



# **Learning About Sex**

## **RESOURCE GUIDE FOR SEX EDUCATORS**

**BY BARBARA HUBERMAN, RN, BSN, MED**

**ADVOCATES FOR YOUTH, 2011 REVISED EDITION**

## **Learning About Sex**

Advocates for Youth ©2011, Revised Edition, 2012 Revised Edition available online only.

By Barbara Huberman, RN, BSN, MEd

Advocates for Youth, Washington, DC  
Debra Hauser, President  
2000 M Street NW, Suite 750  
Washington, DC 20036  
Email: [info@advocatesforyouth.org](mailto:info@advocatesforyouth.org)

This Resource Guide is a revised edition of two Advocates for Youth publications, The Librarian's Guide to Sex Education, by Barbara Huberman, Director of Education and Outreach, and Jess Ratner, Intern and The Resource Guide for Sex Educators, also by Barbara Huberman. Advocates for Youth Interns Kris Bumpus, Jared Fisher, Christa Harding, Wrenn Levenberg, Ritu Riyat and Annie Stoddard contributed to annual revisions. 2012 revisions by Laura Kish.

### **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.

# Table of Contents

<b>INTRODUCTION</b>	<b>5</b>
<b>HOW IS THIS GUIDE ORGANIZED?</b>	<b>7</b>
<b>RECOMMENDED RESOURCES FOR A STARTER SEXUALITY EDUCATION LIBRARY</b>	<b>8</b>
<b>RECOMMENDED RESOURCES FOR A COMPLETE SEXUALITY EDUCATION COLLECTION</b>	<b>10</b>
Video Resources	
Youth (with Parents &/or Educators)	11
Youth-Serving Professionals	1
Audio Resource	16
Computer-Based Resources	17
Print Resources	
For Youth	
Books	18
Young Children (0-8)	18
Preteens (9-13)	21
Teens (14 and up)	26
Newsletters & Magazines	31
Books for Parents	
Parents of Young Children (0-8)	32
Parents of Preteens (9-13) & Teens (14 and up)	32
Youth Serving Professionals	
Textbooks: General Sexuality	36
References and Books: Sexuality Education	37
Papers and Reports: Sexuality Education and Sexual Health	40
Teaching Manuals & Guidelines for Sexuality Education	41
Sexuality Education Curricula	
School-Based Curricula	46
Community-Based Curricula	48
Journals and Newsletters	50
Resources for Physically, Emotionally, and Mentally Challenged Youth	
Select Books Recommended for Youth and Parents	52
Select Recommended for Educators and Other Youth Serving Professionals	
Books	53
Curricula	53
Resources for Community Organization and Advocacy	54
Evaluation/Assessment Tools	56
Training/Continuing Education	57
Web-based Resources	59
<b>RESOURCE GUIDE REVISIONS: ADDITIONS, DELETIONS AND/OR CHANGES</b>	<b>63</b>



# 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? What about sexual orientation?

It is important that young people and their parents can research and obtain accurate, age appropriate, sexual health materials to find answers to these questions and the thousands more they may have.

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, age-appropriate sex education. 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).<sup>1</sup>

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).<sup>2</sup>

Parents also need more information. 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 help discussing topics of sexuality with youth. 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.<sup>3,4,5,6</sup> In fact, young people who receive age appropriate, medically accurate sexual health information which includes lessons about abstinence, contraception, sexual development, communication, and healthy relationships, are more likely than those that learn only about abstinence to delay sexual initiation and to use contraception when they do have sex.<sup>3,4,5,6,7,8</sup>

Regardless of your title and role in sexuality education – parent, teacher, community educator – you have a unique responsibility to provide age-appropriate, medically accurate and culturally relevant information to those you serve who need to be informed about sexual health. The environment you create can help young people and their parents feel comfortable asking questions and finding resources. Having a collection of resources can help you provide young people the information they need to make informed decisions about their reproductive and sexual health. It can also allow you to be a resource for other youth-serving professionals.

You may already provide sexuality information to the youth you serve. You may want to talk to your own children, but feel uneasy or embarrassed about these sensitive topics. This guide details numerous resources to be used in various settings to assist you in obtaining and

providing information related to sexual health. With accurate information and a positive attitude, you can help promote a healthy literacy about sexuality in your community. These are a few ideas that can help get you started:

- Be open to discussing reproductive and sexual health with your children and/or the youth you serve. Your feelings will likely be reflected in the conversations you have and can impact young people's feelings about sexuality.
- Find out what is going on in your own community regarding matters of sexual health. Become knowledgeable about current policies in schools regarding sex education, contraceptive access and other relevant topics.
- Get involved with sexual and reproductive health organizations by attending meetings and joining groups at the community, state or national level. Your involvement with such groups may open further opportunities in the field.

Whether you are someone new to the field of sex education, trying to start a library or resource center on adolescent sexual health, or an old pro, the following guide should give you a basic orientation to what's available to support your work. These resources are important to advancing positive attitudes toward adolescent sexual health and I hope they will be useful to you. The guide is by no means a total listing, but the resources are those that I most frequently use or give to others. Please let me know about resources you would recommend for a future edition.

Barbara Huberman, RN BSN, MEd August 2011

## 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.
2. The Henry J. Kaiser Family Foundation. National Survey of Adolescents and Young Adults: Sexual Health Knowledge, Attitudes and Experiences. Menlo Park, CA: The Henry J. Kaiser Family Foundation, 2003.
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.

# 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 is provided for each resource. Contact and ordering information is listed for the publishing source, however, individuals are encouraged to search online retailers, such as [www.amazon.com](http://www.amazon.com), where products may be found used or at discounted prices. Outside sources will also be helpful for items that are no longer distributed by the publisher, which is noted, as applicable. Products with an ISBN (International Standard Book Number) provided can be searched using that universal number to ensure the correct product is ordered. If materials are ordered from an alternate site, please respect publishers' rules regarding institutional versus personal price rates and usage.

If a resource is available in Spanish, this is indicated following the resource description in bold font, with the Spanish title and associated ISBN as available.



# Recommended Resources for a Starter Sexuality Education Library

This list outlines the essential resources for learning or teaching about sex and sexuality. The title and source of each resource is listed below, but a detailed description for each can be found on the given page number.

## VIDEOS

### Youth

Page 11

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

Page 15

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)  
 Let's Talk About Sex (Advocates for Youth, 2010)

## PRINT RESOURCES

### Youth Books

Page 18

Young Children (0-8) Page 18  
 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) Page 21  
 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+) Page 26  
 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)

**Youth Magazines**

Page 31

---

Sex, Etc. Magazine (Answer/Rutgers University)

**Parents**

Page 32

---

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**

Page 36

---

Our Sexuality (Robert Crooks, Karla Baur, 2008)

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 (Evonnie Hedgepath, Joan Helmich, 2000)

When Sex Goes to School: Warring Views on Sex—and Sex Education—Since the Sixties (Kristin Luker, 2007)

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

**Curricula**

Page 47

---

Reducing the Risk

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

Making Proud Choices!

F.L.A.S.H.

**Journals and Newsletters**

Page 51

---

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 Sex Education Collection

# Video Resources

## YOUTH (VIEWED WITH PARENTS AND/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.

Email: [info@birdsandbeesvideo.com](mailto:info@birdsandbeesvideo.com)

Website: [www.birdsandbeesvideo.com](http://www.birdsandbeesvideo.com)

Cost: \$19.95 (DVD or VHS)

### **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.

Email: [info@birdsandbeesvideo.com](mailto:info@birdsandbeesvideo.com)

Website: [www.birdsandbeesvideo.com](http://www.birdsandbeesvideo.com)

Cost: \$19.95 (DVD or 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.

Discovery Education

P.O. Box 2284

South Burlington, VT 05407-2284

Phone: 1-888-892-3484 Fax: 1-877-324-6830

Email: [education\\_info@discovery.com](mailto:education_info@discovery.com)

Website: [store.discoveryeducation.com](http://store.discoveryeducation.com)

Cost: \$89.00 (DVD or 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.

Also available in Spanish.

Discovery Education

P.O. Box 2284

South Burlington, VT 05407-2284

Phone: 1-888-892-3484 Fax: 1-877-324-6830  
 Email: [education\\_info@discovery.com](mailto:education_info@discovery.com)  
 Website: [store.discoveryeducation.com](http://store.discoveryeducation.com)  
 Cost: \$94.95 (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 that can also be downloaded online.

Available in Spanish (VHS only).

*Family Health Productions  
 P.O. Box 1639  
 Gloucester, MA 01930*

Phone: 978-282-9970 Fax: 978-282-9550  
 Email: [info@aboutthehealth.com](mailto:info@aboutthehealth.com) or  
[info@wordscanwork.com](mailto:info@wordscanwork.com)  
 Website: [www.aboutthehealth.com](http://www.aboutthehealth.com) or  
[www.wordscanwork.com](http://www.wordscanwork.com)

Cost: Institutional Use - \$99.99 + \$12.00 S/H (DVD or VHS); Private/Home Use - \$24.99 + \$6.00 S/H (DVD only)

### **The Joy of Life**

*The Multimedia Group of Canada, 1994, 20 episodes, 5 minutes each (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 such as puberty, birth and others not usually addressed, like masturbation, pleasure, and homosexuality

DVD or VHS.

Available in over 20 other languages, including 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](mailto:mgc@the-mgc.com)  
 Website: [www.the-mgc.com/kids/catalog/catalog.html](http://www.the-mgc.com/kids/catalog/catalog.html)

### **Let's Talk About Sex**

*Advocates for Youth, 2010, 55min (Teens and Adults)*

Every day in America 10,000 teenagers catch a sexually transmitted disease, 2,400 young girls get pregnant, and 55 young people are infected

with HIV. Let's Talk About Sex takes a revealing look at how American attitudes toward adolescent sexuality impact today's teenagers. Director James Houston takes us on a journey to examine trends in American society as personified by a cast of diverse characters. At a high school for pregnant teens in Los Angeles, young girls are contemplating teen parenthood. In Washington, D.C., where HIV infection rates rival several African countries, community outreach workers are trying to save lives.

