feelings of shame, stigma, and self-hatred to become a happy and fulfilled woman. The tone is casual but also thoughtful and deeply caring, and, above all, extremely positive and practical. For example, the author discusses why and when to say “NO,” how to like yourself when you don't look anything like the models in Seventeen magazine, how to figure out your strengths and have the discipline to work toward your goals, and how to develop healthy relationships with boys. The sections dealing with sexuality are not explicit. Good solid advice for any young teen and a fine addition to any collection.”

Perc Publishing
Order at: www.amazon.com

Cost: \$15.95
ISBN: 0965320324

The Teenage Guy's Survival Guide: The Real Deal on Girls, Growing Up and Other Guy Stuff

Jeremy Daldry, 1999, 176 pp.
(Ages 12-14, M)

This book for teen boys frankly addresses topics from asking a girl out to breaking up with her to emotional and physical changes during puberty to pimples and pornography. The authors tone is described by one reviewer as "irreverent and warmly sarcastic," as he debunks common myths about sexuality-related issues and helps readers through the difficulties of adolescence. The book concludes with a list of contact information for helpful organization.

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What's Going on Down There? Answers to Questions Boys Find Hard to Ask

Karen Gravelle with Nick and Chava Castro, 1998, 160 pp.
(Ages 10-16, M)

In this book, the author of *The Period Book* for girls, addresses physical changes, sexual intercourse, sexual orientation, masturbation, peer pressure, pregnancy and birth with boys in mind. She emphasizes that 'normal' does not mean 'same', balances information about being sexual with information about being responsible, and addresses genital size, birth-control methods and STDs, as well as the psychological changes during puberty, in depth. In addition, the book includes a chapter on puberty in girl. The book is useful, readable and written in the voice of a trusted adult; comic-book style illustrations liven up the book without distracting from the subject matter.

Available in Spanish.

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What's Happening to Me?

Peter Mayle, 1975 (2001 reprint), 188 pp.

(Ages 9-12)

This book humorously addresses everyday concerns about puberty in a question-and-answer format with cartoon illustrations. The questions are preceded by a basic explanation of how the body works.

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The “What’s Happening to My Body?” Book for Boys: A Growing Up Guide for Parents and Sons

Lynda Madaras, Area Madaras, 2000, 3rd ed., 288 pp.

(Ages 8-15, M)

This book for boys covers the body's changing size and shape, hair, voice changes, perspiration, pimples, the reproductive organs, sexuality, puberty in girls, diet, exercise, and health. It also includes vital age-appropriate information on AIDS, STDs, and birth control and an introduction aimed at parents and educators. In response to letters and new data about teenage concerns, the authors improved this edition with new, more detailed discussions of penis size; more comprehensive discussions on eating right and exercise, steroid abuse, and weight training; more practical advice on hygienic products, shaving products, and treatment of acne; more reassuring stories from boys and men to help relieve the embarrassment and anxiety over erections, orgasms, masturbation, wet dreams, and health issues including injuries and testicular cancer; and an expanded resource section on sexuality, homosexuality, birth control, and sexually transmitted infections.

Available in Spanish.

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The “What’s Happening to My Body?” Book for Girls: A Growing Up Guide for Parents and Daughters

Lynda Madaras, Area Madaras, 2000, 3rd ed., 304 pp.
(Ages 8-15, F)

In age-appropriate language, this book for girls addresses the body's changing size and shape, breasts, the reproductive organs, the menstrual cycle, pubic hair and puberty in boys. Reacting to new research data and thousands of questions from kids worldwide, Madaras has made the following changes in this edition: more discussion on when a girl will begin puberty; more on the emotional and physical development and the variability among girls of the same age, as well as how to deal with unwanted attention due to early development; avoiding unhealthy uses of drugs, alcohol, and tobacco; discussion of the "female athletic syndrome"; more practical advice on products from treating acne to menstruation protection to sports bras; new sections on diet, exercise, and health, with advice on avoiding weight problems and eating disorders; and internet resources that will guide the younger and older girls to more explicit, appropriate-to-their-age information on romance, sex, contraception, STIs, pregnancy, and multiple births.

Available in Spanish.

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What’s With My Body? The Girls’ Book of Answers to Growing Up, Looking Good, and Feeling Great

Selene Yeager, 2002, 272 pp.
(Ages 9-12, F)

“Reassuring, accurate advice for all preteen and young teen girls (and their parents). Presented in a question and answer format, all of the toughest and most important stuff that's on your mind is right here from body changes, skin and hair care, and menstruation to moods, eating disorders, and sexuality. You'll discover what your body is all about and feel great about it and yourself.” – *Publisher’s description.*
Pages are thumb-tabbed by topic.

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Teens (14+)

Changing Bodies, Changing Lives: A Book for Teens on Sex and Relationships

Ruth Bell, 1998, 3rd ed., 411 pp.

(Ages 14 and up)

Written by the authors of *Our Bodies, Ourselves*, this large, encyclopedic book that addresses the health and sexuality of teenagers has both great breadth and great depth. This comprehensive resource covers, in detail, the emotional and physical aspects of puberty, sexuality, sexual identity, healthcare, sexually transmitted diseases, safer sex and birth control, living with violence, mental health, substance abuse, and eating disorders. Comics by and quotes from teenagers about their experiences, thoughts and emotions, which are incorporated into every chapter, make content more accessible and personal. Also, each chapter has a list of organizations and print and nonprint resources relevant to the topics discussed (some may be out of date). A complete index facilitates easy location of the many subjects included in this text.

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Also available at www.amazon.com

Free Your Mind: The Book for Gay, Lesbian, and Bisexual Youth and Their Allies

Ellen Bass, Kate Kaufman, 1996, 448 pp.

(Teens, parents, educators, clergy, community members)

Written for gay, lesbian and bisexual youth, this guide offers useful information, support, reassurance and advice. The book, an excellent resource for GLBT youth, is divided into six sections: self-discovery and coming out; coping with friends and first love; dealing with family; defending and asserting oneself in school; finding solace in spirituality; and finding community support. Incorporated into these six sections are chapters for parents, educators, clergy, counselors and community members, as well as the words of young people who have gone through these experiences themselves. The book also includes a resource list and index.

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Also available at www.amazon.com

GLBTQ: The Survival Guide for Queer and Questioning Teens

Kelly Huegel, 2003, 256 pp.

(Ages 14+, GLBT allies)

“This frank, sensitive book is written for teens who are beginning to question their sexual or gender identity, those who interested in GLBT issues and rights, and those who need guidance, reassurance, or reminders that they aren’t alone. Kelly offers practical advice, knowing encouragement, accessible resources, and real-life testimonials from teens who’ve “been there.” Topics include coming out (the pluses and minuses), facing prejudice and pressure, getting support, navigating relationships, staying safe, making healthy choices, surviving and thriving in high school, and more. The message throughout is strong and clear: By accepting yourself, you take charge of your own future. Created with feedback and suggestions from individuals at PFLAG (Parents, families and Friends of Lesbians and Gays), GLSEN (the Gay, Lesbian and Straight Education Network), GLAAD (the Gay & Lesbian Alliance Against Defamation), and other organizations, this book is for any GLBTQ teen—and any straight friend, parent, teacher, counselor, youth leader, or other adult who cares and wants to understand.” *Publisher’s description*

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The “Go Ask Alice” Book of Answers: A Guide to Good Physical, Sexual and Emotional Health

Columbia University’s Health Education Program, 1998, 368 pp.

(Ages 15+)

The “Go Ask Alice” Book of Answers provides direct, nonjudgmental, comprehensive answers to the toughest, most uncomfortable questions teens (and adults) have about their sexual, emotional, and physical health. The book is filled with answers to questions initially posed on Columbia University’s award-winning and hugely successful Q&A website (www.goaskalice.com). Questions addressed to “Dear Alice” are answered with humor and understanding, and the tone of the book is neither moralizing nor didactic. The university’s health service staff has collaborated to make sure that each topic, from how to kiss to the effects of drugs and alcohol, is given candid, educated consideration in an easy-to-grasp Q&A format. An extensive list of resources is included, with telephone numbers and Internet addresses for related health organizations, for more information on a huge range of subjects.

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How Can You Tell If You're Really in Love?

Sol Gordon, 2001, 224 pp.

Psychologist, sex educator and former professor Sol Gordon addresses the perennial question: How Can You Tell if You're Really in Love? According to Gordon, people can easily fall in and out of love, but enduring love requires trust, respect and intimacy that develop over time. His book includes fresh perspectives on love, dozens of real-life examples of couples who are really in love, ingredients of a successful relationship, tendencies that lead people to the wrong partner, and patterns to avoid in relationships. Advice is sensitive yet straightforward, and the book includes anecdotes, exercises and a chapter on frequently asked questions.

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I'm Pregnant, Now What Do I Do?

Robert W. Buckingham, Ph.D, Mary P. Derby, R.N., M.P.H., 1997, 228 pp.
(Ages 15 and up, F)

This book is a valuable resource for pregnant young women, their partners and their families. The book begins with a detailed overview of the reproductive system and the progression of pregnancy and then provides guidance on many important decisions that pregnant teens will have to make, offering useful information on the three major options for pregnant women: adoption, abortion and becoming a parent. The authors avoid religious and political factors, focusing instead on making informed choices. Though the text is a little dry, first-hand accounts from young women make it more relatable. The book also includes a glossary and resource section.

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In Your Face: Stories from the Lives of Queer Youth

Mary L. Gray, 1999, 164 pp.
(Teens, parents, educators, GLBT allies)

In this collection of personal narratives, fifteen gay, lesbian and bisexual youth, ages 14 to 18, discuss their lives, personal backgrounds and visions for the future. In doing so they give others insight into the

hardships faced by sexual minorities and reach out to other gay, lesbian and bisexual youth, no matter what their background or situation. *In Your Face* offers many unique perspectives, voices of youth from a variety of ethnic backgrounds and family situations, and presents the identity issues that these youth grapple with. Topics addressed include: coming out to yourself and others, dealing with the school environment, becoming a part of the queer community, the influence of religion on one's life, and the impact of the Internet on the queer movement.

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It's Your (Sex) Life: Your Guide to Safe and Responsible Sex

The Henry J. Kaiser Family Foundation/MTV, 2005, 30 pp.

This booklet, produced jointly by MTV and the Kaiser Foundation, provides information on preventing unintended pregnancies, HIV and AIDS and other STDs. It offers detailed and comprehensive information on contraceptive options, including for each method such facts as success rate, benefits, drawbacks and how to obtain it. Common STDs are described, including such facts as how many people have it, symptoms, how it is spread, treatment and consequences. The booklet also provides information on emergency contraception, negotiation and communication skills, HIV testing, and helpful tips for condom use. It concludes with a list of hotlines, websites and emergency resources.

The Henry J. Kaiser Family Foundation
Website: www.kff.org/youthhivstds/1311-index.cfm
(also available from MTV at www.think.mtv.com or 1-888-BE-SAFE-1)
Cost: Both hardcopies and online PDF form are free

The Need to Know Library

Rosen Publishing, 9 books, 64 pp. each
(Grades 7-12, low literacy)

This series of hundreds of books is written for a low literacy audience—the topics are appropriate for youth in grades 7 to 12, but the books are written at the 4th to 6th grade reading level. These books provide facts without judgment and are written in an accessible manner. There are nine titles that are both related to sexuality education and contain recent and still-relevant information:

Everything You Need to Know About...

- *Birth Control* (Gary Mucciolo, 2000, ISBN: 0823933016)
- *Dealing with Sexual Assault* (Laura Kaminker, 2000, ISBN: 0823933032)
- *Getting Your Period* (Nancy N. Rue, 1995, ISBN: 082391870X)
- *Going to the Gynecologist* (Shifra Diamond, 1999, ISBN: 082392839X)
- *Growing Up Female* (Ellen Kahaner, 2001, ISBN: 0823934632)
- *Human Papillomavirus* (Elizabeth Carter, 2001, ISBN: 0823933970)

- *Sexual Abuse* (Evan Stark, Ph.D., 1998, ISBN: 0823928713)
- *Sexual Identity* (Jeff Donaldson-Forbes, 2000, ISBN: 0823930890)
- *STDs* (Samuel G. Woods, 2003, ISBN: 0823937666, **available in Spanish**)

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Ophelia Speaks: Adolescent Girls Write about Their Search for Self

Sara Shandler, 1999, 304 pp.

