



Parents as Sexuality Educators: An Abbreviated Bibliography

This list offers a selection of healthy and accurate resources for information about human sexuality. As with all realms of parenting, please share this with your children based on your comfort level and values.

The Real Truth About Teens & Sex, Sabrina Weill, 2005. This book presents a realistic picture of what today's teens are thinking, feeling, talking about and doing regarding data and sex. The book contains exclusive results from a nationwide survey conducted by the National Campaign to Prevent Teen Pregnancy.

Beyond The Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens from Middle School and Beyond, Debra Haffner 2002. This book urges parents to keep the lines of communication constantly open and to utilize "teachable moments." Sections on early, middle and later adolescent development are organized by the age-appropriateness of sexual information.

But How'd I Get in There in the First Place? Talking to Your Young Child about Sex, Deborah Roffman, 2002. This book is aimed at parents who want to teach their young children about sexuality.

Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex, Deborah Roffman, 2001. This book is targeted at helping parents teach children about sexuality. It gives a road map of how to help their children make healthy decisions by starting conversations with them.

From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Youth, Debra Haffner, 2000. This book provides a practical step-by-step program for parents who want to provide accurate sexuality information while communicating their own sexual values to their children.

What's Happening to My Body? A Book for Boys: a Growing-up Guide for Parents and Sons, Lynda Madaras, 2000. This book provides straight talk about puberty, body image, hair, voice changes, perspiration, pimples, reproductive organs, sexuality, emotional problems of puberty, diet, and health.

What's Happening to My Body? A Book for Girls: a Growing-up Guide for Parents and Daughters, Lynda Madaras, 2000. This book provides straight talk on the menstrual cycle, reproductive organs, breasts, emotional changes, puberty in boys, body hair, pimples, masturbation, and all the other fun, scary, and interesting things that go along with growing up.

BIBLIOGRAPHY