The film also travels to the Netherlands, where Houston compares European attitudes with those in America, then concludes in Oregon, where the lessons learned in Western Europe are helping to create practical solutions. Real parents and youth, compelling statistics, animation and archival material all combine to paint an urgent picture of American youth in crisis, one that not enough people are talking about. Produced in collaboration with Advocates for Youth.

*Advocates for Youth  
 2000 M Street NW, Suite 750  
 Washington, DC 20036*

Phone: (202) 419-3420  
 Website: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)

Cost: \$15.99 [www.amazon.com](http://www.amazon.com)

### **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](mailto:nwm@northwestmedia.com)  
Website: [www.sociallearning.com](http://www.sociallearning.com)  
Cost: \$69.99 (CD-ROM); \$99.99 (DVD)

### **Puberty for Boys: Amazing Changes Inside and Out**

*United Learning, 2001, 22 min. (Grades 3-8, 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.

*Discovery Education*  
P.O. Box 2284  
South Burlington, VT 05407-2284

Phone: 1-888-892-3484 Fax: 1-877-324-6830  
Email: [education\\_info@discovery.com](mailto:education_info@discovery.com)  
Website: [store.discoveryeducation.com](http://store.discoveryeducation.com)  
Cost: \$89.00 (DVD or VHS)

### **Puberty for Girls: Amazing Changes Inside and Out**

*United Learning, 2001, 28 min.*  
(Grades 3-8, 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.

*Discovery Education*  
P.O. Box 2284  
South Burlington, VT 05407-2284

Phone: 1-888-892-3484 Fax: 1-877-324-6830  
Email: [education\\_info@discovery.com](mailto:education_info@discovery.com)  
Website: [store.discoveryeducation.com](http://store.discoveryeducation.com)  
Cost: \$89.00 (DVD or VHS)

### **Raising Healthy Kids: Families Talk About Sexual Health**

*Family Health Productions, 1997, 2 20-min. videos*

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

This set of two 20-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, postponing sexual intercourse 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  
Email: [info@aboutthehealth.com](mailto:info@aboutthehealth.com) or  
[info@wordscanwork.com](mailto:info@wordscanwork.com)  
Website: [www.aboutthehealth.com](http://www.aboutthehealth.com) or  
[www.wordscanwork.com](http://www.wordscanwork.com)

Cost: Institutional Use - Program Set \$149.99 + \$15.00 S/H (DVD or VHS); Individual Program \$99.99 + \$12.00 S/H (DVD or VHS). For private/home use, contact [info@wordscanwork.com](mailto:info@wordscanwork.com)

### **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, French and Danish.

*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](mailto:mgc@the-mgc.com)  
Website: [www.the-mgc.com/kids/catalog/catalog.html](http://www.the-mgc.com/kids/catalog/catalog.html)

### **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.

Also Available in Spanish, French and Danish.

*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](mailto:mgc@the-mgc.com)  
Website: [www.the-mgc.com/kids/catalog/catalog.html](http://www.the-mgc.com/kids/catalog/catalog.html)

### **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.

Also Available in Spanish, French and Danish.

*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](mailto:mgc@the-mgc.com)  
Website: [www.the-mgc.com/kids/catalog/catalog.html](http://www.the-mgc.com/kids/catalog/catalog.html)

### **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*  
434 West 33rd Street,  
New York, NY 10001

Phone: 877-478-7732 Fax: 212-868-4692  
Website: [www.ppfastore.org](http://www.ppfastore.org)

*Item no longer distributed by publisher*

*Can be viewed online: [http://nsrc.sfsu.edu/media/talking\\_about\\_sex\\_guide\\_families](http://nsrc.sfsu.edu/media/talking_about_sex_guide_families)*

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

*Women's Educational Media, 2000, 35 min. (Grades K-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.

Available in Spanish.

*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](mailto:orders@newday.com)  
Website: [www.newday.com](http://www.newday.com) or  
[www.groundspark.org](http://www.groundspark.org) (for Spanish version or Individual purchase rate)

Cost: College/University Institution - \$199.00;  
Community/Library/School - \$75.00; Rental - \$50.00; Individual - \$29.95 (DVD or VHS)

## **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](mailto:docued@der.org)  
Website: [www.der.org](http://www.der.org)

Cost: Free + \$10.00 S/H; Video also available to watch online without Frequently Asked Questions session

### **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. Discussion guide available online at [www.pbs.org](http://www.pbs.org).

*InCite Pictures*  
347 West 36th Street, Suite 901  
New York, NY 10018

Phone: 212-216-9315 Fax: 212-216-9316  
Email: [info@incite-pictures.com](mailto:info@incite-pictures.com)  
Website: [www.incite-pictures.com](http://www.incite-pictures.com)

Cost: Dependent on circumstances - call or email for information

### **Sex Education in America: AIDS and Adolescence**

*Family Health Productions, 1995, 60 min.*

This program examines the effectiveness of abstinence until marriage and comprehensive sexuality curricula, and features interviews with experts, teens, parents and educators.

*Family Health Productions, Blake Works Inc.*  
PO Box 1402

*Gloucester, MA 01930*

Phone: 978-282-1663 Fax: 978-282-9550  
Email: [info@wordscanwork.com](mailto:info@wordscanwork.com)  
Website: [www.wordscanwork.com](http://www.wordscanwork.com)

Cost: \$49.99 + \$12.00 S/H (DVD)

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

*Advocates for Youth, 2008, 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 Street, NW, Suite 750  
Washington, DC 20036

Phone: 202-419-3420 Fax: 202-419-1448  
Email: [information@advocatesforyouth.org](mailto:information@advocatesforyouth.org)  
Website: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)

Cost: Individual rate - \$49.95; Institutional rate - \$79.95 (DVD or VHS)

### **What Works: Sexuality Education**

*Family Health Productions, 1998, 20 min.*

This program examines the effectiveness of abstinence until marriage and comprehensive sexuality curricula, and features interviews with experts, teens, parents and educators. This is an abridged version of the hour-long documentary *Sex Education in America: AIDS and Adolescence*.

*Family Health Productions*  
PO Box 1639  
Gloucester, MA 01930

Phone: (978) 282-9970 Fax: (978) 282-9550  
Email: [info@aboutthehealth.com](mailto:info@aboutthehealth.com)  
Website: [www.aboutthehealth.com](http://www.aboutthehealth.com)

Cost: \$49.99 + \$12.00 S/H (DVD)



# 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](mailto:Nancy_Marcy@hopkins.k12.mn.us)  
Website: [www.hopkins.k12.mn.us](http://www.hopkins.k12.mn.us)*

*Can be purchased through Amazon sellers.  
Cost: \$25.00 (CD or audiotape)*

# Computer-Based Resources

*For all computer-based resources, individuals are encouraged to check system requirements prior to purchase to ensure capability of use.*

## **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.

*Learning Multi-Systems, Inc.  
1402 Greenway Cross  
Madison, WI 53713*

*Phone: 800-362-7323 or 608-273-8060  
Fax: 608-273-8065  
Email: [orderinginfo@lmssite.com](mailto:orderinginfo@lmssite.com)  
Website: [www.lmssite.com](http://www.lmssite.com)*

*Cost: Full Series - \$295.00; Individual programs - \$95.00 each (PC/Mac compatible)*

## **Private Lives: HIV/STI Education**

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

See Videos for Youth (Page 11) for description and ordering information. Computer-based resources include interactive lessons on CD-ROM and discussion guide.

# 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 five 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: Kids with AIDS, Myths and Facts about AIDS, What You Can Do About AIDS, When Someone You Know Has AIDS, Where Did AIDS Come From?

Rosen Publishing (PowerKids Press)  
29 E 21st Street  
New York, NY 10010

Phone: 1-800-237-9932 Fax: 1-888-436-4643  
Website: [www.powerkidspress.com](http://www.powerkidspress.com)

ISBN: 978-0-8239-7406-1

Cost: \$106.25 for series; \$21.25 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 homosexual parents are as nurturing as heterosexual 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](mailto:sales@alyson.com)  
Website: [www.alyson.com](http://www.alyson.com)

ISBN: 978-1555831189

Cost: \$11.95

Item no longer distributed by publisher but can be purchased through Amazon sellers.

#### 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](mailto:marketing@prometheusbooks.com)

Website: [www.prometheusbooks.com](http://www.prometheusbooks.com)

ISBN: 978-0879757236

Cost: \$13.98

#### 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 día que naciste"  
(ISBN: 978-8488061409).

Candlewick Press  
99 Dover Street  
Somerville, MA 02144

Phone: 800-733-3000 (to order from Random House, Inc.)

Fax: 800-659-2436 (to order from Random House, Inc.)

Website: [www.candlewick.com](http://www.candlewick.com)

ISBN: 978-0763609740

Cost: \$6.99

Item no longer distributed by publishers but can be purchased through Amazon sellers.

### **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](mailto:sales@alyson.com)

Website: [www.alyson.com](http://www.alyson.com)

ISBN: 978-1593501365

Cost: \$10.95

Item no longer distributed by publisher but can be purchased through Amazon sellers.

### **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. (Bantam Dell Publishing Group)

1745 Broadway  
New York, NY 10019

Phone: 212-782-9000

Fax: 212-940-7381

Email: [ecustomerservice@randomhouse.com](mailto:ecustomerservice@randomhouse.com)

Website: [www.randomhouse.com/bantamdell](http://www.randomhouse.com/bantamdell)

ISBN: 978-0440507673

Cost: \$17.00

Item no longer distributed by publisher but can be purchased through Amazon sellers.

### **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.

HarperCollins Publishers

10 East 53rd Street

New York, NY 10022

Phone: 212-207-7000

Email: [orders@harpercollins.com](mailto:orders@harpercollins.com)

Website: [www.harpercollins.com](http://www.harpercollins.com)

ISBN: 978-0688120610

Cost: \$7.99

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

Robie H. Harris, 2008, 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

Available in Spanish as "¡No es la cigüeña!"  
(ISBN: 978-8478716418).