(Ages 13 and up, parents)

This book offers a collection of writings—essays, poems and commentary—from girls ages 12 to 18 that give voice to the challenges that girls face in their struggle toward womanhood. Topics addressed include body image and eating disorders, parental expectations, academic and peer pressure, sexuality, racial relations, faith, friends and family. The writing is often intensely personal and powerful. This book is appropriate for both adolescents and adults and provides great insight into the wide range of difficulties that girls face as they grow up.

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Our Boys Speak: Adolescent Boys Write about Their Inner Lives

John Nikkah, 2000, 192 pp.

(Ages 13 and up, parents)

This book features a collection of writings by teenage boys on socially relevant issues such as sex, sports, premature death, teenage ‘angst’, and drug and alcohol use. Each chapter begins with an essay by the author, in which he compares his own experiences with the teenagers who have written the poetry and prose that follow. The writings are relatively short and largely reflect middle-class experience, but reveal great emotional range and depth that is frequently assumed nonexistent in teenage boys. This book provides great insight into the minds of young men and would serve as a great resource to facilitate discussion among both young men and adults.

St. Martin’s Press (St. Martin’s Griffin)

175 Fifth Avenue

New York, NY 10010

Email: webmaster@stmartins.com

Website: www.stmartins.com

Order at www.amazon.com

Cost: \$10.00

ISBN: 0312262809

Out With It: Gay and Straight Teens Write about Homosexuality

Youth Communication, 1996, 115 pp.

This anthology of articles written on homosexuality by a diverse group of gay and straight teens explores the subjects of teen sexuality, coming out, homophobia and friends and family. The book includes an extensive 25-page teacher's resource guide.

Youth Communication/NY Center, Inc.
224 W. 29th Street
New York, NY 10001
Phone: (212)-279-0708
Email: LChan@youthcomm.org
Website: www.youthcomm.org
Cost: \$8.00

Real Girl Real World: A Guide to Finding Your True Self

Heather M. Gray, Samantha Phillips, 2005, 256 pp.

(Ages 14 and up, F)

“Teen girls receive mixed messages about who they should be-and what they should look like-from all facets of society. It's no wonder they have difficulty finding out who they really are. This snappy, straight-talking guide-a veritable *Our Bodies, Ourselves* for teens-helps girls make up their own minds about what kind of people they want to be. Exploring a wide range of topics central to young women's lives-including beauty and the media; body image, ethnicity and self-esteem; eating disorders and healthy nutrition; sexual anatomy, safe sex and much more-the authors dispel myths, put issues in perspective, and give girls the power to choose for themselves.” - *Publisher's description* Unlike many other books of this nature, *Real Girl Real World* contains a chapter that explains feminism and its relation to the current generation of teen girls. Overall, the book encourages young women to put society's messages in perspective and to empower themselves with messages that make sense to them. Resources and comments from teen girls are included throughout the book.

Seal Press
Avalon Publishing Group
1400 65th Street, Suite 250
Emeryville, CA 94608
Website: www.sealpress.com
Order from: www.amazon.com
Cost: \$15.95
ISBN: 1580051332

Salud: A Latina's Guide to Total Health

Jane Delgado, Ph.D, 2002, 416 pp.

(F)

This comprehensive guidebook is written by Hispanic women, for Hispanic women. It offers 24 chapters filled with scientific and medical information about sexuality, pregnancy, contraception, menopause, and sexually transmitted diseases, in addition to advice about nutrition, fitness, and mental health. The book also addresses diseases that most commonly affect Latinas, including alcoholism, arthritis, cancer, diabetes, and liver disease. The stories of individual Latinas are combined with factual information, resulting in a more warm and personal tone. The author keeps Hispanic culture in mind throughout the

book, emphasizing the importance of spirituality, alternative therapies, and family relationships in daily life. Each chapter contains a list of current resources, including organizations, books, pamphlets, and web sites. This book is easy to understand and full of useful information.

Also available in Spanish as “Salud: Guía para la salud integral de la mujer Latina”

HarperCollins Publishers (Rayo)
10 East 53rd Street
New York, NY 10022
Phone: 212-207-7000
Website: www.harpercollins.com
Order from: www.amazon.com
Cost: \$19.95
ISBN: 0060006218

Talk About Sex

Martha Kempner, Monica Rodriguez, 2005, 79 pp.

This booklet was developed to help teenagers communicate more openly and effectively about issues related to sexuality and HIV/AIDS. It offers clear, honest and straightforward information in a very engaging, youth friendly manner. Topics addressed include sexual rights, basic anatomical terms, staying healthy, gender identity, sexual orientation, relationships, communication skills, making choices, sexuality behavior, STDs, birth control and sexual abuse. Additional resources on each topic are offered at the conclusion of the minibook.

Available in Spanish as “Hablemos de sexo”

Sexuality Information and Education Council of the United States
130 West 42nd Street Suite 350
New York, NY 10036-7802
Phone: 212-819-9770
Email: siecus@siecus.org
Website: www.siecus.org
Cost: Hardcopy for \$3.00

The Teenage Body Book

Kathy McCoy, 1999, 256 pp.

According to the publisher, this is an award-winning guide that offers everything every teenager (and parent of a teenager) needs to know about nutrition, health, fitness, emotions, and sexuality. This is the essential handbook for honest, forthright, up-to-date advice in dealing with the dilemmas, doubts, and possibilities facing teenagers at the threshold of the new century--including: overcoming "body image" anxiety; drugs, drinking, smoking, and peer pressure; sexual orientation; coping with depression, anxiety, and stress; teen pregnancy, birth control, and parenthood; sexually transmitted diseases; fad diets, sports medicine, and medical advances; how to find confidential and effective crisis counseling; the best websites for teens; and more. The book is illustrated throughout, with a "QuickScan" feature that highlights important informative facts. It also has easy-to-access reference charts, treatments, and action plans and a cyber-appendix that provides e-mail addresses and websites of valuable sources.

Penguin Group (Perigee Trade)
375 Hudson Street
New York, NY 10014

Email: ecommerce@us.penguingroup.com
Website: us.penguingroup.com
Cost: \$18.95
ISBN: 0399525351
Also available on www.amazon.com

The Underground Guide to Teenage Sexuality

Michael Basso, 2003, 2nd ed., 272 pp.
(Ages 13+)

This comprehensive guide treats young men and women and their parents with honesty and respect. Basso openly discusses anatomy and physiology, sexually transmitted diseases, pregnancy, birth control, abortion, and sexuality in clear, comprehensible, and nonjudgmental terms. Readers are encouraged to think about all aspects of these issues and make decisions with which they are personally comfortable. Basso makes a compelling case for abstinence without appearing to be pushing that agenda and tells teenagers that they must be prepared to protect themselves and accept responsibility for the consequences of their actions. He empowers teens by giving them the information they need, ranging from contraceptive options to how to say no and deal with peer pressure to have sex, drink, or do drugs. The tone of the book is very much that of a classroom teacher, which lends it an air of authority but may work against the "underground" theme.

Available in Spanish.

Fairview Press
2450 Riverside Avenue
Minneapolis, MN 55454
Phone: 1-800-544-8207
Email: press@fairview.org
Website: www.fairviewpress.org
Cost: \$16.95
ISBN: 1577491319
Also available at www.amazon.com

A Young Woman's Survival Guide: Kickin' Back with the Girls

Health Initiatives for Youth
(F)

This multicultural "hip guide" to young women's health covers body image, sexuality and sexual health, substance use and harm reduction, and nutrition and fitness. This guide provides honest and realistic information, additional resources, and personal stories that celebrate the choices young women have made to improve their well-being. It includes poetry, photographs and illustrations as well. Chapters include: "My Life, My Body, My Choices: Relationships and Sexuality," "Don't Trip, I Don't Got Nothing: STDs, HIV and Hepatitis," and "No Shame in My Game: Birth Control, Safer Sex and Abortion."

Available in Spanish.

Health Initiatives for Youth
235 Montgomery Street, Suite 430
San Francisco, CA 94104
Phone: 415-274-1970 Fax: 415-274-1976
Email: info@hify.org; Website: www.hify.org
Cost: \$10.00

Newsletters & Magazines

American Girl

(Ages 8-13)

This magazine is described as an “age-appropriate alternative to teen magazines. Designed to affirm self-esteem, celebrate achievements, and foster creativity, *American Girl*’s message is one of support and positive reinforcement: You’re great just the way you are!” It contains projects, contests, quizzes, games and advice for girls, from girls and is printed six times yearly.

American Girl
P.O. Box 620497
Middleton, WI 53562-0497.
Phone: 1-800-360-1861
Website: www.americangirl.com
Cost: \$22.95 (for an annual subscription)

Girl’s Life Magazine

(Ages 10-15, F)

This magazine provides girls with lots of information and advice. It covers such topics as academic success, peer pressure, time-management, stress-relieving tips, growing up, and boosting self-esteem. It also includes advice columns, beauty and fashion features, quizzes, celebrity interviews and more. *Girl’s Life* provides real, honest advice that can help guide girls through their preteen and teen years.

Girl’s Life Subscription Office
4517 Harford Road
Baltimore, MD 21214
Phone: 1-888-999-3222, Fax: 1-410-254-0991
Email: subscriptions@girlslife.com
Website: www.girlslife.com
Cost: \$14.95 (1-year subscription), \$19.95 (2-year subscription)

Qr Magazine: Young. Gay. Now.

(Ages 16-24, gay/bisexual/questioning M)

This new monthly magazine focuses on the larger issues surrounding the lives of young gay men—questioning sexuality, youth politics and wider cultural trends. It addresses such topics as high school crushes, coming out, first kisses, surviving puberty and college, style, the arts, and health issues through an advice column with a doctor from Johns Hopkins Medicine.

Qr Media Inc.
Seattle, Washington US
Website: www.qrmag.com
Cost: Cost not available yet, check back on website to subscribe

Sex, Etc. Magazine

(Teens)

Formerly published as a newsletter, this magazine, written by teens, for teens, provides honest, accurate sexual health information backed up by professionals. Published three times a year, the magazine has a catchy layout and features teen voices that talk honestly and openly about their questions and experiences.

Sex, Etc. Subscriptions
Network for Family Life Education
Rutgers, The State University of New Jersey
41 Gordon Road, Suite C
Piscataway, New Jersey 08854-8067
Email: sexetc@rci.rutgers.edu
Website: www.sexetc.org
Cost: Annual subscription for \$10.00

Shameless: For Girls Who Get It

(Teen, F)

“A free alternative to typical teen magazines, for girls who know there’s more to life than makeup and diet tips,” this independent magazine is published three times a year by a volunteer staff guided by a teen advisory board. Each issue includes articles for “readers who are often ignored by mainstream media: freethinkers, queer youth, young women of color, punk rockers, feminists, intellectuals, artists, activists.” - articles about arts, culture, current events, food, politics, health and sexuality, advice and more. (*Quotes are publisher’s description*)

Shameless
P.O. Box 68548
360A Bloor St. W.
Toronto, Ontario
M5S 1X1
Email: subscribe@shamelessmag.com
Website: www.shamelessmag.com
Cost: \$35.00 (annual subscription)

Teen Voices

(Teens, F)

“The original magazine written by, for and about teenage and young adult women.” (*Publisher’s description*) Written and published twice a year by over 100 teen girls who participate in a journalism mentoring program, the magazine focuses on activism, empowerment, health, politics and culture. Articles are also posted monthly on *Teen Voices Online* and provide examples of topics addressed by the magazine: famous activists, “What Does Family Mean to You?,” birth control, teens and plastic surgery, and more.

Women Express, Inc.
P.O. Box 120-027
Boston, MA 02112-0027
Phone: 1-888-882-TEEN

Fax: 617-426-5577

E-mail: teenvoices@teenvoices.com

Website: www.teenvoices.com

Cost: \$20.00 (organizational member), includes winter and spring issue and adult email newsletter

YGA Magazine

(Teens, GLBTQ)

YGA, which stands for Young Gay America, targets teens and twentysomething gay youth with typical teen/youth content like fashion, photos, interviews, advice, games, reviews, and goofy fun.

