

Healthy Sexual Development Resources

Books

What's the Big Secret? Talking about Sex with Boys and Girls (ages 4 - 8)
by Laurie Krasny Brown & Marc Brown

It's So Amazing! A Book About Eggs, Sperm, Birth, Babies & Families (ages 7 - 10)
by Robie Harris & Michael Emberley

It's Perfectly Normal: Changing Bodies, Growing Up & Sexual Health (ages 10 & up)
Robie Harris & Michael Emberley

What's Happening to My Body? Book for Girls (ages 10 - 16)
by Lynda Madaras with Area Madaras

What's Happening to My Body? Book for Boys (ages 10 - 16)
by Lynda Madaras

Honoring Our Cycles (ages 10 & up, or when parents are ready to share fertility awareness information with their daughters)
by Katie Singer

Books For Parents

For Goodness Sex: Changing the Way We Talk to Teens about Sexuality, Values and Health
by Al Vernacchio

Brainstorm: The Power and Purpose of the Adolescent Brain
by Daniel Siegel

The Wonder of Boys
by Michael Burién

Growing Up Again: Parenting Ourselves, Parenting Our Children
by Jean Illsley Clarke & Connie Dawson

Web Resources

www.plannedparenthood.org/parents
excellent site for videos on how to talk to kids about sex, keeping kids safe & setting boundaries

www.plannedparenthood.org/parents/resources-for-parents
compilation of websites to support a range of dating and sexuality issues for kids

www.loveisrespect.org
"empowering youth to end dating violence"

Local Training

Brigid Collins Family Support Center, Darkness to Light's "Stewards of Children"
Training to end child sexual abuse, 2 hours, held monthly at 1231 N. Garden Street Bellingham
<http://www.brigidcollins.org/stewards-of-children-1/> for more information