Candlewick Press

99 Dover Street

Somerville, MA 02144

Phone: 800-733-3000 (to order from Random House, Inc.)

Fax: 800-659-2436 (to order from Random House, Inc.)

Website: [www.candlewick.com](http://www.candlewick.com)

ISBN: 978-0763633318  
Cost: \$11.99

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

Robie H. Harris, 2004, 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!" (ISBN: 978-8495040320).

Candlewick Press  
99 Dover Street  
Somerville, MA 02144

Phone: 800-733-3000 (to order from Random House, Inc.)  
Fax: 800-659-2436 (to order from Random House, Inc.)  
Website: [www.candlewick.com](http://www.candlewick.com)

ISBN: 978-0763613211  
Cost: \$12.99

**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)  
3 Center Plaza  
Boston, MA 02108

Phone: 800-759-0190 Fax: 800-331-1664  
Email: [customer.service@hbgusa.com](mailto:customer.service@hbgusa.com)  
Website: [www.hachettebookgroup.com](http://www.hachettebookgroup.com)

ISBN: 978-0316101837  
Cost: \$6.99

**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  
Email: [orders@harpercollins.com](mailto:orders@harpercollins.com)  
Website: [www.harpercollins.com](http://www.harpercollins.com)

ISBN: 978-0688170431  
Cost: \$7.99

**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)  
119 West 40th Street  
New York, New York 10018

Phone: 1-800-221-2647  
Email: [ecommerce@us.penguingroup.com](mailto:ecommerce@us.penguingroup.com)  
Website: [www.kensingtonbooks.com](http://www.kensingtonbooks.com)

ISBN: 978-0818406089  
Cost: \$9.95

**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.

*Kensington Publishing Corp. (Citadel)*  
119 West 40th Street  
New York, New York 10018

Phone: 1-800-221-2647  
Email: [ecommerce@us.penguinroup.com](mailto:ecommerce@us.penguinroup.com)  
Website: [www.kensingtonbooks.com](http://www.kensingtonbooks.com)

ISBN: 978-0818402531  
Cost: \$9.95

### 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](http://www.josseybass.com)

ISBN: 978-0787983444  
Cost: \$12.95

*Item no longer distributed by publisher but can be purchased through Amazon sellers.*

#### **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)

Published in conjunction with the American Medical Association, this book provides clear and medically-accurate information and advice for boys entering puberty. It covers the physical and emotional changes that accompany puberty, and the male reproductive system,

along with solid tips about grooming, diet, exercise, and other health issues. Information is very accessible, straightforward and nonjudgmental—the book is organized in a question and answer format, includes quotes from boys ages 10-13, and portrays a diverse group of boys 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](http://www.josseybass.com)

ISBN: 978-0787983437  
Cost: \$12.95

*Item no longer distributed by publisher but can be purchased through Amazon sellers.*

#### **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  
Web site: [www.americangirl.com](http://www.americangirl.com)

ISBN: 978-1562476663  
Cost: \$9.95

#### **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  
New York, NY 10020

Phone: 212-698-7000  
Website: [www.simonandschuster.com](http://www.simonandschuster.com)

ISBN: 978-0671041571  
Cost: \$19.95

### **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.

*Houghton Mifflin Company*  
222 Berkeley Street, 8th Floor  
Boston, MA 02116

Phone: 1-800-225-3362  
Email: [trade\\_customer\\_service@hmco.com](mailto:trade_customer_service@hmco.com)  
Website: [www.houghtonmifflinbooks.com](http://www.houghtonmifflinbooks.com)

ISBN: 978-0152056797  
Cost: \$8.95

### **Girlogy: A Girl's Guide to Stuff that Matters**

*Melisa Holmes, M.D., Trish Hutchinson, M.D., 2005, 240 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.

*Health Communications, Inc. (HCI Teens)*  
3201 S.W. 15th Street  
Deerfield Beach, FL 33442

Phone: 1-800-441-5569 or 954-360-0909  
Fax: 954-360-0034  
Website: [www.hci-online.com](http://www.hci-online.com)

ISBN: 978-0757302954  
Cost: \$12.95

### **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.

*HarperCollins Publishers (Harper Paperbacks)*  
10 East 53rd Street  
New York, NY 10022

Phone: 212-207-7000  
Email: [orders@harpercollins.com](mailto:orders@harpercollins.com)

Website: [www.harpercollins.com](http://www.harpercollins.com)  
ISBN: 978-0060585754  
Cost: \$14.95

### **The Guy Book: An Owner's Manual**

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

Told in a 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.

*Crown Publishing Group  
Random House, Inc.  
1745 Broadway  
New York, NY 10019*

*Phone: 212-782-9000 Fax: 212-940-7868  
Website: [www.randomhouse.com/crown](http://www.randomhouse.com/crown)*

*ISBN: 978-0679890287*

*Cost: \$12.95*

*Item no longer distributed by publisher but can be purchased through Amazon sellers.*

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

*Robie H. Harris, 2009, 96 pp. (Ages 10 and up)*

Now offering a brand-new chapter focusing on safe Internet use *It's Perfectly Normal* is a cutting-edge resource for kids, parents, teachers, librarians, and anyone else who cares about the well-being of tweens and teens. 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?*" (ISBN: 978-8484881810).

*Candlewick Press  
99 Dover Street  
Somerville, MA 02144*

*Phone: 800-733-3000 (to order from Random House, Inc.)*

*Fax: 800-659-2436 (to order from Random House, Inc.)*

*Website: [www.candlewick.com](http://www.candlewick.com)*

*ISBN: 978-0763644840*

*Cost: \$12.99*

### **My Body, My Self for Boys**

*Lynda Madaras, Area Madaras, 2007, 128 pp. (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.

*Newmarket Press  
18 East 48 Street  
New York, NY 10017*

*Phone: 800-669-3903*

*Email: [mailbox@newmarketpress.com](mailto:mailbox@newmarketpress.com)*

*Website: [www.newmarketpress.com](http://www.newmarketpress.com)*

*ISBN: 978-1557047670*

*Cost: \$12.95*

*Item no longer distributed by publisher but can be purchased through Amazon sellers.*

### **My Body, My Self for Girls**

*Lynda Madaras, Area Madaras, 2007, 168 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.

*Newmarket Press  
18 East 48 Street  
New York, NY 10017*

*Phone: 800-669-3903*



Email: [mailbox@newmarketpress.com](mailto:mailbox@newmarketpress.com)  
 Website: [www.newmarketpress.com](http://www.newmarketpress.com)

ISBN: 978-1557047663

Cost: \$12.95

Item no longer distributed by publisher but can be purchased through Amazon sellers.

### **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 as "Periodo" (ISBN: 978-0916773911).

**Book Peddlers**  
 2828 Hedberg Drive  
 Minnetonka, MN 55305

Phone: 952-544-1154 Fax: 952-544-1153

Email: [bookpeddlers@aol.com](mailto:bookpeddlers@aol.com)

Website: [www.bookpeddlers.com](http://www.bookpeddlers.com)

ISBN: 978-0916773960

Cost: \$9.99

### **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, acne, cramps, and 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 as "El Libro del Periodo" (ISBN: 978-0802776501).

**Walker and Company**  
 Distributed by: MPS Distribution Center

16365 James Madison Highway  
 Gordonsville, VA 22942-8501

Phone: 888-330-8477

Fax: 800-672-2054

Website: [www.walkeryoungreaders.com](http://www.walkeryoungreaders.com)

ISBN: 978-0802777362

Cost: \$9.99

### **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.

**Newmarket Press**  
 18 East 48 Street  
 New York, NY 10017

Phone: 800-669-3903

Email: [mailbox@newmarketpress.com](mailto:mailbox@newmarketpress.com)

Website: [www.newmarketpress.com](http://www.newmarketpress.com)

ISBN: 978-1557045652

Cost: \$12.00

Item no longer distributed by publisher but can be purchased through Amazon sellers.

### **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*

ISBN: 978-0965320320

Cost: \$15.95

Item available through Amazon sellers.

### **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.

*Little, Brown and Company (Hachette Book Group USA)*  
3 Center Plaza  
Boston, MA 02108

Phone: 800-759-0190 Fax: 800-331-1664  
Email: [customer.service@hbgusa.com](mailto:customer.service@hbgusa.com)  
Website: [www.hachettebookgroup.com](http://www.hachettebookgroup.com)

ISBN: 978-0316178242

Cost: \$9.99

### **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 as "¿Qué pasa por allá abajo?" (ISBN: 978-0802776495).

*Walker and Company*  
Distributed by: *MPS Distribution Center*  
16365 James Madison Highway  
Gordonsville, VA 22942-8501

Phone: 888-330-8477 Fax: 800-672-2054

Website: [www.walkeryoungreaders.com](http://www.walkeryoungreaders.com)

ISBN: 978-0802775405

Cost: \$8.95

### **What's Happening to Me?**

*Peter Mayle, 2001, 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.

*Kensington Publishing Corp. (Citadel)*  
119 West 40th Street  
New York, New York 10018

Phone: 1-800-221-2647

Email: [ecommerce@us.penguingroup.com](mailto:ecommerce@us.penguingroup.com)

Website: [www.kensingtonbooks.com](http://www.kensingtonbooks.com)

ISBN: 978-0818403125

Cost: \$9.95

### **The "What's Happening to My Body?" Book for Boys**

*Lynda Madaras, Area Madaras, 2007, 272 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 as "Hacerse Hombre" (ISBN: 978-8401803260).

*Newmarket Press*  
18 East 48 Street  
New York, NY 10017

Phone: 800-669-3903

Email: [mailbox@newmarketpress.com](mailto:mailbox@newmarketpress.com)

Website: [www.newmarketpress.com](http://www.newmarketpress.com)

ISBN: 978-1557047656

Cost: \$12.95

Item no longer distributed by publisher but can be purchased through Amazon sellers.