YGA Magazine

5555 Young Street

Halifax, NS B3K 1Z7

Email: subscribe@ygamag.com

Website: www.ygamag.com

Cost: \$25.00 (yearly subscription)

Parents

Books

Parents of Young Children (0-8)

“But How’d I Get There in the First Place?” Talking to your Young Child about Sex

Deborah Roffman, 2002, 176 pp.

(Parents of children ages 3-6)

According to the author, there are three easily recognizable categories into which children’s questions about sexuality fall, and the key to successful communication is understanding these categories. Specifically, from three to four kids ask questions about geography (“Where was I before I was here?”), and at four or five, about delivery (“Exactly how did I get out of there?”). And finally, at six years-old children begin to ask, “But how’d I get in there in the first place?” Roffman’s book helps parents begin talking to their young children about these topics.

Da Capo Press

The Perseus Books Group

Customer Service Department

2300 Chestnut Street Suite 200

Philadelphia, PA 19103

Phone: (800) 371-1669, Fax: 800-453-2884

Email: perseus.orders@perseusbooks.com

Website: www.perseusbooksgroup.com

Cost: \$14.00

ISBN: 0738205729

Also available at www.amazon.com.

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

Deborah W. Haffner, 2004, 2nd ed., 256 pp.
(*Parents of children ages 0-12*)

This book outlines the step-by-step program of a leading sexuality educator for helping parents provide accurate information and communicate their own values to their children. This warm and useful guide is organized chronologically from infancy through adolescence. Each chapter offers questions to help parents determine their own values about sexuality and figure out what they want to teach their children; relevant information, anecdotes, and sample conversations pertaining to each stage of a child's life; as well as advice on how to identify and make use of teachable moments throughout a child's life to bring up specific issues of sexuality rather than discussing everything at once.

Newmarket Press
18 East 48 Street
New York, NY 10017
Phone: 800-669-3903 (special sales), 800-233-4830 (trade sales)
Email: mailbox@newmarketpress.com
Website: www.newmarketpress.com
Cost: \$14.95
ISBN: 1557046239
Also available at www.amazon.com

Parents of Preteens (9-13) & Teens (14+)

All About Sex: A Family Resource on Sex and Sexuality

Ronald Filiberti Moglia, Jon Knowles, 1997, 336 pp.

This book, published by the Planned Parenthood Federation of America, relates essential information about sex and sexuality in clear-cut and candid language that families can understand and use themselves. It is intended to assist family communication, determine sexual values, and advocate responsible sexual behaviors.

Out of print
Available at www.amazon.com

Before She Gets Her Period: Talking with Your Daughter about Menstruation

Jessica B. Gillooly, Ph.D., 1999, 163 pp.
(*Parents of children ages 8-12*)

This book helps parents talk with their daughters about menstruation. It includes personal stories, exercises, and activities related to menstruation that help parents start conversations—even if their daughters don't want to talk. The book also includes many ideas about how to celebrate this rite of passage.

Available in Spanish.

Perspective Publishing, Inc.
2528 Sleepy Hollow #A
Glendale, CA 91206
Phone: 1-800-330-5851 or 818-502-1270

Fax: 818-502-1272
Email: lgp@familyhelp.com
Website: www.familyhelp.com/perspectivepublishing.html
Cost: \$13.95
ISBN: 0962203696
Also available at www.amazon.com

Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens from Middle School to High School and Beyond

Debra W. Haffner, 2002, 241 pp.
(*Parents of children in grades 7-12*)

This book helps parents and caregivers have conversations with their children about sexuality issues. It offers information specific to each age group: middle school (grades 7-8), early high school (grades 9-10), late high school (grades 11- 12) and after graduation (ages 19 and up). Every section includes exercises that help parents determine their own values and beliefs on particular topics and tips and strategies that can help parents and caregivers talk about those beliefs with their teenager. The author also includes discussions about eating disorders, date rape, and sexual violence and tips for making the most of “teachable moments” in daily life to discuss important topics with teens.

Newmarket Press
18 East 48 Street
New York, NY 10017
Phone: 800-669-3903 (special sales), 800-233-4830 (trade sales)
Email: mailbox@newmarketpress.com
Website: www.newmarketpress.com
Cost: \$14.95
ISBN 1557045178
Also available at www.amazon.com

But I Love Him: Protecting Your Teen Daughter From Controlling, Abusive Dating Relationships

Dr. Jill Murray, 2001, 208 pp.
(*Parents of girls ages 12+*)

This book helps parents recognize patterns of controlling and abusive behavior in dating relationships. Some of the topics include; the definition of abuse, verbal and emotional abuse, sexual abuse, physical abuse, warning signs, reasons girls choose abusive relationships, girls abusing boys, and how to talk to your daughter about abuse.

Regan Books (Harper Collins Publishers)
10 East 53rd Street
New York, NY 10022
Phone: 212-207-7000
Order from: www.amazon.com
Cost: \$13.00 (paperback)
ISBN 0060957298

Conversaciones: Relatos por padres y madres de hijas lesbianas y hijos gay

Mariana Romo-Carmona, ed., 2001, 200 pp.

According to the book description, “twenty-three Latino parents speak about their relationships with their lesbian and gay children, with frankness, humor, and love” in this Spanish-language book. “A Puerto Rican mother praises and supports her son, a respected police officer. An Argentinean mother attends Gay Pride with two lesbian daughters. An Honduran mother joins her twin daughters at gay youth events; one is a lesbian and the other is bisexual. The mother of a Mexican activist remembers her family's love for her son, who passed away after living with AIDS for ten years... *Conversaciones* is an extremely important book for all Latin American and Spanish-speaking communities. With stories by twelve sons and daughters and an afterword by Jaime Manrique.”

Available in Spanish only.

Cleis Press
P.O. Box 14697
San Francisco, CA 94114
Phone: (415) 575-4700 or (800) 780-2279; Fax: (415) 575-4705
Email: orders@cleispress.com
Website: www.cleispress.com
Cost: \$14.95
ISBN: 1573441260
Also available at www.amazon.com

Everything You Never Wanted Your Kids To Know About Sex (but were afraid they'd ask): The Secrets to Surviving Your Child's Sexual Development from Birth to the Teens

Justin Richardson, Mark A. Schuster, 2004, 448 pp.

(Parents of children of all ages)

This book, written by two experts in the sexual maturation of children, serves as an intelligent, frank and reassuring guidebook for parents who believe in being open about sexuality-related issues. The authors acknowledge that we are inherently sexual at all stages of life and show how parents can positively influence their children's sexual development through honest communication. They cover the average development of both boys and girls, from infancy and the beginnings of sexuality to teenager's first sexual experiences. They address such topics as toddler sex play, dating, love, sexual orientation, masturbation, birth control, sexually transmitted diseases and pregnancy. The authors provide suggestions for parents for communicating with their children about these topics. The book is well-researched, well-written and contains many personal stories from parents that make it an essential survival guide for parents.

The Crown Publishing Group (Three Rivers Press)
Random House, Inc.
Department of Library Marketing
280 Park Avenue (11-3)
New York, NY 10017
Phone: 1-800-733-3000, Fax: 212-940-7381
Email: crownbiz@randomhouse.com
Website: www.randomhouse.com/crown
Cost: \$14.95
ISBN: 1400051282
Also available at www.amazon.com

Family Connections

Adagio Health., 2000

(Parents of children ages 0-7, 8-13 and 14-18)

Family Connections guidebooks are both quick and easy-to-read, blending useful information with helpful tips. The three age-specific books have a positive tone, which reflects the belief that, by communicating only the negatives to children, parents run the risk of having their most important messages go unheard. Topics addressed include: child development, communication, sharing values, puberty, sexual abuse, teen pregnancy, sexually transmitted diseases (STDs) and contraception.

CAPP – Adagio Health

960 Penn Avenue, Suite 600

Pittsburgh, PA 15222

Phone: 1-800-215-7494 or 412-288-2130 (administrative offices)

Fax: 412-288-9036

Email: CAPP@adagiohealth.org

Website: www.adagiohealth.org

Cost: First set of books is free, \$1/book after first set

Healthy Teens, Body and Soul: A Parent's Complete Guide

Andrea Marks, Betty Rothhard, 2003, 384 pp.

(Parents of children ages 10-21)

The book gives both teens and parents advice on how to bring up and discuss sensitive, difficult-to-address topics. The authors address the physical, mental, emotional, and social issues that make adolescents' lives exciting, challenging, and overwhelming. Chapters include "The Stages and Tasks of Adolescent Development;" "Health Issues for Your Daughter;" "Health Issues for Your Son;" "Panic in the Mirror: Teens and Eating Disorders;" and "Risks and Realities of Teen Sexuality."

Simon and Schuster

1230 Avenue of the Americas, 11th Floor

New York, NY 10020

Email: customerservice@simonsays.com

Website: www.simonsays.com

Cost: \$14.00

ISBN: 0743225619

Also available at www.amazon.com

How Homophobia Hurts Children: Nurturing Diversity at Home, at School and in the Community

Jean M. Baker, 2001, 224 pp.

(Parents of children ages 9-24, youth-serving professionals)

This book uses personal excerpts from gay young people to illustrate "the ways that children growing up to be gay are harmed by homophobia before anyone, including themselves, even knows they are gay. This compelling and sympathetic volume describes many simple ways that these children can be helped to understand that they can grow up to lead normal lives, with hopes and dreams for their futures. *How Homophobia Hurts Children: Nurturing Diversity at Home, at School, and in the Community* brings home the voices of these children. They describe their experiences to show how they came to the

frightening recognition that they are part of a group held in disregard by the rest of society, even sometimes by their own families... The book also explains how homophobia affects the attitudes of non-gay children by leading them to believe that it is acceptable to mistreat homosexuals. Finally, specific suggestions are made for changes in parenting and changes in school/classroom practices that could help prevent the harm that is inflicted upon so many of our gay children.” (*Publisher’s description*)

The Haworth Press, Inc.
10 Alice Street
Binghamton, NY 13904
Phone: 1-800-HAWORTH, Fax: 1-800-895-0582
Email: orders@HaworthPress.com
Website: www.HaworthPress.com
Cost: \$29.95
ISBN: 1560231645
Also available at www.amazon.com

Now What Do I Do?

SIECUS, 1998

(Parents of children ages 10-12)

This booklet offers help to parents who wish to talk with their preteens about topics including puberty, love, dating, contraception, masturbation, AIDS and other STDs, sexual orientation, body image and more. It includes 15 situations dealing with sexuality-related issues. A three-step process asks the parent to consider why the situation arose, how to respond, and what messages they want to communicate to their children. A “Remember” section for each topic provides helpful hints to parents about preteens and sexuality. The publication also provides a list of national organizations that can serve as sources of further information.

Sexuality Information and Education Council of the United States
130 West 42nd Street Suite 350
New York, NY 10036-7802
Phone: 212-819-9770
Email: siecus@siecus.org
Website: www.siecus.org
Cost: Available free online in HTML format

Our Daughters and Sons: Questions and Answers for Parents of Gay, Lesbian and Bisexual People

PFLAG, 2006, 24 pp.

This booklet provides questions and answers for parents of gay, lesbian and bisexual people. According to Parents, Families and Friends of Lesbians and Gays (PFLAG), “this is a ‘must read’ for parents who are forming new and honest relationships with a loved one who has come out to them. This booklet answers several commonly-asked questions about having a gay child. It includes a list of related resources.”

Available in Spanish.

PFLAG
1726 M Street, NW, Suite 400
Washington, D.C. 20036

Phone: 202) 467-8180 ext. 210
Fax: (202) 467-8194
Email: publications@pflag.org
Website: www.pflag.org
Cost: \$2.00

Our Trans Children

Jessica Xavier, Mary Boenke, 2004, 4th ed., 19 pp.

