



HEALTHY SEXUALITY - SELECTED RESOURCE LIST K-8:

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BOOKS FOR PARENTS / FACULTY / CARING ADULTS:

- *A Guide to Gender (2nd Edition): The Social Justice Advocate's Handbook* (Sam Killermann, 2017)
- *Always My Child: A Parent's Guide to Understanding Your Gay, Lesbian, Bisexual, Transgender or Questioning Son or Daughter* (Kevin Jennings, 2003)
- *For Goodness Sex: Changing the Way We Talk to Teens about Sexuality, Values, and Health* (Al Vernacchio, 2014)
- *Sex, Teens, and Everything in Between: The New and Necessary Conversations Today's Teenagers Need to Have about Consent, Sexua Harassment, Healthy Relationships, Love and More.* (Shafia Zaloom, 2019)
- *Talk To Me First: Everything You Need to Know to Become your Kids' "Go To" Person About Sex* (Deborah M. Roffman, 2012)
- *Ten Talks Parents Must Have with Their Children About Sex and Character* (Pepper Schwartz, 2000)
- *What Every 21st-Century Parent Needs to Know: Facing Today's Challenges with Wisdom and Heart* (Debra Haffner, 2008)

BOOKS FOR CHILDREN:

Books About Gender:

- *10,000 Dresses* (Marcus Ewert and Rex Ray, 2008)
- *Be Who You Are* (Jennifer Carr and Ben Rumbach, 2010)
- *The Different Dragon* (Jennifer Bryan and Danamarie Hosler, 2006)
- *Jacob's New Dress* (Sarah and John Hoffman, Chris Case, 2014)
- *I Don't Want to be a Princess (I Just Want to be Me!)* (Sharon McGowan-Cowell and Jamie Miller, 2013)
- *I am Jazz* (Jessica Herthel, Jazz Jennings, and Shelagh McNicholas, 2014)
- *Introducing Teddy: A Gentle Story about Gender and Friendship* (Jess Walton and Dougal MacPherson, 2016)
- *Nonnie Talks About Gender* (Mary Jo Podgurski, 2014)
- *Oliver Button is a Sissy* (Tommie dePaola, 2001)

- *Red: A Crayon's Story* (Michael Hall, 2015)
- *The Sissy Duckling* (Harvey Fierstein, 2005)
- *When Kayla was Kyle* (Amy Fabrikant and Jennifer Levine, 2013)
- *Who Are You? The Kid's Guide to Gender Identity* (Brook Pessin-Whedbee, 2016)

Books About Families:

- *ABC: A Family Alphabet Book* (Bobbie Combs, Desiree Keane, and Brian Rappa, 2001)
- *Daddy, Papa, and Me* (Leslea Newman and Carol Thompson, 2009)
- *Daddy's Roommate* (Michael Willhoite, 1994)
- *A Family Is a Family Is a Family* (Sara O'Leary and Qin Leng, 2016)
- *Heather Has Two Mommies* (Leslea Newman and Laura Cornell, 2015)
- *King and King and Family* (Linda de Haan and Stern Nuland, 2004)
- *Mommy, Mama and Me* (Leslea Newman and Carol Thompson, 2009)
- *One Dad, Two Dads, Red Dad, Blue Dads* (Johnny Valentine and Melody Sarecky, 2004)
- *A Tale of Two Mommies* (Vanita Oelschlager and Mike Blanc, 2011)
- *And Tango Makes Three* (Justin Richardson, Peter Panell and Henry Cole, 2015)
- *Who's in a Family?* (Robert Skutch and Laura Nienhaus, 1997)
- *Who's in My Family? All About Our Families* (Let's Talk about You and Me (Robie Harris, 2012)

Books About Bodies and Puberty:

- *Bellybuttons Are Navels* (Mark Schoen, 2008)
- *It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health* (Robie Harris, 2014)
- *Nonnie Talks About Puberty* (Mary Jo Podgurski, 2016)
- *What's the Big Secret? Talking About Sex with Girls and Boys* (Laurie Krasny Brown, 2000)
- *What's Up as YOU Grow Up?: 4th and 5th Grade Version* (Mary Jo Podgurski, 2013)
- *Who Has What?: All About Girls' Bodies and Boys' Bodies* (Robie Harris, 2011)

Books About Sex and Reproduction:

- *Birds and Bees and More: How Babies are Made and Families Form* (Sandra L Caron, Samantha Schulte, and Robert Ryan Kenny, 2016)
- *Did the Sun Shine Before You Were Born: A Sex Education Primer?* (Sol and Judith Gordon, Vince Cohen, 1992)
- *It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families & Friends* (Robie Harris, 2008)
- *It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families* (Robie Harris, 2014)