### **The “What’s Happening to My Body?” Book for Girls**

Lynda Madaras, Area Madaras, 2007, 288 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 as “De Nina a Mujer”  
(ISBN: 978-8401803230).

Newmarket Press  
18 East 48 Street  
New York, NY 10017

Phone: 800-669-3903  
Email: [mailbox@newmarketpress.com](mailto:mailbox@newmarketpress.com)  
Website: [www.newmarketpress.com](http://www.newmarketpress.com)

ISBN: 978-1557047649  
Cost: \$12.95

Item no longer distributed by publisher but can be purchased through Amazon sellers.

### **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.

Crown Publishing Group  
Random House, Inc.  
1745 Broadway  
New York, NY 10019

Phone: 212-782-9000 Fax: 212-940-7868  
Website: [www.randomhouse.com/crown](http://www.randomhouse.com/crown)

ISBN: 978-0761537236  
Cost: \$13.95

### **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 non-print 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.

Crown Publishing Group  
Random House, Inc.  
1745 Broadway  
New York, NY 10019

Phone: 212-782-9000 Fax: 212-940-7868  
Website: [www.randomhouse.com/crown](http://www.randomhouse.com/crown)

ISBN: 978-0812929904  
Cost: \$24.95

#### **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.

HarperCollins Publishers  
10 East 53rd Street  
New York, NY 10022

Phone: 212-207-7000  
Email: [orders@harpercollins.com](mailto:orders@harpercollins.com)  
Website: [www.harpercollins.com](http://www.harpercollins.com)

ISBN: 978-0060951047  
Cost: \$16.95

Item no longer distributed by publisher but can be purchased through Amazon sellers.

### **GLBTQ: The Survival Guide for Queer and Questioning Teens**

Kelly Huegel, 2003, 240 pp. (Ages 13+, 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

Free Spirit Publishing  
217 Fifth Avenue North, Suite 200  
Minneapolis, MN 55401-1299

Phone: 1-800-735-7323 Fax: 1-866-419-5199  
Website: [www.freespirit.com](http://www.freespirit.com)

ISBN: 978-1575421261  
Cost: \$15.95

### **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](http://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.

Macmillan, Henry Holt and Company  
175 Fifth Avenue  
New York, NY 10010

Phone: 888-330-8477  
Email: [customerservice@mps-virginia.com](mailto:customerservice@mps-virginia.com)  
Website: [us.macmillan.com](http://us.macmillan.com)  
ISBN: 978-0805055702  
Cost: \$18.00

### **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.

Adams Media Corporation  
Consumer Books Direct  
P.O. Box 5009  
Iola, WI 54945

Phone: 800-258-0929  
Email: [orders@adamsmedia.com](mailto:orders@adamsmedia.com)  
Website: [www.adamsmedia.com](http://www.adamsmedia.com)

ISBN: 978-1580624725

Item no longer distributed by publisher but can be purchased through Amazon sellers.

### **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.

*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](mailto:marketing@prometheusbooks.com)  
Website: [www.prometheusbooks.com](http://www.prometheusbooks.com)

ISBN: 978-1573921176  
Cost: \$19.98

### **In Your Face: Stories from the Lives of Queer Youth**

*John Dececco, Mary L. Gray, 1999, 184 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.

*Routledge c/o Taylor & Francis, Inc.*  
7625 Empire Drive  
Florence, KY 41042-2919

Phone: 1-800-634-7064 Fax: 1-800-248-4724  
Email: [orders@taylorandfrancis.com](mailto:orders@taylorandfrancis.com)  
Website: [www.routledge.com](http://www.routledge.com)

ISBN: 978-1560238874  
Cost: \$39.95

### **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*  
2400 Sandhill Road  
Menlo Park, CA 94025

Website:  
[www.kff.org/youthhivstds/1311-index.cfm](http://www.kff.org/youthhivstds/1311-index.cfm)

Cost: Online PDF - Free. Print Copy - Free (available for order from [think.mtv.com](http://think.mtv.com) or 1-888-BE-SAFE-1).

### **The Need to Know Library**

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

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 eight titles that are both related to sexuality education and contain recent and relevant information:

#### **Everything You Need to Know About...**

- Birth Control (Gary Mucciolo, 2000, ISBN: 978-0823933013)
- Dealing with Sexual Assault (Laura Kaminker, 2000, ISBN: 978-0823933037)
- Going to the Gynecologist (Shifra Diamond, 1999, ISBN: 978-0823928392)
- Growing Up Female (Ellen Kahaner, 2001, ISBN: 978-0823934638)
- Human Papillomavirus (Elizabeth Carter, 2001, ISBN: 978-0823933976)
- Sexual Abuse (Evan Stark, Ph.D., 1998, ISBN: 978-0823928712)
- Sexual Identity (Jeff Donaldson-Forbes, 2000, ISBN: 978-0823930890)
- STDs (Samuel G. Woods, 2003, ISBN: 978-0823937660) Available in Spanish as "Todo lo que necesitas saber sobre Las enfermedades de transmisión sexual" (ISBN: 978-0823935802).



Rosen Publishing (PowerKids Press)  
29 E 21st Street  
New York, NY 10010

Phone: 1-800-237-9932 Fax: 1-888-436-4643  
Website: [www.powerkidspress.com](http://www.powerkidspress.com)

Cost: \$29.25 each

**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.

HarperCollins Publishers  
10 East 53rd Street  
New York, NY 10022

Phone: 212-207-7000  
Email: [orders@harpercollins.com](mailto:orders@harpercollins.com)  
Website: [www.harpercollins.com](http://www.harpercollins.com)

ISBN: 978-0060952976  
Cost: \$13.99

**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

Phone: 888-330-8477  
Email: [customerservice@mpsvirginia.com](mailto:customerservice@mpsvirginia.com)  
Website: [www.stmartins.com](http://www.stmartins.com)

ISBN: 978-0312262808  
Cost: \$15.99

**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 x115  
Email: [LChan@youthcomm.org](mailto:LChan@youthcomm.org)  
Website: [www.youthcomm.org](http://www.youthcomm.org)

Cost: \$13.95

**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 - Order Department  
Publishers Group West / Perseus Books Group  
1094 Flex Drive  
Jackson, TN 38301

Phone: 800-788-3123 Fax: 800-357-5073  
Email: [sealpress@perseusbooks.com](mailto:sealpress@perseusbooks.com)  
Website: [www.sealpress.com](http://www.sealpress.com)

ISBN: 978-1580051330  
Cost: \$15.95

**The Latina Guide to Health***Jane Delgado, Ph.D., 2010, 176 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.

Available in Spanish as "La Guía de Salud" (ISBN: 978-1557048554).

HarperCollins Publishers  
10 East 53rd Street  
New York, NY 10022

Phone: 212-207-7000  
Email: [orders@harpercollins.com](mailto:orders@harpercollins.com)  
Website: [www.harpercollins.com](http://www.harpercollins.com)

Cost: \$15.95  
ISBN: 978-1557048547

**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  
90 John Street, Suite 704  
New York, NY 10038

Phone: 212-819-9770 Fax: 212-819-9776

Email: [siecus@siecus.org](mailto:siecus@siecus.org)  
Website: [www.siecus.org](http://www.siecus.org)

Cost: Online PDF - Free. Print copy - \$5.00

**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 email addresses and websites of valuable sources.

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

Email: [ecommerce@us.penguin.com](mailto:ecommerce@us.penguin.com)  
Website: [us.penguin.com](http://us.penguin.com)

ISBN: 978-0399525353

Cost: \$18.95

Item no longer distributed by publisher but can be purchased through Amazon sellers.

**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 as “La guía esencial sobre sexualidad adolescente” (ISBN: 978-1577491545).

Fairview Press  
2450 Riverside Avenue  
Minneapolis, MN 55454

Phone: 1-800-544-8207  
Email: [press@fairview.org](mailto:press@fairview.org)  
Website: [www.fairviewpress.org](http://www.fairviewpress.org)

ISBN: 978-1577491316  
Cost: \$16.95

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

*Health Initiatives for Youth, 2007 (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 as “La Guía de Salud Para La Mujer: Mujeres Unidas Jovenes en Resistencia” (ISBN: 978-0978686727).

*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](mailto:info@hify.org)  
Website: [www.hify.org](http://www.hify.org)

ISBN: 978-0978686703  
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](http://www.americangirl.com)

Cost: \$22.95 (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*  
4529 Harford Road  
Baltimore, MD 21214

Phone: 1-888-999-3222 Fax: 1-410-254-0991  
Email: [subscriptions@girlslife.com](mailto:subscriptions@girlslife.com)  
Website: [www.girlslife.com](http://www.girlslife.com)

Cost: \$14.95 (1-year subscription); \$19.95 (2-year subscription)

### **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.

*Subscriptions, Answer*  
Rutgers University  
41 Gordon Road, Suite C  
Piscataway, New Jersey 08854-0867

Email: [sexetc@rci.rutgers.edu](mailto:sexetc@rci.rutgers.edu)  
Website: [www.sexetc.org](http://www.sexetc.org)

Cost: \$10.00 (annual subscription)

### **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](mailto:subscribe@shamelessmag.com)  
 Website: [www.shamelessmag.com](http://www.shamelessmag.com)

Cost: Organization - \$35.00 (annual subscription); Individual - \$25.00 (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  
 Email: [teenvoices@teenvoices.com](mailto:teenvoices@teenvoices.com)  
 Website: [www.teenvoices.com](http://www.teenvoices.com)

Cost: Organization member - \$20.00 (annual subscription and adult email newsletter); Teen member - \$20.00 (annual subscription and teen email newsletter); Individual member - \$25.00 (annual subscription and adult email newsletter)

## BOOKS FOR PARENTS

### 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.

The Perseus Books Group  
 Order Department  
 1094 Flex Drive  
 Jackson, TN 38301

Phone: 800-343-4499 Fax: 800-351-5073  
 Website: [www.perseusbooksgroup.com](http://www.perseusbooksgroup.com)

ISBN: 978-0738205724  
 Cost: \$14.00

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

Deborah W. Haffner, 2004, 240 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  
 Email: [mailbox@newmarketpress.com](mailto:mailbox@newmarketpress.com)  
 Website: [www.newmarketpress.com](http://www.newmarketpress.com)

ISBN: 978-1557048103  
 Cost: \$16.95

Item no longer distributed by publisher but can be purchased through Amazon sellers.