This booklet, published by PFLAG's Transgender Network, serves as an introduction to trans issues for parents of "children" of all ages. The publication covers transgender-related terms, trans youth, transition processes, family journeys, legal concerns, a short bibliography, a resource list and trans/family websites. Contents include commonly asked questions, commonalities and differences between sexual orientation and gender identity, issues of transgender youth, transgender and the law, and a Trans Family reading list. This is an excellent educational tool for families, friends, employers, and the larger community.

Available in Spanish.

PFLAG Transgender Network
1903 Kildare Woods Drive
Greensboro, NC 27407
Phone: (336)454-5693
Email: pflagtnet@triad.rr.com
Website: pflag.org/PFLAG_s_Transgender_Network.tnet.0.html
Cost: \$1.25 (for 1), \$3.00 (for 3), also available free online

Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex

Deborah Roffman, 2001, 352 pp.
(Parents of children of all ages)

This highly intellectual book presents theoretical as well as practical reasons and strategies for parent-child communication about sexuality-related issues. Written by an experienced sexuality educator, it addresses definitions of sex and discusses age appropriateness and values, gender, and family/school partnerships and how these issues relate to young people's needs for affirmation, information, values, limits, and guidance. The author provides intelligent advice and insights, addressing how to start discussions rather than conflicts and how to listen to what your children say. The author's writing style, though informative, can be challenging and overly intellectual and may appeal to a limited audience of college educated parents or parents interested in theory.

Da Capo Press
The Perseus Books Group
Customer Service Department
2300 Chestnut Street Suite 200
Philadelphia, PA 19103
Phone: (800) 371-1669, Fax: 800-453-2884
Email: perseus.orders@perseusbooks.com
Website: www.perseusbooksgroup.com
Cost: \$16.95
ISBN: 0738205206
Also available at www.amazon.com

Ten Talks Parents Must Have with Their Children about Sex and Character

Pepper Schwartz, Dominic Cappello, 2000, 384 pp.

(Parents of children in grades 4-12)

Created to help parents and children in grades 4 through 12 talk about sexuality and building character, this book offers advice to parents on how to approach the subject and what to say once the conversation has begun. Topics addressed include safety, peer pressure, ethics, character, the Internet, and the media. Every chapter offers tips to help parents identify and understand their values and family boundaries about particular sexuality issues; stories that can facilitate communication with your children; specific questions to ask your child; opportunities to reflect on responses and identify possible problems; and examples of talks.

Available in Spanish.

Hyperion Press; Order at: www.amazon.com

Cost: \$12.95

ISBN: 1555832822

There's No Place Like Home... For Sex Education

Planned Parenthood Health Services of Southwestern Oregon, 1999

(Parents of children of all ages, PK-12)

This 75-page spiral bound book consists of reproducible parent handouts that schools, religious organizations, community agencies, libraries and others can photocopy and distribute. Five handouts are written for each age group/grade level (from pre-school through 12th grade). Each handout presents sexuality information relevant to a particular developmental stage; useful strategies; communication hints; and suggested resources for parents to guide them in communicating with their children.

Also available in Spanish translation and in Native American adaptation.

Planned Parenthood Health Services of Southwestern Oregon (Mary Gossart)

360 East 10th Avenue, Suite 104

Eugene, OR 97401

Phone: (541) 344-1611, ext. 13

Fax: (541) 342-6088

Email: mary.gossart@pphssso.org

Website: www.pphssso.org or www.noplacelikehome.org

Cost: \$8.00 for reproducible hardcopy, also available free online at www.noplacelikehome.org

Trans Forming Families: Real Stories About Transgendered Loved Ones

Mary Boenke, ed., 2003, 2nd ed., 190 pp.

This book includes stories by parents of young transgendered youth (TGs), parents of adult TGs, spouses, partners, grandparents, siblings and friends describing their respective journeys from bewilderment to acceptance of their trans loved one. There are brief auto-bios by trans themselves, trans experiences as parents, and articles by therapists who work with trans persons and parents. It includes a trans glossary, trans/family bibliography, and an updated list of TG organizations. This is probably the best first book for parents and others struggling to understand.

PFLAG Transgender Network

1903 Kildare Woods Drive

Greensboro, NC 27407
Phone: (336)454-5693
Email: pflagtnet@triad.rr.com
Website: pflag.org/PFLAG_s_Transgender_Network.tnet.0.html
Cost: \$10.00
ISBN: 0615123074
Also available at www.amazon.com

What I Wish You Knew: Letters from Our Daughters' Lives, and Expert Advice on Staying Connected

The Editors of American Girl, 2001, 225 pp.
(Parents of girls ages 10-14)

This book for parents contains more than 200 letters received by the editors of American Girl magazine, expert advice, and practical suggestions for parents. Psychologists, educators, doctors and the girls themselves share their opinions and knowledge on issues including dating and sexuality, and smoking, drinking, and drugs. This useful resource also provides a list of books for further reading and organizations that focus on helping teens.

American Girl
P.O. Box 620497
Middleton, WI 53562-0497.
Phone: 1-800-360-1861
Email: im_catalog_cs@americangirl.com
Web site: www.americangirl.com
Cost: \$12.95
ISBN 1584853298
Also available at www.amazon.com

Words Can Work: When Talking With Kids About Sexual Health

Jeanne Blake, 2004, 140 pp.

This book, appropriate for young people, parents and other caregivers, and families, offers the true stories of 12 families about discussing puberty, values, relationships, postponing sex, birth control and more. Teens, in personal accounts, take readers into their world, while Dr. David Satcher, Former Surgeon General and Dr. Paula Rauch, Massachusetts General Hospital offer strategies and particular words parents can use in similar situations.

Family Health Productions
PO Box 1639
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Youth Serving Professionals (Educators, Counselors, etc.)

Textbooks: General Sexuality

Exploring the Dimensions of Human Sexuality

Jerrold Greenberg, Clint Bruess, Sarah C. Conklin, 2007, 3rd edition, 770 pp.

The third edition of this student textbook has been extensively updated to include information and statistics about recent developments in sexuality studies. This text continues to encourage students to explore the varied dimensions of sexuality and to see how each affects their personal sexuality, sexual health, and sexual responsibility. All aspects of sexuality—biological, spiritual, psychological, and sociocultural—are presented factually and impartially. Can be used as a reference for students, parents and educators.

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Our Sexuality

Robert Crooks, Karla Baur, 2005, 9th edition, 688 pp.

The new edition of this college textbook has been thoroughly and carefully updated to reflect the most current research literature. Sensitive, comprehensive, and candid scholars and teachers, the authors continue to engage students with the most exciting emerging research in the field. The authors have further refined their focus on strengthening healthy communication between partners, as well as providing information on maintaining a responsible and healthy sexual relationship. They have also given even greater attention to diversity and inclusiveness. Other highlights include the very latest research, including a new feature called "Spotlight on Research;" new stories about the experiences of real people from the "Authors' Files;" and a writing style that is warm, direct, and non-judgmental. Thorough coverage of all major topics is incorporated into every section (including sexual health).

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Also available at www.Amazon.com

Sexuality Today with SexSource CD-ROM

Gary F. Kelly, 2006, 8th edition, 592 pp.

The eighth edition of this trusted text carefully balances the psychological, biological/physiological, and social elements of human sexuality, integrating the latest research findings and social trends. The author's balanced approach is also evident in his ability to present various sides of controversial topics in a neutral voice. This new edition features updated case studies, more emphasis on cross-cultural coverage and examples, and the new companion *SexSource* Student CD-ROM.

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References and Books: Sexuality Education

Emerging Theories in Health Promotion Practice and Research: Strategies for Improving Public Health

Ralph J. DiClemente, Richard A. Crosby, Michelle C. Kegler, 2006, 414 pp.

“New and longstanding threats to public health, such as violence, drug misuse, HIV/AIDS, and homelessness are creating an ever greater demand for innovative theories that are responsive to the changes in the larger social environment. This important work is designed to fill the demand by assembling a careful selection of new and emerging health promotion theories into a single volume, written with an emphasis on practical application of theory to health promotion and health education programs.” (*Publisher’s description*)

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Handbook of Sexuality-Related Measures

Clive Davis, William Yarber, Robert Bauserman, George Scheer, Sandra Davis, 2004, 608 pp.

Reliable and valid measurement and assessment are fundamental to understanding human sexual expression. Many instruments have been developed to measure a myriad of sexuality-related states, traits, behaviors, and outcomes; however, few are accessible and information about them is usually limited to appropriate use and psychometric properties. The *Handbook* reproduces more than 200 instruments,

accompanied by information for their use in research and in educational and clinical settings. Instruments relate to more than 50 topics, and each chapter describes the development and appropriate use of each, giving information on timing, scoring, and interpretation. Reliability and validity data are summarized and completely referenced. Nearly all articles include the entire instrument; others provide illustrative content from the instrument and give all necessary information to obtain it.

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Research Methods in Health Promotion

Richard A. Crosby, Ralph J DiClemente, Laura F. Salazar, 2006, 464 pp.

“Basic knowledge and skills regarding the design implementation, analysis, and interpretation of research in the field of health promotion. Taking the perspective that research involves a predetermined series of well-defined steps, the book takes care to present these steps in sequential format.” (*Publisher’s description*)

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Sexuality Education Across Cultures: Working With Differences

Janice M. Irvine, 1995, 206 pp.

Irvine demonstrates how cultural differences can profoundly shape beliefs about what it means to be a man or a woman, and how these differences shape an individual’s sexual thoughts, feelings, and behaviors. The volume includes information on: 1) cultural approaches to sexual identity; 2) differing meanings of *risk* among cultures; 3) diverse perspectives of sexual speech; 4) understanding sexuality in the context of an individual’s social world; and 5) ways to develop culturally appropriate education.

Out of print, but available at www.Amazon.com
Jossey-Bass Publishers
Cost: \$40.00
ISBN: 0787901547

Sexuality Education: Theory and Practice

Clint Bruess, Jerrold Greenberg, 2004, 317 pp.

This book aims to educate future and experienced sexuality educators and administrators about sexuality and also attempts to clarify incorrect assumptions related to sexuality education. This resource comprehensively covers information and issues related to sexuality education and the skills necessary to prepare sexuality educators. The authors balance content information, instructional strategies, and applications that help students assess their own attitudes, beliefs and knowledge of the sexuality-related issues.

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ISBN: 0763747599

Also available at www.Amazon.com

Talk About Sex: The Battles Over Sex Education in the United States

Janice Irvine, 2004, 294 pp.

In this book, Janice M. Irvine presents both a comprehensive history of the culture wars over sex education and an exploration of the politics of sexual speech in the United States. She examines the clash between professional sex education advocates and the politicized Christian Right, showing how crucial sexual speech is to cultural politics. Addressing a variety of issues that have arisen since the 1960s, she demonstrates how a newly emerging Christian Right selected sex education as one of its first battles, then went on to dominate the public discussion on the subject. *Talk About Sex* explores American sex education's strategic place in the long history of efforts to regulate sexual morality by controlling sexual speech.

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Also available at www.amazon.com

Teaching About Sexuality and HIV: Principles and Methods for Effective Teaching

Evonne Hedgepath, Joan Helmich, 1996, 416 pp.

This book is aimed at those professionals teaching about sexuality, family planning, HIV, and other related topics, either as part of a broader curriculum or as an independent program. Such professionals

may include: classroom teachers, health educators, school nurses, counselors, and religious educators. The book provides guiding principles, addresses concerns, and discusses specific teaching methods and their application to sexuality and HIV education. The book does not contain teaching activities and does not concentrate on the content of education programs.

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Teaching Sex: The Shaping of Adolescence in the 20th Century

Jeffery P. Moran, 2002, 304 pp.

This book examines adolescent sexuality and sexuality education in American society through a historical lens. It traces the emergence of the "sexual adolescent" over the course of the past century and the evolution of schools' efforts to teach sex. Moran shows how sex education curricula typically reflects the priorities of older generations rather than the concerns of the young because it is so heavily influenced by the political and moral concerns of each era. He sheds light on the goals and limitations of sex education and the ability of public authority to impact private behavior. *Teaching Sex* does not merely critique public health policy; it is a broad cultural exploration of America's understanding of adolescence, sexual morality, and social reform.

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When Sex Goes to School: Warring Views on Sex—and Sex Education—Since the Sixties

Kristin Luker, 2006, 416 pp.

