

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

## Sex Education

---

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

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

---

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

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

---

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

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

---

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

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

---

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

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

---

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

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

---

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

This illustrated book for preschool children is just what its title implies. Also available in Spanish

---

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

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

## Sex Education

---

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

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

---

Material Title: **My Body, My Self for Boys\* (Children's Materials)**  
Author: Lynda Madaras *Children's Books* 2000 92 pages

Aimed at 8 to 15 year old boys, this book explores the changing body through quizzes, exercises, checklists, illustrations, and lots of personal stories from boys (and their fathers) about their growing-up concerns and experiences. It covers such topics as body image, height, weight, growing size and shape, hair, voice changes, perspiration, pimples, reproductive organs, and the emotional problems of puberty, diet, and health.

---

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

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

---

Material Title: **No More Secrets for Me\* (Children's Materials)**  
Author: Oralee Wachter *Children's Books* 1983 47 pages

This book, designed to help children avoid sexual abuse, presents four illustrated stories in which children encounter situations that make them feel uncomfortable. Each story offers appropriate examples of how children might respond in such difficult and confusing circumstances. This might serve as a tool for parents to teach their children how to respond in similar scenarios, or to help their children talk about events they might have encountered in their pasts.

---

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

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

---

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

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

---

Material Title: **Sex and Sensibility**  
Author: Deborah M. Roffman *Books* 2001 325 pages

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

---

Material Title: **Sex Book, The\* (Children's Materials)**  
Author: Jane Pavanel *Children's Books* 2001 196 pages

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

---

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

From this book, parents will learn how to interact with their children--no matter their age or ability--in a way that increases self-esteem, encourages appropriate behavior, empowers them to recognize and respond to abuse, and enables them to develop lifelong relationships. Parents share the joys and challenges of raising a child with an intellectual disability and offer helpful advice and practical strategies. Individuals with intellectual disabilities explain, too, what is important to them.

---

# Sex Education

---

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

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

---

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

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

---

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

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

---

Material Title: **Very Touching Book, A**  
Author: Jan Hindman *Children's Books* 1983 50 pages

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

---

Material Title: **What if Someone I Know Is Gay? Answers to Questions About Gay and Lesbian People\* (Children's Materials)**  
Author: Eric Marcus *Children's Books* 2000 138 pages

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

---

Material Title: **What's Happening to Me?\* (Children's Materials)**  
Author: Peter Mayle *Children's Books* 1994 50 pages

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

---

Material Title: **What's Happening to My Body? Book for Boys, The\* (Children's Materials)**  
Author: Lynda Madaras *Children's Books* 2000 231 pages

This comprehensive puberty education and health book targets 8 to 15 year old boys. It offers down-to-earth information on the body's changing size and shape, the growth spurt, reproductive organs, voice changes, body hair, puberty, and much more. This best-selling classic includes an introduction for parents.

---

Material Title: **What's Happening to My Body? Book for Girls, The\* (Children's Materials)**  
Author: Lynda Madaras *Children's Books* 2000 255 pages

This easy to read health book aimed at 8 to 15 year old girls provides factual information on all aspects of girls' transformation into womanhood. The introduction is for the parent, the book for the young girl. It addresses the body's changing size and shape, breasts, the reproductive organs, the menstrual cycle, body hair, and much more.

---

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

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

---

Material Title: **Where Did I Come From?\* (Children's Materials)**  
Author: Peter Mayle *Children's Books* 1977 43 pages

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

## Sex Education

---

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

Author: Cornelia Spelman

*Children's Books*

1997

18 pages

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