### 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.

ISBN: 978-069801468  
 Item no longer distributed by publisher but can be purchased through Amazon sellers.

### 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 Dr. #A  
Glendale, CA 91206

Phone: 818-502-1270  
Email: [lgp@familyhelp.com](mailto:lgp@familyhelp.com)  
Website: [www.familyhelp.com](http://www.familyhelp.com)

ISBN: 978-0962203695  
Cost: \$13.95

### **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, 256 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  
Email: [mailbox@newmarketpress.com](mailto:mailbox@newmarketpress.com)  
Website: [www.newmarketpress.com](http://www.newmarketpress.com)

ISBN: 978-1557048110  
Cost: \$16.95

*Item no longer distributed by publisher but can be purchased through Amazon sellers.*

### **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.

*HarperCollins Publishers*  
10 East 53rd Street  
New York, NY 10022

Phone: 212-207-7000  
Email: [orders@harpercollins.com](mailto:orders@harpercollins.com)  
Website: [www.harpercollins.com](http://www.harpercollins.com)

ISBN: 978-0060957292  
Cost: \$11.00

### **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](mailto:orders@cleispress.com)  
Website: [www.cleispress.com](http://www.cleispress.com)

ISBN: 978-1573441261  
Cost: \$14.95

### **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.

*Crown Publishing Group  
Random House, Inc.  
1745 Broadway  
New York, NY 10019*

*Phone: 212-782-9000 Fax: 212-940-7868  
Website: [www.randomhouse.com/crown](http://www.randomhouse.com/crown)*

*ISBN: 978-1400051281  
Cost: \$14.95*

### **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.

*Adagio Health  
960 Penn Avenue, Suite 600  
Pittsburgh, PA 15222*

*Phone: 1-800-215-7494 or 412-288-2130  
Fax: 412-288-9036  
Email: [CAPP@adagiohealth.org](mailto:CAPP@adagiohealth.org)  
Website: [www.adagiohealth.org/womens-healthcare/resources.php](http://www.adagiohealth.org/womens-healthcare/resources.php)*

*Cost: First set of books is free, \$1.00 per 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  
New York, NY 10020*

*Phone: 212-698-7000  
Website: [www.simonandschuster.com](http://www.simonandschuster.com)*

*ISBN: 978-0743225618  
Cost: \$19.19*

### **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)

*Routledge c/o Taylor & Francis, Inc.  
7625 Empire Drive  
Florence, KY 41042-2919*

*Phone: 1-800-634-7064 Fax: 1-800-248-4724  
Email: [orders@taylorandfrancis.com](mailto:orders@taylorandfrancis.com)  
Website: [www.routledge.com](http://www.routledge.com)*

*ISBN: 978-1560231646  
Cost: \$39.95*

### **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 as "Nuestras hijas y nuestros hijos."

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

Phone: 202-467-8180 Fax: 202-467-8194  
Email: [publications@pflag.org](mailto:publications@pflag.org)  
Website: [www.pflag.org](http://www.pflag.org)

Cost: \$2.50 each, available in packs of 10

### Our Trans Children

Jessica Xavier, Mary Boenke, 2009, 6th ed., 20 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 c/o PFLAG  
1726 M Street, NW, Suite 400  
Washington, D.C. 20036

Phone: 202-467-8180 Fax: 202-467-8194  
Email: [pflagtnet@triad.rr.com](mailto:pflagtnet@triad.rr.com)  
Website: [www.pflag.org](http://www.pflag.org)

Cost: Online PDF - Free; Print - \$2.00 (1-19), \$1.75 (20-49), \$1.60 (50+)

### 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 Perseus Books Group  
Order Department  
1094 Flex Drive  
Jackson, TN 38301

Phone: 800-343-4499 Fax: 800-351-5073  
Website: [www.perseusbooksgroup.com](http://www.perseusbooksgroup.com)

ISBN: 978-0738205205  
Cost: \$16.95

### 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.

Hyperion Press  
114 Fifth Avenue  
New York, NY 10011

ISBN: 978-0786885480

Cost: \$12.95

Item no longer distributed by publisher but can be purchased through Amazon sellers.

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

Planned Parenthood Health Services of  
Southwestern Oregon, 1999, 80 pp.  
(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.

Available in Spanish. Available in Native American adaptation.

"There's No Place Like Home"  
Planned Parenthood of Southwestern Oregon

360 East 10th Avenue, Suite 104  
Eugene, OR 97401

Phone: 541-342-6042 Fax: 541-342-6088  
Email: [mary.gossart@pphssso.org](mailto:mary.gossart@pphssso.org)  
Website: [www.pphssso.org](http://www.pphssso.org) or  
[www.noplacelikehome.org](http://www.noplacelikehome.org)

Cost: Online PDF - Free. Print copy - \$8.00

**Trans Forming Families: Real Stories  
About Transgendered Loved Ones**  
*Mary Boenke, ed., 2008, 3rd ed., 178 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 c/o PFLAG  
1726 M Street, NW, Suite 400  
Washington, D.C. 20036

Phone: 202-467-8180 Fax: 202-467-8194  
Email: [pflagtnet@triad.rr.com](mailto:pflagtnet@triad.rr.com)  
Website: [www.pflag.org](http://www.pflag.org)

ISBN: 978-0979726002  
Cost: \$10.00

Item no longer distributed by publisher but can be purchased through Amazon sellers.

**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  
Website: [www.americangirl.com](http://www.americangirl.com)

ISBN: 978-1584853299  
Cost: \$12.95

Item no longer distributed by publisher but can be purchased through Amazon sellers.

**Words Can Work: When Talking With  
Kids About Sexual Health**

*Jeanne Blake, 2004, 115 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.

Blake Works, Inc.  
P.O. Box 1402  
Gloucester, MA 01930

Phone: 978-282-1663 Fax: 978-282-9550  
Email: [info@wordscanwork.com](mailto:info@wordscanwork.com)  
Website: [www.wordscanwork.com](http://www.wordscanwork.com)

ISBN: 978-0975314708  
Cost: \$12.99 + \$4.00 S/H

**YOUTH SERVING  
PROFESSIONALS (EDUCATORS,  
COUNSELORS, ETC.)**

**Textbooks: General Sexuality**

**Exploring the Dimensions of Human  
Sexuality**

*Jerrold Greenberg, Clint Bruess, Sarah C.  
Conklin, 2007, 4th edition, 792 pp.*

The fourth 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.

Jones and Bartlett Publishers, Inc.  
40 Tall Pine Drive  
Sudbury, MA 01776

Phone: 800-832-0034 Fax: 978-443-8000  
Email: [info@jbpub.com](mailto:info@jbpub.com)  
Website: [www.jbpub.com](http://www.jbpub.com)

ISBN: 978-0763776602  
Cost: \$130.95

**Our Sexuality**

*Robert Crooks, Karla Baur, 2010, 11th edition,  
570 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. New features in the 10th edition are a sexual rights document, and discussion about the impact of media, "hooking up" and friends with benefits, and STD treatment options. Thorough coverage of all major topics is incorporated into every section (including sexual health). The textbook is available in multiple formats including with a study guide and/or online resource access.

Wadsworth Publishing/Thompson Learning  
Cengage Learning  
P.O. Box 6904  
Florence, KY 41022-6904

Phone: 800-354-9706 Fax: 800-487-8488  
Website: [www.cengage.com/wadsworth](http://www.cengage.com/wadsworth)

ISBN: 978-0495812944  
Cost: \$135.95 (Paperbound version)

### Sexuality Today

Gary F. Kelly, 2010, 10th edition, 608 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 an online center for electronic access to content and exercises from the book.

The McGraw-Hill Companies  
Order Services  
P.O. Box 182604  
Columbus, OH 43272-3031

Phone: 877-833-5524 Fax: 609-308-4484  
Email: [pbgecommerce\\_custserv@mcgraw-hill.com](mailto:pbgecommerce_custserv@mcgraw-hill.com)  
Web site: [www.mhprofessional.com](http://www.mhprofessional.com)

ISBN: 978-0073531991  
Cost: \$127.00

## 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, 2009, 2nd Edition 624 pp.

"This text offers an action-oriented epidemiologic approach to understanding the risk factors affecting adolescent health, and what can be done in response. Drawing on the leading experts in the field, this reference provides a survey and assessment of adolescent health risk behaviors, such as smoking, violence, teen pregnancy, and AIDS. Also described are trends and changes in risk behaviors over time; important theoretical models for developing interventions; prevention strategies for each risk behavior; and effective treatment modalities." – Publisher's description

Jossey-Bass Publishers  
Customer Care Center  
10475 Crosspoint Blvd.  
Indianapolis, IN 46256

Phone: 877-762-2974 Fax: 800-597-3299  
Website: [www.josseybass.com](http://www.josseybass.com)

ISBN: 978-0470179130  
Cost: \$75.00

### Handbook of Sexuality-Related Measures

Clive Davis, William Yarber, Terri D Fischer, Sandra Davis, 3rd Edition, 2010 658 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.