“*When Sex Goes to School* explores the ideas and values behind the fight over sex education through the lives of parents, its most passionate participants. Distinguished sociologist Kristin Luker spent over twenty years talking to people in ordinary communities about sex and how, if at all, it should be taught. Luker argues that Americans are now deeply divided over sex, largely as a legacy of the 1960s. She traces sex education from its birth in 1913 to its more politicized modern incarnation, examining in detail the marriage-minded 1950s and the sexual and gender revolutions of the 1960s. She explores how our parents' sexual attitudes have influenced us and, in turn, how our sexual choices affect the way we teach

our children about sex. Her conclusions are unexpected, and after reading this book it is impossible to look at the intersection of the intimate and the political in the same way.” (*Publisher’s description*)

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Also available at www.amazon.com

Youth: Choices and Change

Pan American Health Organization, 2005, 392 pp.

This publication on adolescent health and positive behavior change is appropriate for local health promoters, designers of community health promotion programs, health professionals, the academic and research community, ministries of public health and of youth affairs, those who study and those who create mass media trends, parents and teachers, school counselors, and all others who play a significant role in adolescents’ lives. It presents a systematic collection and reporting of the application of behavioral change theories and models specifically to adolescents. The book explains why some health promotion interventions aimed at positive adolescent behavior change produce the desired results, while others fail. Interventions from a diversity of geographical settings are analyzed. Cultural, ethnic, and gender differences are also given special consideration, as is the role of poverty and the ability of some adolescents to secure physical and emotional well-being despite adverse circumstances.

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Papers and Reports: Sexuality Education and Adolescent Sexual Health

Building Emergency Contraception Awareness Among Adolescents: A Tool Kit for Schools and Community-Based Organizations

Linda Simkin et al., 2003, 143 pp.

This toolkit provides up-to-date information about emergency contraception for youth-serving professionals. Sections include: Emergency Contraception Facts, EC and Teens, EC and Schools, EC and School-Based Health Centers, EC and Community-Based Organizations and Measuring Progress. This publication is comprehensive and practical and includes many useful resources for professionals.

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100 Fifth Avenue
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Email: lsimkin@aed.org
Website: www.aed.org/scs
Cost: free in PDF or hardcopy form

Impact of Sex and HIV Education Programs on Sexual Behaviors of Youth in Developing and Developed Countries

Douglas Kirby, B.A. Laris, Lori Roller, 2005

This working paper analyzed 83 evaluations in industrialized and developed countries and measures the impact of programs focused on pregnancy and HIV/STD prevention. The paper shows that pregnancy and HIV/STD prevention programs directed at young people do not increase sexual activity but can, in fact, delay teens' initiation of intercourse, reduce the number of sexual partners teens have, and/or increase teens' use of condoms/contraception. (description by SIECUS)

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PO Box 13950
Research Triangle Park, NC 27709
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Website: www.fhi.org
Cost: available for free in online format

Teaching Manuals & Guidelines for Sexuality Education

Designing Effective Family Life Education Programs: Communities Responding to the Challenge of Adolescent Pregnancy Prevention, Vol. III

Claire Brindis, Laura Davis, 1998, 79 pp.

This publication discusses the components of effective sexuality education and provides guidance in planning and implementing sexuality education programs. It includes information on how to launch and strengthen programs and link them to existing programs within the community, as well as guidance on advocating for such programs. Useful and factual appendices provide both further information and related resources.

Advocates for Youth
2000 M St., N.W. Suite 750
Washington, DC 20036
Phone: 202-419-3420, Fax: 202-419-1448
Email: information@advocatesforyouth.org
Website: www.advocatesforyouth.org
Cost: \$25.00

Filling the Gaps: Hard to Teach Topics in Sexuality Education
SIECUS, 1998,

This teaching manual addresses eight “hard-to-teach” sexuality-related topics: abstinence, condoms, diversity, pregnancy, safer sex, sexual behavior, sexual identity and orientation, and sexuality and society. Each section includes background for teachers, the rationale for teaching each topic, and resources and activities. Sections also include take-home assignments that involve parents or other caregivers and complement or emphasize issues discussed in class. It is not meant to serve as a curriculum, but instead, provides a collection of activities from which educators can select those that best meet the needs of the youth in their community.

Sexuality Information and Education Council of the United States
130 West 42nd Street Suite 350
New York, NY 10036-7802
Phone: 212-819-9770
Email: siecus@siecus.org
Website: www.siecus.org
Cost: \$19.95 for hardcopy, available as a free PDF

Guidelines for Comprehensive Sexuality Education: Kindergarten to 12th Grade
SIECUS, 2004, 3rd edition

A national model for comprehensive sexuality education with developmental messages for: early childhood, preadolescence, early adolescence, and adolescence. The guidelines reflect four primary goals of sexuality education: information; attitudes, values and insight; relationships and interpersonal skills; and responsibility. *Guidelines* provides a framework for creating a new program or improving existing programs. It provides a starting point for local curriculum development and offers guidance on evaluating existing or proposed programs. Classroom teachers can use *Guidelines* to provide a theoretical basis for daily programs. It can also be used in teacher preparation or in-service education.

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Website: www.siecus.org
Cost: Available free online, hardcopies for \$10.00

Guidelines for Comprehensive Sexuality Education for Hispanic/Latino Youth Kindergarten-12th Grade
SIECUS, 1995

This booklet is an adaptation of SIECUS' *Guidelines for Comprehensive Sexuality Education Kindergarten-12th Grade*, specifically designed for use with Hispanic/Latino youth. It provides a framework for comprehensive sexuality education including key concepts and developmental message for early childhood, pre-adolescence, early adolescence, and adolescence. The text, in both Spanish and English, includes a resource section on materials for Hispanic/Latino youth.
Available in Spanish.

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Cost: available online at no cost, hard copies for \$8.00

Life Planning Education: A Youth Development Program

Advocates for Youth, 1995, 541 pp.

(Ages 13-18)

Advocates' popular family life education program includes chapters on sexuality, relationships, health, violence prevention and community responsibility, as well as chapters on skills-building, values, self-esteem, parenting, employment preparation and reducing sexual risk. Packed with interactive exercises, supplemental leaders' resources, participant handouts and a complete guide to implementation, this resource is appropriate for use in schools and other settings for sexuality/life skills education, HIV prevention education, and pregnancy prevention. For use with youth ages 13 to 18.

Advocates for Youth
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Website: www.advocatesforyouth.org
Cost: \$60.00 while supplies last

On The Right Track

SIECUS, 2004

A guide for youth serving organizations, *On the Right Track* is designed to help youth development professionals recognize the need to address sexuality with young people, understand how sexuality education and youth development can complement each other, and determine ways in which youth development programs can begin to incorporate this important topic.

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Email: siecus@siecus.org
Website: www.siecus.org
Cost: available online at no cost, hardcopies for \$10.00

Positively Informed: Lesson Plans and Guidance for Sexuality Educators and Advocates

Andrea Irvin, 2004, 196 pp.

(Ages 10-19)

“This resource kit of lesson plans and guidance for sexuality educators provides a selection of some of the best sexuality education materials available. Intended to serve as a source of ideas, examples, and inspiration for educators developing their own comprehensive sexuality education curricula, the lesson plans use creative, interactive, learner-centered teaching strategies and are adaptable to diverse cultural settings. Lessons address gender issues, challenge discriminatory attitudes and behaviors, and present sexuality as a positive part of life rather than something to be feared and shrouded in taboos. These classroom-ready lessons are appropriate for participants between the ages of 10 and 19. Depending on the cultural context, level of community support, and students' level of knowledge and experience, some may need considerable adaptation to be relevant and effective. References to additional recommended lesson plans are also included.” *(Publisher's description)*

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New York, NY 10001 USA
Phone: 212-979-8500, Fax: 212-979-9009
Email: chilsendager@iwhc.org
Website: www.iwhc.org
Cost: Free in PDF or hardcopy form

Promoting Sexual Responsibility: A Teen Pregnancy Prevention Resource for School Employees

Eva Marx, Vicki Harrison, Kandra Strauss Riggs, 2005

This guide gives school employees the resources they need to help students avoid behaviors that can result in pregnancy, as well as HIV infection and other sexually transmitted diseases. Drawing on current research and practice, this book offers strategies that school employees can use to help students prepare to become responsible adults.

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Right From the Start

Early Childhood Sexuality Education Task Force, 1995

RFS Guidelines provides a resource for caregivers in child care centers and preschools in laying a foundation for promoting young children's sexual health. The *RFS Guidelines* presents sexual health issues in a carefully constructed, scoped, and sequenced approach to delivering comprehensive sex education. The three developmental levels addressed include infancy (birth to one year), toddlers and preschool aged children (one to four years), and older preschoolers (four through five years). Each level

includes key messages. *RFS Guidelines* addresses issues around implementing the program in a community, offering resources for administrators and caregivers.

Early Childhood Sexuality Education Task Force
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Sex Ed 101: A Collection of Sex Education Lessons

Bill Taverner, 2006

This publication contains 10 updated lessons from various Planned Parenthood of Greater Northern New Jersey education manuals. Topics include abstinence, condoms and contraception, HIV/AIDS, relationships, and communication.

The Center for Family Life Education
Planned Parenthood of Greater Northern New Jersey
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Fax: (973) 539-3828
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Website: www.ppgnnj.org
Cost: \$25.00

Sexuality Education within Comprehensive School Health Education

American School Health Association, 2003, 2nd ed., 120 pp.

This publication will help educators, school administrators, and health personnel to implement comprehensive sexuality education in schools. The publication presents human sexuality as a crucial part of comprehensive school health education. Topics addressed include steps for implementation, communication strategies, handling controversial issues, and evaluation. The publication is adaptable to the needs of individual schools and communities.

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Sexuality Education Curricula

School-Based Curricula

AIDS Prevention for Adolescents in School

Heather J. Walter, M.D., M.P.H. & Roger D. Vaughan, M.S.

(Grades 9-12, urban African American/black, Hispanic, white and Asian)

This HIV/STI prevention curriculum comprises six sessions, delivered on consecutive days, and includes experiential activities to build skills in refusal, risk assessment, and risk reduction. It is recommended for use with African American/black, Hispanic, white, and Asian, high school students in urban settings.

“Evaluation found that this program assisted sexually experienced participants to increase monogamy, reduce the number of their drug-using sexual partners, and increase condom use. The program had no significant effect on delaying the initiation of sex. Evaluation found the program to be associated with a favorable trend in the incidence of STIs among participants, relative to controls.”

(from Science and Success: Executive Summary, Advocates for Youth)

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Fax: (650)949-3299

Email: shobana@socio.com

Website: www.socio.com/pasha.htm

Cost: \$200.00 for program package

Postponing Sexual Involvement (Augmenting a Five-Session Human Sexuality Curriculum)

(Grade 8, African American/black, sexually inexperienced, socioeconomic disadvantage)

This five-session, peer-led curriculum is designed to augment a five-session human sexuality curriculum led by health professionals, who also refer sexually active youth for nearby reproductive health care. It is recommended for use with eighth grade students, African American/black youth, sexually inexperienced youth, and youth at higher risk due to socioeconomic disadvantage. “Evaluation showed delayed initiation of sexual intercourse and, among sexually experienced participants, reduced frequency of sex and increased use of contraception. When replicated without fidelity (including omission of the five-session human sexuality curriculum), the program led to no changes in sexual behavior among participants relative to comparison youth.” *(from Science and Success: Executive Summary, Advocates for Youth)*

Adolescent Reproductive Health Center

(Marian Apomah, Coordinator, Materials Management/Training Support)

Box 26158

Grady Health System

80 Butler Street, SE

Atlanta, GA 30334

Phone: (404) 616-3513, Fax: (404) 616-2457

Cost: \$150.00 for program package (video/manual), \$50.00 for manual only

Get Real about AIDS

Comprehensive Health Education Foundation

(Grades 9-12, sexually active, white and Hispanic, urban, suburban and rural)

This HIV risk reduction curriculum comprises 15 sessions delivered over consecutive days. It includes experiential activities to build skills in refusal, communication, and condom use. Other components include activities, such as public service announcements, to reach more youth and reinforce educational messages. It is recommended for use with sexually active, white and Hispanic, urban, suburban, and rural, high school students. "Evaluation found that the program assisted sexually active participants to reduce the number of their sexual partners, increase condom use, and increase condom purchase. The program did not affect the timing of sexual initiation. It did not reduce the frequency of sex among sexually active youth nor their use of drugs and alcohol prior to having sex."