- *Nonnie Talks About Pregnancy and Birth* (Mary Jo Podgurski, 2017)
- *Tell Me About Sex, Grandma* (Anastasia Higginbotham, 2017)
- *What's In There? All About Before You Were Born* (Robie Harris, 2013)
- *What Makes a Baby* (Cory Silverberg, 2013)
- *When You Were Inside Mommy* (Joanna Cole and Maxie Chambliss, 2001)
- *Where Did I Come From?* (Peter Mayle, 2000)

BOOKS FOR PRE-TEENS / TWEENS:

- *The Boy's Body Book - Everything You Need to Know for Growing Up YOU* (Kelli Dunham, 2013)
- *Boys, Girls, and Body Science: A Book About the Facts of Life* (Meg Hickling and Kim La Fave, 2002)
- *Dating and Sex: A Guide for the 21st Century Teen Boy* (Andrew Smiler, 2016)
- *GIRL: Love, Sex, Romance, and Being You* (Karen Rayne, Ramsey Beyer, and Nyk Rayne)
- *The Girl's Body Book - Everything You Need to Know for Growing Up YOU* (Kelli Dunham, 2013)
- *Hair in Funny Places: A Book About Puberty* (Babette Cole, 2001)
- *Let's Talk About S-E-X: A Guide for Kids 9 to 12 & Their Parents* (Sam Gitchel & Lorri Foster, 2005)
- *Nonnie Talks About Puberty* (Mary Jo Podgurski, 2016)
- *Nonnie Talks About Relationships* (Mary Jo Podgurski, Al Vernacchio 2020)
- *On Your Mark, Get Set, Grow! What's Happening to My Body - Book for Boys* (Linda Madaras, 2007)
- *Ready, Set, Grow! What's Happening to my Body - Book for Girls* (Linda Madaras, 2007)
- *Sex is a Funny Word: A Book about Bodies, Feelings, and YOU* (Cory Silverberg, 2015)
- *What's Happening to Me? A Guide to Puberty* (Peter Mayle, 2000)
- *Will Puberty Last My Whole Life? REAL Answers to REAL Questions from Preteens About Body Changes, Sex, and Other Growing-Up Stuff* (Julie Metzger and Robert Lehman, 2012)

SEXUALITY WEB RESOURCES:

- **Amaze:** www.amaze.org

Excerpted from their website: AMAZE takes the awkward out of sex ed. Real info in fun, animated videos that give you all the answers you actually want to know about sex, your body and relationships. The videos can also be accessed via YouTube.

- **Advocates for Youth:** <https://www.advocatesforyouth.org/>

Excerpted from their website: Advocates for Youth works alongside thousands of young people here in the U.S. and around the globe as they fight for sexual health, rights, and justice. Their website includes resources for parents, teens, and educators.

- **GLSEN (Gay, Lesbian, Straight Education Network) - www.glsen.org**

Excerpted from Wikipedia: The Gay, Lesbian and Straight Education Network (GLSEN) is an organization in the

United States that seeks to end discrimination, harassment, and bullying based on sexual orientation, gender identity and gender expression in K-12 schools.

- **Go Ask Alice - <http://goaskalice.columbia.edu/>**

Excerpted from their website: Columbia University's renowned health question and answer Internet resource has proudly been bringing you quality content since 1993...[F]rom its birth in 1993 as the first health Q&A web site of its kind, to its mass market book publication debut in 1998, to its present day renewal to help maintain its cutting edge appeal and to keep it at the head of the class. As you can see, Go Ask Alice! has been influential to and influenced by higher education, health professions, the media, society and culture, and, of course, its international readership.

- **Guerrilla Sex Ed: <https://guerrillasexed.org/>**

Excerpted from their website: **Guerrilla Sex Ed** is an online resource for those seeking out alternative sources of sex education because traditional, school-based sex ed has failed them. This site also provides information for those who want to advocate for better sexuality education within their school districts, but don't know where to begin.

- **I Wanna' Know: <http://www.iwannaknow.org/>**

Excerpted from their website: **iwannaknow.org** offers information on sexual health for for teens and young adults. This is where you will find the facts, the support, and the resources to answer your questions, find referrals, and get access to in-depth information about sexual health, sexually transmitted infections (STIs), healthy relationships, and more. **iwannaknow.org** is a site of the American Sexual Health Association

- **Incarnation Institute for Sex and Faith: <https://www.incarnationinstitute.org/>**

Excerpted from their website: **VISION:** People will love their sexual bodies and those of others as God does. **MISSION:** To teach an inclusive, science-friendly, sex-positive Christianity **BELIEFS:** 1) Sexual Diversity is a natural trait to be celebrated. 2) Sexual Pleasure is a sacred gift to be treasured. 3) Sexual Freedom is a human right to be personally discerned & morally exercised. We are a group of professionals in the fields of Christianity and sexology. We believe in: a pleasure-centered Christian gospel of abundance and grace, the moral framework Jesus modeled; respect and mutuality, inclusivity and diversity, nurturance and affirmation as the basis for both sexual decision-making and righteous relationships