Routledge C/O Taylor & Francis, Inc.  
7625 Empire Drive  
Florence, KY 41042-2919

Phone: 1-800-634-7064 Fax: 1-800-248-4724

Email: [orders@taylorandfrancis.com](mailto:orders@taylorandfrancis.com)  
Website: [www.routledge.com](http://www.routledge.com)

ISBN: 978-1412913362  
Cost: \$95.00

### Research Methods in Health Promotion

Richard A. Crosby, Ralph J DiClemente, Laura F. Salazar, 2006, 472 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

Jossey-Bass Publishers  
Customer Care Center  
10475 Crosspoint Blvd.  
Indianapolis, IN 46256

Phone: 877-762-2974 Fax: 800-597-3299  
Website: [www.josseybass.com](http://www.josseybass.com)

ISBN: 978-0787976798  
Cost: \$70.00

### 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.

Jossey-Bass Publishers  
Customer Care Center  
10475 Crosspoint Blvd.  
Indianapolis, IN 46256

Phone: 877-762-2974 Fax: 800-597-3299  
Website: [www.josseybass.com](http://www.josseybass.com)

ISBN: 978-0787901547  
Cost: \$40.00

Item no longer distributed by publisher but can be purchased through Amazon sellers.

### Sexuality Education: Theory and Practice

Clint Bruess, Jerrold Greenberg, 2008, 319 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.

Jones and Bartlett Publishers, Inc.  
40 Tall Pine Drive  
Sudbury, MA 01776

Phone: 800-832-0034 Fax: 978-443-8000  
Email: [info@jbpub.com](mailto:info@jbpub.com)  
Website: [www.jbpub.com](http://www.jbpub.com)

ISBN: 978-0763754952  
Cost: \$46.95

### 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.

University of California Press  
California-Princeton Fulfillment Services  
1445 Lower Ferry Road  
Ewing, NJ 08618

Phone: 609-883-1759 Fax: 1-800-999-1958  
Email: [orders@cpfsinc.com](mailto:orders@cpfsinc.com)  
Website: [www.ucpress.edu](http://www.ucpress.edu)

ISBN: 978-0520243293  
Cost: \$17.95

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

Evonne Hedgepath, Joan Helmich, 2000, 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.

*Orders and Customer Service*  
New York University Press  
838 Broadway, 3rd Floor  
New York, NY 10003-4812

Phone: 1-800-996-6987 Fax: 212-995-3833  
Website: [www.nyupress.org](http://www.nyupress.org)  
Email: [orders@nyupress.org](mailto:orders@nyupress.org)

ISBN: 978-0814735350  
Cost: \$29.00

### **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.

Harvard University Press  
Customer Service Department  
79 Garden Street  
Cambridge, MA 02138

Phone: 1-800-405-1619 Fax: 1-800-406-9145  
Website: [www.hup.harvard.edu/](http://www.hup.harvard.edu/)  
Email: [contact\\_hup@harvard.edu](mailto:contact_hup@harvard.edu)

ISBN: 978-0674009820  
Cost: \$25.50

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

Kristin Luker, 2007, 384 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)

W.W. Norton

Phone: 800-233-4830 Fax: 800-458-6515  
Website: [www.wwnorton.com](http://www.wwnorton.com)

ISBN: 978-0393329964  
Cost: \$25.95

### **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.

Pan American Health Organization  
525 23rd Street NW  
Washington, DC 20037

Phone: 800-472-3046  
Email: [sales@paho.org](mailto:sales@paho.org)  
Website: [publications.paho.org](http://publications.paho.org)

ISBN: 978-9275115947  
Cost: \$38.00  
Email: [orders@nyupress.org](mailto:orders@nyupress.org)



## **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.

*Academy for Educational Development  
100 Fifth Avenue  
New York, NY 10011*

*Phone: 212-243-1110 Fax: 212-627-0407  
Email: [earcher@aed.org](mailto:earcher@aed.org)  
Website: [scs.aed.org/publications/](http://scs.aed.org/publications/)*

*Cost: Online PDF - Free*

### **European Approaches to Adolescent Sexual Behavior and Responsibility**

*Advocates for Youth, 1999, 75 pp.*

This monograph examines the roles of family, media, community, public policy, sex education, and health care in promoting safer sexual behavior in teens in the Netherlands, Germany, and France. It also includes a two-page "Call to Action" outlining the need for a new national dialogue on adolescent sexual health, focusing on respect, rights, responsibility, and research! This report also discusses major sexual health differences between teens in the United States and in these European countries.

*Advocates for Youth  
2000 M Street, NW, Suite 750  
Washington, DC 20036*

*Phone: 202-419-3420 Fax: 202-419-1448  
Email: [information@advocatesforyouth.org](mailto:information@advocatesforyouth.org)  
Website: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)*

### **Science and Success, 2nd Ed.: Programs that Work to Prevent Teen Pregnancy, HIV and STIs in the U.S.**

*Advocates for Youth, 2008, Full Report and Executive Summary Available*

This 2008 publication highlights 26 U.S.-based programs that have been proven effective at delaying sexual initiation or reducing sexual risk taking among teens. 14 of the 26 programs demonstrated a statistically significant delay in the timing of first sex. 14 programs helped sexually active youth to increase condom use

and nine programs demonstrated success at increasing use of other contraception. 13 programs showed reductions in the number of sex partners and/or increased monogamy. Seven programs assisted sexually active youth to reduce the frequency of sexual intercourse, and 10 programs helped sexually active youth to reduce the incidence of unprotected sex. (New edition coming in 2011)

*Advocates for Youth  
2000 M Street, NW, Suite 750  
Washington, DC 20036*

*Phone: 202-419-3420 Fax: 202-419-1448  
Email: [information@advocatesforyouth.org](mailto:information@advocatesforyouth.org)  
Website: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)*

### **Science and Success: Clinical Services and Contraceptive Access - Introduction**

*Advocates for Youth 2009*

Despite recent declines in teen pregnancy, U.S. teen birth and sexually transmitted infection (STI) rates remain among the highest in the western world. Given the need to focus limited prevention resources on effective programs, Advocates for Youth undertook exhaustive reviews of existing research to compile a list of the programs proven effective by rigorous evaluation and identified programs that meet the criteria below.

Criteria for Inclusion—All programs had evaluations that:

- Were published in peer-reviewed journals (a proxy for the quality of evaluation design).
- Used an experimental or quasi-experimental design, with treatment and control/comparison conditions.
- Included at least 100 young people in treatment and control / comparison groups, combined.
- Collected baseline and post-intervention data from both treatment and control/comparison groups.

Of the science-based programs, they are either based in a clinical setting or have a strong contraceptive access component. Descriptions of these programs are included.

*Advocates for Youth  
2000 M Street, NW, Suite 750  
Washington, DC 20036*

*Phone: 202-419-3420  
Email: [information@advocatesforyouth.org](mailto:information@advocatesforyouth.org)  
Website: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)*

### **Science & Success: Programs that Work to Prevent Subsequent**

## **Pregnancy among Adolescent Mothers**

*Advocates for Youth, 2009*

Between 1991 and 2006, adolescent birth rates steadily declined in the United States. However in 2006, the steady decline reversed itself, moving upward among teenage women ages 15 to 19 (with the exception of Latinas). About one fifth of infants born to adolescent mothers is a second or third child. Moreover, U.S. adolescent pregnancy and birth rates remain among the highest in the western world. Given the need to focus limited prevention resources on effective programs, Advocates for Youth undertook exhaustive reviews of existing research to compile a list of programs proven effective in preventing or reducing the incidence of second and higher order pregnancies or births among adolescent mothers.

*Advocates for Youth*  
2000 M Street, NW, Suite 750  
Washington, DC 20036

Phone: 202-419-3420 Fax: 202-419-1448  
Email: [information@advocatesforyouth.org](mailto:information@advocatesforyouth.org)  
Website: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)

## **Science and Success in Developing Countries**

*Advocates for Youth, 2008*

The reproductive and sexual health choices made by the world's 1.5 billion young people will largely determine the quality of life on this planet for decades to come. Yet, educators, community leaders, and parents are often unsure about what works to improve reproductive and sexual health outcomes among youth. Until recently, program planners and community leaders in developing countries have had little help in identifying effective programs. In part, this has been due to a lack of focus and funding for evaluation and, in particular, evaluation regarding behavioral outcomes. Moreover, there has long been a shortage of peer-reviewed evaluations, since many nonprofit and nongovernmental organizations (NGOs) self-publish their findings. Fortunately, planners in developing countries now have access to an expanding body of published evaluations that identify effective programs. In fact, many of the most recently published, peer-reviewed evaluations are of highly effective programs designed and implemented in developing countries

*Advocates for Youth*  
2000 M Street, NW, Suite 750  
Washington, DC 20036

Phone: 202-419-3420 Fax: 202-419-1448  
Email: [information@advocatesforyouth.org](mailto:information@advocatesforyouth.org)  
Website: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)

## **Factsheets**

*Advocates for Youth, 1998 to the present*

Advocates' popular series of two-page fact sheets covers essential statistics, emerging trends, and resources in a concise and easy-to-use format. Topics include: Adolescent Contraceptive Use; Adolescent Pregnancy and Childbearing; Adolescent Reproductive Health in Nigeria; Adolescent Sexual & Reproductive Health in Sub-Saharan Africa; Adolescent Sexual Behavior I: Demographics; Adolescent Behavior II: Socio-Psychological Factors; Adolescent Sexual Health in Europe and the U.S.—Why the Difference; Adolescents and Abortion; Adolescents and Abstinence; Adolescents, HIV/AIDS and Other STDs; Dating Violence among Adolescents; Emergency Contraceptive Pills—An Important Option for Teens; The HIV/AIDS Pandemic among Youth in Sub-Saharan Africa; The Impact of Early Pregnancy and Childbearing on Adolescent Mothers & Their Children in Latin America & the Caribbean; Parent-Child Communication, Promoting Health Youth; The Reproductive & Sexual Health of Jamaican Youth; School Condom Availability; Sexual Abuse & Violence in Sub-Saharan Africa; Sexuality Education Curricula and Programs; Young Women of Color & the HIV Epidemic; and Young Men Who Have Sex With Men: At Risk for HIV and STD.