(from Science and Success: Executive Summary, Advocates for Youth)

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Email: shobana@socio.com

Website: www.socio.com/pasha.htm

Cost: \$660.00 for program package

It's Up to Us: An AIDS Curriculum for ESL Students and Other English Language Learners

Henry Lesnick, 2001

(Grades 9-12, young adults, ESL)

This curriculum, updated since its original publication in 1995, offers five hours of HIV/AIDS instruction for high school students and young adults who speak English as a second language. Using exercises which require students to use listening, reading, writing, speaking and critical thinking skills, the curriculum helps students develop English language skills as they learn about HIV transmission and prevention. Background materials, exercises and activities are included with each lesson. The curriculum guide also includes a list of international HIV/AIDS education and support organizations

Hostos Community College, Department of Language and Cognition

City University of New York

Bronx, NY 10451,

Phone: (718) 518-6761

Email: hlesnick@hostos.cuny.edu

Website: www.hostos.cuny.edu/homepages/lesnick/Aids/page01.htm.

Cost: Available as a free PDF online

Our Whole Lives (OWL) A Lifespan Sexuality Education Series

*Unitarian Universalist Association and United Church Board for Homeland Ministries
(Grades K-Adult)*

This is a comprehensive lifespan sexuality education series developed jointly by the Unitarian Universalist Association and the United Church Board for Homeland Ministries. Each curriculum in the series covers the six concepts outlined by the SIECUS guidelines for comprehensive sexuality education – human development, relationships, personal skills, sexual behavior, sexual health and society and culture. Denominational materials are included in a separate manual, so this series is appropriate for public or religious settings. Curriculums exist for grades K-1, 4-6, 7-9, 10-12 and Adult. So that parents can be involved in the sexuality education curriculum, *The Parent Guide to Our Whole Lives: Grades K-1 and 4-6*. Additionally, *The Advocacy Manual for Sexuality Education, Health and Justice: Resources for Communities of Faith* is available and provides guidance for introducing comprehensive sexuality education to congregations and communities.

Unitarian Universalist Association

25 Beacon Street

Boston, MA 02108

Telephone 800-215-9076, Fax (617) 723-4805

Email: bookstore@uua.org

Website: www.uua.org

Cost: K-1: \$40.00, 4-6: \$40.00, 7-9: \$75.00, 10-12: \$60.00, Adults: \$60.00, Parent's Guide: \$15.00, Advocacy Manual: \$12.00

Postponing Sexual Involvement, Human Sexuality and Health Screening

(Grades 7-8, urban, African American/black, economically disadvantaged)

This pregnancy prevention program includes three classroom sessions on reproductive health, delivered to seventh graders by health professionals and again the next year to eighth graders; group discussions; and a full-time health professional from outside the school, working in the school. Other components of the program include individual health risk screening and an eighth grade assembly and contest. The program is recommended for seventh and eighth grade, urban, African American/black, economically disadvantaged youth. "Evaluation found that the program assisted female participants to delay initiation of sexual intercourse and increased the use of contraception by sexually active female participants. Evaluation found no statistically significant impact on the sexual behaviors of male participants." (from *Science and Success: Executive Summary, Advocates for Youth*)

Adolescent Reproductive Health Center

(Marian Apomah, Coordinator, Materials Management/Training Support)

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Grady Health System

80 Butler Street, SE

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Cost: \$150.00 for program package (video/manual), \$50.00 for manual only

Reducing the Risk

Richard P. Barth

(Grades 9-10, sexually inexperienced, urban, suburban, rural, white, Latino, Asian and African American/black)

Reducing the Risk is a sex education curriculum, including information on abstinence and contraception. Given in 16 sessions, each lasting 45 minutes, it offers experiential activities to build skills in refusal, negotiation, and communication, including that between parents and their children. Designed for use with high school students, especially those in grades nine and 10, it is recommended for use with sexually inexperienced, urban, suburban, and rural youth—white, Latino, Asian, and African American/black. “Evaluation showed that it was more effective with lower risk, than with higher risk, youth. Evaluations—of the original program and of a replication of the program—each found delayed initiation of sexual intercourse, and reduced incidence of unprotected sex / increased use of contraception among participants as well as increased parent-child communication about abstinence and contraception.”
(from *Science and Success: Executive Summary*, Advocates for Youth)

Sociometrics Corp., Program Archive on Sexuality, Health, and Adolescence
170 State Street, Suite 260
Los Altos, CA 94022
Phone: 1-800-846-3475 x209; Fax: (650)949-3299
Email: shobana@socio.com; Website: www.socio.com/pasha.htm
Cost: \$210.00 for program package
Also available in Spanish (and English) at www.etr.org

Reach for Health Community Youth Service

Lydia O'Donnell, Alexi San Doval, Richard Duran, Deborah Haber, Rebecca Atnafou, Patricia Piessens, Renee F. Wilson-Simmons

(Grades 7-8, urban, African American/black and Hispanic, economically disadvantaged)

This program combines a health promotion curriculum (40 lessons per year in each of two years), including sexual health information, with three hours per week of community service. Reflection and activities help students learn from their community experience. The program is recommended for use with seventh and eighth grade, urban, African American/black, and Hispanic youth, especially those who are economically disadvantaged. “Evaluation showed delayed initiation of sexual intercourse, an effect that continued even through 10th grade. The program also assisted sexually active participants in reducing the frequency of sex and increasing use of condoms and contraception.”
(from *Science and Success: Executive Summary*, Advocates for Youth)

Sociometrics Corp., Program Archive on Sexuality, Health, and Adolescence
170 State Street, Suite 260
Los Altos, CA 94022
Phone: 1-800-846-3475 x209
Fax: (650)949-3299
Email: shobana@socio.com
Website: www.socio.com/pasha.htm
Cost: \$300.00 for the program package

Safer Choices

(Grades 9-12, white, Hispanic, African American/black, Asian, urban and suburban)

This is an HIV/STI and teen pregnancy prevention curriculum, given in 20 sessions, evenly divided over two years and designed for use with grades nine through 12. The program includes experiential activities to build skills in communication, delay the initiation of sex, and promote condom use by sexually active participants. Other elements include a school health protection council, a peer team or club to host school-wide activities, educational activities for parents, and HIV-positive speakers. The program is recommended for use with white, Hispanic, African American/black, and Asian, urban and suburban high school students. "Evaluation showed that *Safer Choices* effectively assisted sexually experienced youth to increase condom and contraceptive use. Hearing an HIV-positive speaker was also associated with participants' greater likelihood of receiving HIV testing, relative to control youth. The program neither hastened nor delayed the onset of sexual intercourse."

(from Science and Success: Executive Summary, Advocates for Youth)

ETR Associates
4 Carbonero Way
Scotts Valley, CA 95066
Phone: 1-800-321-4407, Fax: 1-800-435-8433
Email: customerservice@etr.org
Website: www.etr.org
Cost: \$179.00 for complete program

Community-Based Curricula

Adolescents Living Safely: AIDS Awareness, Attitudes, & Actions

Mary Jane Rotheram-Borus, Ph.D., Sutherland Miller, Ph.D., Cheryl Koopman, Ph.D., Clara Haignere, Ph.D. & Calvin Selfridge

(Ages 11-18, African American/black and Hispanic, runaway youth living in shelters)

This HIV prevention program is designed to augment traditional services available at shelters for runaway youth. The program involves 30 discussion sessions for small groups, each lasting one-and-a-half to two hours and including experiential activities to build cognitive and coping skills. Intensive training of shelter staff and access to health care, including mental health services, are also important components of the program. It is recommended for use with African American/black and Hispanic runaway youth, ages 11 through 18, living in city shelters. "Evaluation found that the program assisted youth to reduce the frequency of sex and numbers of sexual partners, and increase condom use. The program did not affect the timing of sexual initiation." (from *Science and Success: Executive Summary, Advocates for Youth*)

Sociometrics Corp., Program Archive on Sexuality, Health, and Adolescence
170 State Street, Suite 260
Los Altos, CA 94022
Phone: 1-800-846-3475 x209
Fax: (650)949-3299
Email: shobana@socio.com
Website: www.socio.com/pasha.htm
Cost: \$300.00 for program package

Be Proud! Be Responsible! A Safer Sex Curriculum

Loretta Sweet Jemmott, Ph.D., R.N., F.A.A.N., John B. Jemmott III, Ph.D., and Konstance A. McCaffree, Ph.D.

(Ages 13-18, urban, African American/black, male)

This HIV prevention curriculum comprises six sessions, each lasting 50 minutes, and includes experiential activities to build skills in negotiation, refusal, and condom use. It is recommended for use with urban, African American/black, male youth, ages 13 through 18. "Evaluation found that it assisted young men to reduce their frequency of sex, reduce the number of their sexual partners (especially female partners who were also involved with other men), increase condom use, and reduce the incidence of heterosexual anal intercourse." (from *Science and Success: Executive Summary*, Advocates for Youth)

Select Media, Inc.

PO Box 1084

Harriman, NY 10926

Phone: (845)-774-7335, Fax: (845)-774-2945

Email: Christina@selectmedia.org

Website: www.selectmedia.org

Cost: \$358.00 for entire package, \$145.00 for basic package (w/o videos), videos also sold separately

Becoming a Responsible Teen

(Ages 14-18, African American/black, single sex groups)

This HIV prevention, sex education, and skills training curriculum comprises eight one-and-a-half- to two-hour sessions. It includes experiential activities to build skills in assertion, refusal, problem solving, risk recognition, and condom use and is designed for use in single-sex groups, each facilitated by both a male and a female leader. It is recommended for use with African American/black youth, ages 14 through 18. "Evaluation found the program assisted participants to delay the initiation of sex and assisted sexually active participants to reduce the frequency of sex, decrease the incidence of unprotected sex (including anal sex), and increase condom use." (from *Science and Success: Executive Summary*, Advocates for Youth)

ETR Associates

4 Carbonero Way

Scotts Valley, CA 95066

Phone: 1-800-321-4407, Fax: 1-800-435-8433

Email: customerservice@etr.org

Website: www.etr.org

Cost: \$49.95 for curriculum guide

Making Proud Choices!

Loretta Sweet Jemmott Ph.D., R.N., F.A.A.N., John Jemmott III, Ph.D. and Konstance McCaffree, Ph.D.

(Ages 11-13, African American/black, urban)

This HIV prevention curriculum emphasizes safer sex and includes information about both abstinence and condoms. It comprises eight, culturally appropriate sessions, each lasting 60 minutes and includes experiential activities to build skills in delaying the initiation of sex, communicating with partners, and among sexually active youth, using condoms. It is recommended for use with urban, African

American/black youth, ages 11 through 13. "Evaluation found the program assisted participants to delay initiation of sex and assisted sexually active participants to reduce the frequency of sex, reduce the incidence of unprotected sex, and increase condom use."

(from *Science and Success: Executive Summary*, Advocates for Youth)

Select Media, Inc.

PO Box 1084

Harriman, NY 10926

Phone: (845)-774-7335, Fax: (845)-774-2945

Email: Christina@selectmedia.org

Website: www.selectmedia.org

Cost: \$495.00 for complete package, \$145 for basic package (w/o videos), videos also sold separately

The New Teaching Safer Sex

Peggy Brick et al., 2003, 2nd ed.

This updated manual contains 22 skills-based lessons and aims to help youth-serving professionals develop workshops for adolescents about STDs and HIV. The lessons included help youth assess and reduce risky behavior by focusing on the attitudes, values and skills needed to practice safer sex. Though this edition of the manual is sold out, a new edition will be available soon.

Available in Spanish as 'Enseñado el sexo seguro.'

Planned Parenthood of Greater Northern New Jersey

The Center for Family Life Education

196 Speedwell Avenue

Morristown, NJ 07960-3889

Phone: (973) 539-9580, ext. 120, Fax: 973-539-3828.