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

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

- **Safe Schools Coalition. - <http://www.safeschoolscoalition.org>**

A public-private partnership in support of Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning Youth

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

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

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

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

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

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

- **Transgender Children and Youth: Understanding the Basics:**

<https://www.hrc.org/resources/transgender-children-and-youth-understanding-the-basics>

From their website: Fighting for equality means we can't afford to let anyone fall through the cracks. We work locally, nationally and globally on issues that affect the LGBTQ community. HRC partners with people across demographics, industries and governments to provide leadership on how to back up pro-equality statements with real action – and create a society where none of us is left behind.

- **Transgender Training Institute:** <https://www.transgendertraininginstitute.com>

From their website: INTERESTED IN LEARNING HOW TO BE MORE SUPPORTIVE AND AFFIRMING OF TRANSGENDER & NON-BINARY PEOPLE? We are here to help! TTI is a team of transgender and non-binary educators who facilitate professional development and personal growth trainings. We provide tailored trainings for a wide range of clients, and also offer webinars and classes for individuals. All of our content is facilitated by our team of transgender and non-binary educators, so you are always learning directly from -and financially supporting- transgender and non-binary community members.

RESOURCES FOR THOSE WITH SPECIAL DEVELOPMENTAL / INTELLECTUAL NEEDS:

BOOKS:

- **The Facts of Life and More: Sexuality and Intimacy for People with Intellectual Disabilities (Leslie Walker-Hirsch, 2007)**

- **Inside Out: Your Body is Amazing Inside and Out and Belongs Only To You (Mary Jo Podgurski, 2012)**

- **The Intimate Relationships and Sexual Health: A Curriculum for Teaching Adolescents/Adults with High-Functioning Autism Spectrum Disorders and Other Social Challenges (Catherine Davies, 2011)**

- ***Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorder* (Davida Hartman, 2013)**

- ***Teaching Children with Downs Syndrome About Their Bodies* (Terry Couwenhoven, 2007)**

WEB RESOURCES:

- ***Autism Speaks Puberty and Adolescence Resources:***

<https://www.autismspeaks.org/tool-kit/atnair-p-puberty-and-adolescence-resource>

Puberty can be a time of mixed feelings for parents and pre-teens. All parents eventually face the challenge of teaching their children about the natural changes of puberty. However, parents of pre-teens with autism may need the help of additional strategies to ease the transition. Our aim in developing this tool is to provide guidance on puberty that can be directly applied to pre-teens with autism. In doing so, we hope to increase families' understanding of puberty and their ability to adapt to these changes with confidence.

- **Center of American Association on Intellectual and Developmental Disabilities statement on sexuality education:** <https://aaid.org/news-policy/policy/position-statements/sexuality#.WfzC6YGPIb0>

People with intellectual disabilities and developmental disabilities (IDD)*, like all people, have inherent sexual rights. These rights and needs must be affirmed, defended, and respected.

- **Center for Parent Information and Resources:** <https://www.parentcenterhub.org/sexed/>

This resource page addresses one aspect of development that's important not to ignore with children with or without disabilities—the *development of sexuality*. There's so much to know and consider on this subject—what sexuality is, its meaning in adolescent and adult life, and the responsibilities that go along with exploring and experiencing one's own sexuality.

- **Finding Your Individuality:** <http://www.findingyourindividuality.com/>

Finding Your Individuality (FYI) was developed with the goal to identify, address, support, advocate and advance the individual rights of all people across the lifespan with special emphasis on abuse prevention and sexual rights of people with disabilities. Through collaboration with community members within varied settings we provide education, training, and counseling services to people of ALL abilities.c

- **Leslie Walker-Hirsch** <http://www.lesliewalker-hirsch.com/>

For more than 25 years I have been assisting teens and adults with intellectual disabilities and the families, schools, agencies, state governments, law enforcement, and courts that support them, to untangle the

confusing web of facts, fears myths, laws and unique learning strategies that surround social development and responsible expression of sexuality in our culture for individuals with intellectual disabilities and unique learning styles.

- ***Organization for Autism Research - Sex Ed for Self Advocates:***

<https://researchautism.org/sex-ed-guide/>

This guide is a sexuality and sex education resource written specifically for people on the autism spectrum age 15 and up.

- ***Sex-Ed Mart <https://sexedmart.com/product-category/special-needs-resources/>***

Sex-Ed Mart produces many sexuality education resources for people with special needs.

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