*Advocates for Youth*  
2000 M Street, NW, Suite 750  
Washington, DC 20036

Phone: 202-419-3420 Fax: 202-419-1448  
Email: [information@advocatesforyouth.org](mailto:information@advocatesforyouth.org)  
Website: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)

## **Teaching Manuals & Guidelines for Sexuality Education**

### **201 Icebreakers, Group Mixers, Warm Ups, Energizers, And Playful Activities: Great For Trainers, Speakers, And Group Facilitators**

*Edie West, 1997, 424 pp.*

This excellent manual provides many creative, interactive exercises for groups.

*The McGraw-Hill Bookstore*  
US/Canada orders: (800) 352-3566  
Phone: (212) 512-4100 Fax: (212) 512-4100  
E-mail: [bookstore@mcgraw-hill.com](mailto:bookstore@mcgraw-hill.com)  
Web site: [www.bookstore.mcgraw-hill.com](http://www.bookstore.mcgraw-hill.com)

Email: [orders@nyupress.org](mailto:orders@nyupress.org)

### **Educating About Abortion, 2nd Edition**

*Peggy Brick and Bill Taverner, 2003, 85 pp.*

While the Kaiser Family Foundation found that 79 percent of American families favor including

abortion in a sex education curriculum, many educators are unprepared to teach the subject. This manual provides activities and accurate information while empowering students to develop their own values and opinions.

*The Center for Family Life Education  
Planned Parenthood Association of Greater  
Northern New Jersey*

*Administrative Office  
196 Speedwell Avenue  
Morristown, NJ 07960*

*Phone: (973) 539-9580  
E-mail: ppennj@eclipse.net  
Website: www.ppgnnj.org*

### **Energizers And Icebreakers**

*Elizabeth Foster Harrison, Ed.D., 1989, 168 pp.*

### **More Energizers And Icebreakers**

*Elizabeth Foster Harrison, Ed.D., 1994, 160 pp.*

### **Warm Ups & Wind Downs**

*Sandra Peyser Hazouri, Miriam Smith  
McLaughlin, 1993, 144 pp.*

These volumes clearly and concisely present activities for beginning, energizing, and closing sessions with groups of all ages. Activities permit approaching each new group session with a freshness that will encourage productivity and creativity in classrooms, seminars, workshops, and small group settings. Activities prepare participants for the group experience, keep them excited about the learning process, and let them leave with a feeling of accomplishment. Activities range from three to 50 minutes, require little or no preparation, and appeal to every age group—small child to adult.

*Educational Media Corporation  
PO Box 21311  
4256 Central Avenue NE  
Minneapolis, MN 55421-0311*

*Orders only: (800) 966-3382  
Phone: (763) 781-0088 Fax: (763) 781-7753  
E-mail: emedia@educationalmedia.com  
Website: www.educationalmedia.com*

*Cost: \$9.95, each item*

### **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 Street, NW, Suite 750  
Washington, DC 20036*

*Phone: 202-419-3420 Fax: 202-419-1448  
Email: information@advocatesforyouth.org  
Website: www.advocatesforyouth.org*

*Cost: \$25.00, Online PDF - Free*

### **Filling the Gaps: Hard to Teach Topics in Sexuality Education**

*SIECUS, 1998, 192 pp.*

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  
90 John Street, Suite 704  
New York, NY 10038*

*Phone: 212-819-9770 Fax: 212-819-9776  
Email: siecus@siecus.org  
Website: www.siecus.org*

*Cost: Online PDF - Free. Print copy - call to order.*

### **Games Trainers Play**

*1980, 303 pp.*

### **More Games Trainers Play**

*1983, 301 pp.*

### **Still More Games Trainers Play**

*1994, 311 pp.*

### **Even More Games Trainers Play**

*1994, 300 pp. John W. Newstrom, Edward E. Scannell*

These games add spark and excitement to high school and adult training sessions. Each book is packed with over 100 different field-tested games, activities, and exercises, taking 30

minutes or less and include games to develop leadership and communication skills, brainteasers that boost creativity, exercises that foster cooperation, and proven icebreakers.

*Educational Media Corporation*  
PO Box 21311  
4256 Central Avenue NE  
Minneapolis, MN 55421-0311

Orders only: (800) 966-3382  
Phone: (763) 781-0088 Fax: (763) 781-7753  
E-mail: [emedial@educationalmedia.com](mailto:emedial@educationalmedia.com)  
Web site: [www.educationalmedia.com](http://www.educationalmedia.com)

*Item no longer distributed by publisher but can be purchased through Amazon sellers.*

### **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.

*Sexuality Information and Education Council of the United States*  
90 John Street, Suite 704  
New York, NY 10038

Phone: 212-819-9770 Fax: 212-819-9776  
Email: [siecus@siecus.org](mailto:siecus@siecus.org)  
Website: [www.siecus.org](http://www.siecus.org)

*Cost: Online PDF - Free. Print copy - call to order.*

### **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.

*Sexuality Information and Education Council of the United States*  
90 John Street, Suite 704  
New York, NY 10038

Phone: 212-819-9770 Fax: 212-819-9776  
Email: [siecus@siecus.org](mailto:siecus@siecus.org)  
Website: [www.siecus.org](http://www.siecus.org)

*Cost: Online PDF - Free. Print copy - call to order.*

### **Life Planning Education: A Youth Development Program**

*Advocates for Youth, 1995; 541 pp. New edition due 2011 (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*  
2000 M Street, NW, Suite 750  
Washington, DC 20036

Phone: 202-419-3420 Fax: 202-419-1448  
Email: [information@advocatesforyouth.org](mailto:information@advocatesforyouth.org)  
Website: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)

*Cost: Free Online PDF*

### **Positive Images: Teaching Abstinence, Contraception And Sexual Health**

*Peggy Brick and Bill Taverner, 3rd edition, 2001, 188 pp.*

This manual creates positive images of contraception and encourages people to use them to take control of their lives and future. Many organizations have utilized the skills-based strategy underlying this manual to create their own curricula. Positive Images does not purport to be a comprehensive sex education curriculum, but it addresses issues overlooked in many existing curricula, such as examining personal decisions about relationships and sexuality within historical, social, and ethical contexts. Each of the 29 lessons is designed for a 45-minute time slot. Lessons about contraception and sexual health can be presented in

health classes or integrated into other subjects, such as social studies, language arts, or biology. Each lesson includes information for the leader on objectives, rationale, and materials provided (worksheets, handouts) as well as a step-by-step guide to conducting the lesson successfully. Topics addressed in the lessons include sexuality through the life span, growing up in a sexually confusing society, encouraging communication about sexual behavior within the family, comparing adolescent sexual behavior in different countries, examining the reality that most “adolescent pregnancies” are fathered by adult men, putting contraception into romance, the emergency contraceptive pill, and condom comfort and condom talk. While the manual eschews the “just say no” approach, it presents the choice of abstinence from intercourse, or any other sexual behavior, as a viable alternative and an individual right at any time during any relationship. The target audience includes middle school, high school, and college-age groups.

*The Center for Family Life Education  
Planned Parenthood Association of Greater  
Northern New Jersey*

*Administrative Office  
196 Speedwell Avenue  
Morristown, NJ 07960*

*Phone: (973) 539-9580  
E-mail: ppennj@eclipse.net  
Website: www.sexedstore.com*

### **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.

*Sexuality Information and Education Council of  
the United States  
90 John Street, Suite 704  
New York, NY 10038*

*Phone: 212-819-9770 Fax: 212-819-9776  
Email: siecus@siecus.org  
Website: www.siecus.org*

*Cost: Online PDF - Free. Print copy - \$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)

*International Women’s Health Coalition  
333 Seventh Avenue, 6th floor  
New York, NY 10001 USA*

*Phone: 212-979-8500 Fax: 212-979-9009  
Email: info@iwhc.org  
Website: www.iwhc.org*

*Cost: Online PDF - Free. Print copy - Free.*

### **Positive Encounters: Talking One-To-One With Teens About Contraceptive And Safer Sex Decisions** *Amy Vogelaar, 1999, 60 pp.*

This guidebook for professionals transforms classroom lessons on contraception and safe sex into a one-to-one approach for talking to teens. In receiving feedback from the field, many educators felt ill-equipped to answer one-on-one questions. This resource helps them to talk about sex and sexuality effectively.

*The Center for Family Life Education  
Planned Parenthood Association of Greater  
Northern New Jersey*

*Administrative Office  
196 Speedwell Avenue  
Morristown, NJ 07960*

*Phone: (973) 539-9580  
E-mail: ppennj@eclipse.net  
Website: www.sexedstore.com*

### **Positive Images: Teaching Abstinence, Contraception, And Sexual Health**

*Peggy Brick and Bill Taverner, 2001, 3rd Edition  
188 pp.*

Positive Images focus on the empowerment of young people by discussing attitudes, values and skills around sexual health. The manual teaches both abstinence and contraceptive methods by reinforcing healthy and positive



relationships and focusing on young people's right to understand their sexuality.

*The Center for Family Life Education  
Planned Parenthood Association of Greater  
Northern New Jersey*

*Administrative Office  
196 Speedwell Avenue  
Morristown, NJ 07960*

*Phone: (973) 539-9580  
E-mail: ppgnnj@eclipse.net  
Website: www.sexedstore.com*

### **Right From the Start**

*Early Childhood Sexuality Education Task Force,  
1995, 65 pp.*

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

*Early Childhood Sexuality Education Task Force  
Sex Information and Education Council of the  
United States*

*130 West 42nd Street, Suite 350  
New York, NY 10036*

*Phone: (212) 819-9770 Fax: (212) 819-9776  
E-mail: siecus@siecus.org  
Website: www.siecus.org*

*Cost: Online PDF - Free. Print copy - \$10.00.*

### **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.

*Planned Parenthood of Greater Northern  
New Jersey  
196 Speedwell Avenue  
Morristown, NJ 07960*

*Phone: 973-539-9580 Fax: 973-539-3828  
Email: info@ppfa.org  
Website: www.sexedstore.com*

*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.