Email: Joyce.Korbylo@ppfa.org

Website: www.ppgnnj.org

Cost: \$25.00

Streetwise to Sex-Wise: Sexuality Education for High Risk Youth

Steve Brown, Bill Taverner, 2001, 2nd ed.

(9-13, 14-19, high-risk youth)

According to Planned Parenthood of Greater Northern New Jersey, *Streetwise to Sex-Wise* provides an easy-to-use yet comprehensive model for a basic series on human sexuality for high-risk teens. It applies a "state-of-the-art" methodology of sexuality education to teens in non-traditional settings who often have limited academic skills and are resistant to classroom-based learning. Lessons are divided into a series for older teens (ages 14-19) and a series for pre-teens and young teens (ages 9-13). All are simple, concrete and actively involve group members in the learning process. They extend beyond mere factual information and address attitudes, values, and skills, an approach that experts find is more likely to lead to positive behavior change in young people. In addition, *Streetwise to Sex-Wise* provides background information on teaching education to high-risk teens, including profiles of the sexual-health concerns of four specific high-risk populations. This manual also includes a resource section of books, audio-visuals, and other teaching tools especially appropriate for high-risk youth.

Planned Parenthood of Greater Northern New Jersey
The Center for Family Life Education
196 Speedwell Avenue
Morristown, NJ 07960-3889
Phone: (973) 539-9580, ext. 120, Fax: 973-539-3828.
Email: Joyce.Korbylo@ppfa.org
Website: www.ppgnnj.org
Cost: \$30.00

Wise Guys: Male Responsibility Curriculum

Family Life Council of Greater Greensboro, NC, 1997
(Ages 10-15, male)

This flexible 8-to-10 week program is designed to use with boys and young men ages 10-15. The curriculum focuses on sexual responsibility, family communication, and positive life options and contains extensive, in-depth exercises and activities in the following areas: self-esteem, values, communication, sexuality, setting goals, making responsible decisions, and parenting. According to the curriculum description, "The Wise Guys: Male Responsibility Curriculum is designed to prevent adolescent pregnancy by reaching adolescent males. The program acknowledges young males as "whole" individuals with a variety of needs and desires. Participatory lessons and activities focus on assisting them to ask themselves the questions: Who am I?; Where am I going?; and How do I get there? The curriculum will lead the facilitator in communicating accurately and openly with adolescent males about issues concerning self, values, future goals, and sexuality. The curriculum manual is a 250+ page guide for instructors with all of the educational material, handouts and activities needed to bring the program to a group of adolescent males."

Available in Spanish.

Family Life Council, Attn: Jean Goss
301 E. Washington St., Suite 204
Greensboro, NC 27401
Phone: 336-333-6890 ext. 232., Fax: 336-333-6891
E-mail: wiseguys@flcgso.com
Website: www.wiseguysnc.org
Cost: \$150.00 (Level 1), \$175.00 (Next Level)

Journals and Newsletters

AIDS Education and Prevention

AIDS Education and Prevention is an international journal designed to support the efforts of professionals working to prevent HIV and AIDS. Keeping readers up-to-date on the latest information in the field, *AIDS Education and Prevention* publishes scientific articles by leading authorities from many disciplines, such as public health, psychosocial, ethical, and public policy concerns related to HIV and AIDS. In addition to discussing models of AIDS education and prevention, the journal covers research reports on the effectiveness of new strategies and programs, debates about key issues, and reviews of book and video resources.

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New York, NY 10012

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Fax: (212) 966-6708
Email: info@guilford.com
Website: www.guilford.com
Cost: \$285.00 (Institution), \$70.00 (Individual)

American Journal of Sexuality Education

This peer-reviewed quarterly journal provides sexuality educators and trainers at all skill levels with current research about sexuality education programming and “best practices,” sample lesson plans, reports on curriculum development and assessment, literature reviews, scholarly commentary, educational program reports, media reviews (books, videos, Internet resources, and curricula), and letters to the editor. Each issue of the American Journal of Sexuality Education addresses a variety of sexuality topics and audiences, presenting up-to-date theory and practice, lessons, and evaluations. The journal is published in print format and electronically. Libraries subscribing to the print version of the journal will be provided with comprehensive, site-wide electronic access for any number of on-site users and for distance-learning programs.

The Haworth Press, Inc.
10 Alice Street
Binghamton, NY 13904
Phone: 1-800-HAWORTH, Fax: 1-800-895-0582
Email: orders@HaworthPress.com; Website: www.HaworthPress.com
Cost: Annual subscription for \$145.00

Annual Review of Sex Research

This annual publication reviews 10 to 12 articles that highlight important advances and controversies in the area of human sexuality and provides educators and clinicians with up-to-date research.

Society for the Scientific Study of Sexuality (SSSS)
PO Box 416
Allentown, PA 18105
Phone: (610) 530-2483, Fax: (610) 530-2485
Email: thesociety@sexscience.org
Web site: www.sexscience.org
Cost: Annual subscription for \$96.00

Contemporary Sexuality

Contemporary Sexuality is a monthly newsletter aimed at educators, researchers and counselors, and is published by the American Association for Sex Educators, Counselors and Therapists (AASECT).

AASECT
P.O. Box 1960
Ashland, VA 23005
Phone: (804) 752-0026, Fax: (804) 752-0056
Website: www.aasect.org
Cost: Available online for free at www.aasect.org/news.asp

Contraception

Contraception is an international peer-reviewed journal and the official journal of the Association of Reproductive Health Professionals. Its purpose is to provide a medium for the rapid communication of advances and new knowledge in all areas of contraception. Manuscripts are received from researchers and clinicians in the following areas of research: chemistry, biochemistry, physiology, endocrinology, biology, the medical sciences, and demography.

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Culture, Health and Sexuality

Culture, Health & Sexuality is a bimonthly, international, peer-reviewed journal for research, intervention and care. It is broad and multi-disciplinary in focus, publishing papers that deal with methodological concerns as well as those that are empirical and conceptual in nature. It offers a forum for debates on policy and practice, and adopts a practitioner focus where appropriate. Culture, Health and Sexuality takes a genuinely international stance in its consideration of key issues and concerns, which include culture and health, health and beliefs and systems, social structures and divisions, and the implications for these for reproductive and sexual health, and individual, collective and community wellbeing.

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Email: tf.processing@tfinforma.com
Website: www.routledge-ny.com
Cost: \$562.00 (Institutional), \$233.00 (Individual)

Journal of Adolescent Health

This multidisciplinary, peer-reviewed journal is devoted to the health care issues of adolescence. It seeks to publish new research findings in the field of Adolescent Medicine and Health ranging from the basic biological and behavioral sciences to public health and policy. Each issue contains original articles, scientific reports, and analytic subject reviews and case reports. The journal also features an annotated bibliography of current publications in the literature.

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Cost: \$841.00 (Institutional subscription), \$331.00 (Personal subscription)

Journal of School Health

This journal, published ten times per year, is committed to communicating information regarding the role of schools and school personnel in facilitating the development and growth of healthy youth and healthy school environments. This focus on healthy youth pre-K to 12th grade and healthy school environments encompasses a variety of areas including health education; physical education; health services; nutrition services; counseling, psychological, and social services; healthy school environment; health promotion for staff; and family/community involvement. Readership includes administrators, educators, nurses, physicians, dentists, psychologists/counselors, social workers, nutritionists/dieticians, and other health professionals.

American School Health Association
7263 State Route 43 / P.O. Box 708
Kent, OH 44240

Phone: 330-678-160, Fax: 330-678-4526
Email: asha@ashaweb.org

Website: ashaweb.org

Cost: Free print and online copies with professional membership (\$110.00)

Free online copy with basic membership (\$50.00)

Perspectives on Sexual and Reproductive Health

Each issue of this bimonthly journal provides the latest peer-reviewed, policy-relevant research and analysis on sexual and reproductive health and rights in the United States and other industrialized countries. For over three decades, Perspectives has offered unique insights into how reproductive health issues relate to one another and their implications for policy, programs and people's lives. In addition to articles and special reports and forums, each issue brings you staff-written summaries of recent findings and developments in reproductive health and rights

The Alan Guttmacher Institute
120 Wall Street, 21st Floor
New York, NY 10005
Phone: (212)-248-1111 or Toll free: 1-800-355-0244
Fax: 212-248-1951

Email: buyit@guttmacher.org

Website: www.guttmacher.org

Cost: Annual subscription for \$52.00 (institutional pricing)

Resources for Physically, Emotionally, and Mentally Challenged Youth

Select Resources Recommended for Youth and Parents

Books

An Easy Guide to Loving Carefully for Men and Women

*Lyn McKee, Winifred Kempton, Lynne Stiggall-Muccigrosso, 2002, 4th ed., 79 pp.
(Teens and up)*

This book, written for individuals with limited reading and cognitive skills by an expert in sexuality and disability, provides easy-to-read and easy-to-understand information about human sexuality and sexual

health. Contents include sex organs, sexual intercourse, birth control, abstinence, pregnancy, STDs and other sexual health problems, health care and exams, and sexual orientation. Many pictures, ranging from anatomical diagrams to instructional pictures for how to use different methods of birth control, facilitate understanding.

Winifred Kempton Associates
3300 Darby Road C-404
Haverford, PA 19041
Cost: \$20.00
ISBN: 0971076715
Also available at www.amazon.com

Just Because I Am: A Child's Book of Affirmation

Lauren Murphy Payne, 1994, 32 pp.
(Ages 3 and up)

This beautiful, yet simple book encourages your child to appreciate his/her uniqueness and includes empowering messages about the body, feelings, boundaries, touch, and feeling safe. It has a Leader's Guide of supplemental activities to affirm the concepts above.

Free Spirit Publishing
217 Fifth Avenue North, Suite 200
Minneapolis, MN 55401-1299
Ph: 1-866-703-7322 or 1-800-735-7323 (to order)
Fax: 612-337-5050
Website: www.freespirit.com
Cost: \$9.95
ISBN: 0915793601
Also available at www.amazon.com

Face Your Feelings

Childswork / Childsplay
(Ages 4 and up)

This book and card deck set can help children to understand the importance of expressing and understanding feelings. Designed for ages four and up, the book and card deck include 52 pictures of children, teens, and adults expressing 12 basic feelings.

Sunburst Visual Media (Childswork/Childsplay)
P.O. Box 9120
Plainview, NY 11803-9020
Phone: 1-800-431-1934, Fax: 888-803-3908
Website: www.sunburstvm.com Cost: \$27.00

What's the Big Secret: Talking about Sex with Girls and Boys

Laurie Krasnoy Brown, Marc Brown, 2000, 32 pp.
(Ages 4-8)

See *Youth—Young Children (0-8)* Section for description and ordering information.

The “What’s Happening to My Body?” Book for Boys: A Growing Up Guide for Parents and Sons

Lynda Madaras, Area Madaras, 2000, 3rd ed., 288 pp.

(Ages 8-15, M)

See *Youth—Preteens (9-13)* Section for description and ordering information.

The “What’s Happening to My Body?” Book for Girls: A Growing Up Guide for Parents and Daughters

Lynda Madaras, Area Madaras, 2000, 3rd ed., 304 pp.

(Ages 8-15, F)

See *Youth—Preteens (9-13)* Section for description and ordering information.

Sexuality: Your Sons and Daughters with Intellectual Disabilities

Karen Schwier, David Hingsburger, 2000, 223 pp.

(Parents of disabled children of all ages)

This excellent resource addresses sexual development issues from birth to adulthood. Parents and their sons and daughters with developmental disabilities share helpful stories for raising sexually healthy children. Many portions of the book speak specifically to people with Down syndrome and their parents.

Brookes Publishing Company

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Baltimore, MD 21285-0624

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Email: custserv@brookespublishing.com

Website: www.brookspublishing.com

Cost: \$24.95

ISBN: 1557664285

Also available at www.amazon.com

Selected Resources for Educators and other Youth-Serving Professionals

Books

Sexuality and Disability

Maddie Blackburn, 2002, 4th ed., 216 pp.

This book examines the physical and psychological aspects of disability and sexuality and boosts professional understanding of those with disabled patients, especially in regard to self-esteem, legal matters, abuse, adolescence, genetics and continence.

Elsevier (Butterworth-Heinemann Imprint)

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11830 Westline Industrial Drive

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ISBN: 0750622520
Also available at www.amazon.com

**Enabling Romance: A Guide to Love, Sex, and Relationships for People with Disabilities
(And the people who care about them)**

Ken Kroll, 2001, 218 pp.

Addressing sexuality for disabled people, this book is particularly recommended for its attention to the sex education needs of youth with all types of disabilities. Its three main components include disabilities and sexual satisfaction; life and love with specific disabilities; and resource information for independent living, dating services, and publications. It offers a wealth of information on relationships and reproductive issues.

No Limits Communications Inc.
P.O. Box 220
Horsham, PA 19044
Phone: (215) 675-9133, Fax: (215) 675-9376
Website: www.newmobility.com
Cost: \$15.95
ISBN: 0933149786
Also available at www.amazon.com

Sexuality and Disabilities: A Guide for Human Service Practitioners

Romel W. Mackelprang, Deborah Valentine, eds., 1996, 159 pp.

This collection provides understanding of issues related to sexuality, intimacy, and disability. Articles address mental retardation and sexual expression; responding to the sexual concerns of persons with disabilities; holistic approaches to providing sex education and counseling for severely disabled people; and sexual assault.

The Haworth Press, Inc.
10 Alice Street
Binghamton, NY 13904
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Email: orders@HaworthPress.com
Website: www.HaworthPress.com
Cost: \$27.95
ISBN: 1560243759
Also available at www.amazon.com

Socialization and Sexuality: A Comprehensive Training Guide For Professionals Helping People With Disabilities that Hinder Learning

Winifred Kempton, 2003, 352 pp.

This guide outlines a training program for professionals who work with people with developmental disabilities. Chapters include: understanding the sexuality of people with disabilities that hinder learning; attitudes about sexuality: personal exploration; sexuality counseling; sexual abuse and informed consent; working with parents and families; and sexuality programs and evaluations.

Winifred Kempton Associates
3300 Darby Road C-404
Haverford, PA 19041
Cost: \$59.99
ISBN: 0971076707
Also available at www.amazon.com

Curricula

Child Sexual Abuse Curriculum For The Developmentally Disabled

Sol R. Rappaport, Sandra A. Burkhardt, Anthony F. Rotatori, 1997, 156 pp.

This curriculum addresses child sexual abuse and the developmentally disabled; treatment of sexually abused children; and emotional and behavioral outcomes of sexual abuse. It includes 10 lessons on sexuality and sexual abuse prevention for children who are mildly retarded.

Charles C. Thomas Publishers, Ltd.
2600 South First Street
Springfield, IL 62704
Phone: (800) 258-8980
Email: books@ccthomas.com
Website: www.ccthomas.com
Cost: \$38.95
ISBN: 0398067341
Also available at www.amazon.com

Human Sexuality: A Portfolio for Persons with Developmental Disabilities

Irene Peters, Judith McKoy; 1991, 2nd ed., 10 cards

The portfolio contains large (11 x 17 inch) colored illustration plate cards for teaching developmentally disabled youth about human sexuality, including male and female bodies, male and female genitals, intercourse, and body shapes. The portfolio offers teaching techniques and ideas along with detailed teaching points on the back of each card.

Education Department
Planned Parenthood of Western Washington
2001 E. Madison
Seattle, WA 98122
Phone: (206) 328-7715
Website: www.plannedparenthood.org/pp2/wwsgn/files/wwsgn/educationoutreach/educational_publications
Cost: \$24.95

**Life Horizons I: The Physiological and Emotional Aspects of Being Male & Female; and
Life Horizons II: The Moral, Social and Legal Aspects of Sexuality**

Winifred Kempton, MSW, 1999

Designed for people with mild or moderate developmental disabilities, *Life Horizons I* addresses parts of the body, the sexual life cycle, human reproduction, birth control, and sexually transmitted diseases. *Life Horizons II* addresses building self-esteem and learning to form relationships, moral, legal and social aspects of sexual behaviors (for males), dating skills, marriage and other adult lifestyles, parenting, and preventing or coping with sexual abuse. Each includes over 500 slides, teacher's guide, and script.

James Stanfield Co., Inc.
Drawer: WEB
P.O. Box 41058
Santa Barbara, CA 93140
Phone: 1-800-421-6534; Fax: 1-805-897-1187
Website: www.stanfield.com
Cost: \$499.00 each, \$799.00 for both
(available on VHS or DVD)

Signs for Sexuality: A Resource Manual for Deaf and Hard of Hearing Individuals, Their Families, and Professionals, Second edition

Marlyn Minkin, Laurie Rosen-Ritt, 1991, 2nd ed.

This curriculum offers information on sexual abuse, sexually transmitted infections, and reproductive health, with more than 600 photographs to illustrate 250 sign language vocabulary words relating to sexuality. Appendices include anatomical drawings and information about contraception. Spiral bound to lie open, leaving hands free for manual instruction.

Education Department, Planned Parenthood of Western Washington
2001 E. Madison
Seattle, WA 98122
Phone: (206) 328-7715
Website: www.plannedparenthood.org/pp2/wwsgn/files/wwsgn/educationoutreach/educational_publications
Cost: \$24.95

Talking Sex! Practical Approaches and Strategies for Working with People Who Have Developmental Disabilities When the Topic is Sex

LT Maurer, MS, CFLE, 1999

This provides information, activities, and overheads that assist professionals in identifying strategies to improve access to sex education to people with developmental disabilities.

Planned Parenthood of Tompkins County
Contact: Maureen Kelly
314 West State Street
Ithaca, NY 14850
Phone: (607) 216-0021 ext. 134, Fax: (607)-216-0023
Email: Maureen.kelly@ppsfl.org Website: www.ppsfl.org
Cost: Free PDF by Fall 2006

WEB-BASED RESOURCES

Youth

Ambiente Joven—<http://www.ambientejoven.org> (**Spanish only**)

Birds and Bees—<http://www.birdsandbees.org>

The Body—<http://www.thebody.com> (**also in Spanish**)

Campaign For Our Children Teen Guide—<http://www.cfoc.org/TeenGuide/>

Coalition for Positive Sexuality—<http://www.positive.org>

GLSEN (Gay, Lesbian & Straight Education Network)—<http://www.glsen.org>

Girls Inc.—<http://www.girlsinc.org/gc/>

gURL—<http://www.gurl.com>

Go Ask Alice!—<http://www.goaskalice.columbia.edu>

IWannaKnow—<http://www.iwannaknow.org>

It's Your (Sex) Life—<http://www.itsyoursexlife.com>

KidsHealth Kids Site—<http://www.kidshealth.org/kid> (**also in Spanish**)

KidsHealth Teen Site—<http://www.kidshealth.org/teen/> (**also in Spanish**)

My Sistahs—<http://www.mysistahs.org>

My Voice Counts! Youth Action Center—<http://www.advocatesforyouth.org/youth>

NYAC (National Youth Advocacy Coalition)—<http://www.nyacyouth.org>

OutProud—<http://www.outproud.org>

Planned Parenthood Federation of America—www.plannedparenthood.org (**also in Spanish**)

QuieroSaber—<http://www.quierosaber.org> (**Spanish only**)

Scarleteen—<http://www.scarleteen.com>

Sex, Etc.—<http://www.sexetc.org>

Sex Talk—<http://www.sextalk.org>

Teenwire—<http://www.teenwire.com> (**also in Spanish**)

Youth Resource—<http://www.youthresource.com>

Parents

Advocates for Youth—<http://www.advocatesforyouth.org>

American Library Association—<http://www.ala.org>

Campaign For Our Children Parent Resource Center—<http://www.cfoc.org/ParentRes/>

Families are Talking—<http://www.familiesaretalking.org> (**also in Spanish**)

Kids Health Parent Site—<http://www.kidshealth.org/parent/> (**also in Spanish**)

Mother's Voices—<http://www.mothersvoices.org>

The National Parenting Center—<http://www.nationalparentingcenter.com>

Parent Soup—<http://www.parentsoup.com>

Parents, Families and Friends of Lesbians and Gays—<http://www.pflag.org>

Parents' Sex Ed Center—<http://www.advocatesforyouth.org/parents/>

Planned Parenthood Federation of America—www.plannedparenthood.org **(also in Spanish)**

Sex Ed Mom—<http://www.sexedmom.com>

Talking With Kids About Tough Issues—<http://www.talkingwithkids.org>

YWCA USA—<http://www.ywca.org>

Youth-Serving Professionals

Educational Resources

The Coalition for Positive Sexuality—<http://www.positive.org>

Center for AIDS Prevention Studies—<http://www.caps.ucsf.edu/>

Dr. Ruth Online—<http://www.drruth.com>

AMA Adolescent Health Online—<http://www.ama-assn.org/ama/pub/category/1947.html>

The Body (AIDS/HIV Resource)—<http://www.thebody.com> **(also in Spanish)**

Johns Hopkins Center for Communication Programs School of Public Health—<http://www.jhuccp.org>

Evaluation Resources

American Evaluation Association—<http://www.eval.org>

Center for Mental Health Policy—<http://www.vanderbilt.edu/VIPPS/HPC/HPCHome.html>

Evaluation Center at Western Michigan University—<http://www.wmich.edu/evalctr/>

The Measurement Group—<http://www.tmg-web.com/edc.htm>

Practical Assessment, Research and Evaluation—<http://www.pareonline.net>

Sociometrics Corporation—<http://www.socio.com>

United Way's Resource Network on Outcome Measurement—<http://www.unitedway.org/outcomes/>

National Resources

AASECT (American Association of Sex Educators, Counselors, Therapists)—www.aasect.org

AIDS Action Council—<http://www.aidsaction.org>

Advocates for Youth—<http://www.advocatesforyouth.org>

The Alan Guttmacher Institute—<http://www.guttmacher.org>

American Association for Health Education—<http://www.aahperd.org/aahe/>

American College of OB/GYN—<http://www.acog.org>
American Library Association—<http://www.ala.org>
American Psychological Association—<http://apa.org>
American Public Health Association—<http://www.apha.org>
American School Health Association—<http://www.ashaweb.org>
American Social Health Association—<http://www.ashastd.org>
Association of Reproductive Health Professionals—<http://www.arhp.org>
Association of State and Territorial Health Officials—<http://www.astho.org>
Campaign for Our Children Educator Resource Center—<http://www.cfoc.org/EducatorRes/>
CDC (Centers for Disease Control and Prevention)—www.cdc.gov **(also in Spanish)**
CDC National Prevention Information Network—<http://www.cdcnpin.org> **(also in Spanish)**
Child Welfare League of America—<http://www.cwla.org>
Children's Defense Fund—<http://www.childrensdefense.org>
ETR Associates—<http://www.etr.org>
Feminist Majority—<http://www.feminist.org>
GLSEN (Gay, Lesbian & Straight Education Network)—<http://www.glsen.org>
Girls Incorporated—<http://www.girlsinc.org>
HTN (Healthy Teen Network)—<http://www.healthyteennetwork.org>
Kaiser Family Foundation—<http://www.kff.org>
NARAL—<http://www.naral.org>
National Association of County and City Health Officials—<http://www.naccho.org>
National Campaign to Prevent Teen Pregnancy—<http://www.teenpregnancy.org> **(also in Spanish)**
National Council of La Raza—<http://www.nclr.org>
National Education Association Health Information Network—<http://www.neahin.org>
National Family Planning and Reproductive Health Association—<http://www.nfprha.org>
National Gay and Lesbian Task Force—<http://www.thetaskforce.org>
NOW (National Organization for Women)—<http://www.now.org>
National School Boards Association—<http://www.nsba.org>
Planned Parenthood Federation of America—www.plannedparenthood.org **(also in Spanish)**
Religious Coalition for Reproductive Choice—<http://www.rcrc.org>
SIECUS (Sexuality Information and Education Council of the U.S.)—<http://www.siecus.org>
Society for Adolescent Medicine—<http://www.adolescenthealth.org>
Zero Population Growth—<http://www.populationconnection.org>