*American School Health Association  
4340 East West Hwy. Suite 403  
Bethesda, MD 20814*

*Phone: 301-652-8072  
Email: asha@ashaweb.org  
Website: www.ashaweb.org*

*ISBN: 978-0899178387  
Cost: \$19.95 (non-members); \$15.50 (members)*

### **Teaching Safer Sex**

*Peggy Brick et al, 2012, 3rd Edition*

This updated manual contains two volumes of 25 skills-based lessons each 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.

*The Center for Family Life Education  
Planned Parenthood Association of Greater  
Northern New Jersey*

*Administrative Office  
196 Speedwell Avenue  
Morristown, NJ 07960*

*Phone: (973) 539-9580  
E-mail: ppgnnj@eclipse.net  
Website: www.sexedstore.com*

*Cost: \$55 each, \$95 for set, Pre-order set \$80*

### **WHEN I'M GROWN: LIFE PLANNING EDUCATION FOR GRADES K-2, 3 & 4, AND 5&6**

*Advocates for Youth, 1992-1994, 228 pp.*

This curriculum for kindergarten through grade six is in three separate volumes and provides interactive educational activities designed to introduce the basic knowledge, attitudes, and skills that children need if they are to participate successfully and fully in adolescent and adult life. It was designed for adults who assist children in the process of growing up and can be used in schools and community agencies. The curriculum uses over 180 exercises,



worksheets, games, and projects to hone children's skills in self-understanding, clarifying values, making decisions, achieving goals, and managing family and peer relationships. The program explores sexuality and reproduction, health, job options, and education so children may consider how choices they make in these areas affect their lives. "Fun" activities focus attention on understanding feelings, gender stereotyping, and self-esteem. The curriculum promotes honest discussions about the risk of HIV/AIDS by introducing the topic in conjunction with other important health messages. Through the activities, elementary age school children become aware of healthy habits (K-2). They learn how a healthy immune system works and about the impact of HIV/AIDS (3-4, 5-6). They conduct a science experiment to determine the properties of condoms—so condoms are first discussed in a non-threatening environment (5-6). Each volume has information on evaluation, plus sample evaluation forms for students and leaders.

*Advocates for Youth*  
2000 M Street NW, Suite 750  
Washington, DC 20036

Phone: (202) 419-3420  
E-mail: [info@advocatesforyouth.org](mailto:info@advocatesforyouth.org)  
Website: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)

Cost: Each grade set \$30.00

### **Sexuality Education Curricula: School-Based**

#### **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. Discussion guide and student books also available. "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*)

*Sociometrics Corporation, Program Archive on Sexuality, Health, and Adolescence*  
170 State Street, Suite 260

Los Altos, CA 94022

Phone: 650-949-3282 Fax: 650-949-3299  
Email: [socio@socio.com](mailto:socio@socio.com)  
Website: [www.socio.com/pasha.php](http://www.socio.com/pasha.php)

Cost: Online PDF - \$170.00. Print copy - \$252.00 for program package.

#### **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*)

*Sociometrics Corporation, Program Archive on Sexuality, Health, and Adolescence*  
170 State Street, Suite 260  
Los Altos, CA 94022

Phone: 650-949-3282 Fax: 650-949-3299  
Email: [socio@socio.com](mailto:socio@socio.com)  
Website: [www.socio.com/pasha.php](http://www.socio.com/pasha.php)

Cost: Online PDF - \$675.00. Print copy - \$792.00 for program package.

#### **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, Young Adult (ages 18-35) 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. Additional companion guides available for each level.

*Unitarian Universalist Association*  
25 Beacon Street  
Boston, MA 02108

Phone: 800-215-9076 Fax: 617-723-4805  
Email: [bookstore@uua.org](mailto:bookstore@uua.org)  
Website: [www.uuabookstore.org](http://www.uuabookstore.org)

Cost: K-1: \$40.00, 4-6: \$40.00, 7-9: \$75.00, 10-12: \$60.00, Young Adult (ages 18-35): \$40.00, Adult: \$60.00, Parent's Guide: \$15.00

### **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*)

Available in Spanish (from [www.etr.org](http://www.etr.org)).

*ETR Associates*  
4 Carbonero Way  
Scotts Valley, CA 95066

Phone: 1-800-321-4407 Fax: 1-800-435-8433  
Email: [customerservice@etr.org](mailto:customerservice@etr.org)  
Website: [www.etr.org](http://www.etr.org)

Cost: Online PDF - \$165.00. Print copy - \$252.00 for program package.

### **Reach for Health: A School Sponsored Community Youth Service Intervention for Middle School Students**

*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 Corporation, Program Archive on Sexuality, Health, and Adolescence*  
170 State Street, Suite 260  
Los Altos, CA 94022

Phone: 650-949-3282 Fax: 650-949-3299  
Email: [socio@socio.com](mailto:socio@socio.com)  
Website: [www.socio.com/pasha.php](http://www.socio.com/pasha.php)

Cost: Online PDF - \$205.00. Print copy - \$360.00 for 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](mailto:customerservice@etr.org)  
Website: [www.etr.org](http://www.etr.org)

Cost: \$189.95 for complete program

### **Sexuality Education Curricula: Community Based**

#### **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)

*Available in adapted version for GLBT adolescent groups.*

Sociometrics Corporation, Program Archive on  
Sexuality, Health, and Adolescence  
170 State Street, Suite 260  
Los Altos, CA 94022

Phone: 650-949-3282 Fax: 650-949-3299  
Email: [socio@socio.com](mailto:socio@socio.com)  
Website: [www.socio.com/pasha.php](http://www.socio.com/pasha.php)

Cost: Online PDF - \$185.00. Print copy - \$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.  
Attn: Sophie Ampel  
190 Route 17M  
Harriman, NY 10926

Phone: 800-343-5540 Fax: 845-774-2945  
Email: [sophie@selectmedia.org](mailto:sophie@selectmedia.org)  
Website: [www.selectmedia.org](http://www.selectmedia.org)

Cost: \$358.00 for entire package, \$145.00 for  
basic package (without videos)

#### **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](mailto:customerservice@etr.org)  
Website: [www.etr.org](http://www.etr.org)

Cost: \$54.95

#### **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.  
Attn: Sophie Ampel  
190 Route 17M  
Harriman, NY 10926

Phone: 800-343-5540 Fax: 845-774-2945  
Email: [sophie@selectmedia.org](mailto:sophie@selectmedia.org)  
Website: [www.selectmedia.org](http://www.selectmedia.org)

Cost: \$535.00 for complete package, \$145 for basic package (without videos)

### **Teaching Safer Sex**

*Peggy Brick et al., 2012, 3rd ed.*

This updated manual contains two volumes of 25 skills-based lessons each 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.

Available in Spanish as "Enseñado el sexo seguro."

Planned Parenthood of Greater  
Northern New Jersey  
196 Speedwell Avenue  
Morristown, NJ 07960-3889

Phone: 973-539-9580 Fax: 973-539-3828  
Email: [info@ppfa.org](mailto:info@ppfa.org)  
Website: [www.sexedstore.com](http://www.sexedstore.com)

Cost: \$55.00 each, \$95 for the set, pre-order set \$80

### **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  
196 Speedwell Avenue  
Morristown, NJ 07960-3889

Phone: 973-539-9580 Fax: 973-539-3828  
Email: [info@ppfa.org](mailto:info@ppfa.org)  
Website: [www.sexedstore.com](http://www.sexedstore.com)

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 as “Jóvenes Sabios.”

*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  
Email: [wiseguys@flcgsa.com](mailto:wiseguys@flcgsa.com)  
Website: [www.wiseguysnc.org](http://www.wiseguysnc.org)

Cost: \$150.00 (Level 1), \$150.00 (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.

*Guilford Publications*  
72 Spring Street  
New York, NY 10012

Phone: 800-365-7006 Fax: 212-966-6708  
Email: [info@guilford.com](mailto:info@guilford.com)  
Website: [www.guilford.com](http://www.guilford.com)

Cost: Institutional rate - \$285.00. Non-profit rate - \$110.00. Individual - \$90.00. Student rate - \$45.00.

### 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. Endorsed by the American Association for Sex Educators, Counselors and Therapists (AASECT).

*Routledge c/o Taylor & Francis, Inc.*  
7625 Empire Drive  
Florence, KY 41042-2919

Phone: 1-800-634-7064 Fax: 1-800-248-4724  
Email: [orders@taylorandfrancis.com](mailto:orders@taylorandfrancis.com)  
Website: [www.routledge.com](http://www.routledge.com)

Cost: Institution - \$220.00 (online + print), \$209.00 (online only). Individual - \$92.00.

### 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](mailto:thesociety@sexscience.org)  
Web site: [www.sexscience.org](http://www.sexscience.org)

Cost: Institution - \$96.00. Individual - \$59.00.

### Child Trends Newsletter

Child Trends is a nonprofit, nonpartisan research organization dedicated to research, data collection, and data analyses on children, youth, and families. Child Trends gathers data on the major indicators of children's health and well-being, analyzes trends in these data over time, and works to develop new or improved indicators of child and family well-being.

*Child Trends*  
4301 Connecticut Ave, NW Suite 100  
Washington, DC 20008

Phone: (202)362-5580 Fax: (202)362-5533  
E-mail: [tgreen@childtrends.org](mailto:tgreen@childtrends.org)  
Website: [www.childtrends.org](http://www.childtrends.org)

### 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 23005-1960

Phone: 804-752-0026 Fax: 804-752-0056  
Website: [www.aasect.org/news.asp](http://www.aasect.org/news.asp)

Cost: AASECT membership required

## 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.

*Elsevier, Health Sciences Division  
Customer Service Department  
11830 Westline Industrial Drive  
St. Louis, MO 63416*

*Phone: 800-654-2452 Fax: 314-523-5170  
Email:  
journalcustomerservice-usa@elsevier.com  
Website: www.us.elsevierhealth.com*

*Cost: Institutional rate - \$981.00. Individual rate - \$354.00.*

## Culture, Health and Sexuality

*Culture, Health & Sexuality* is a bimonthly, international, peer-reviewed journal for research, intervention and care. It is broad and multidisciplinary 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.

*Routledge c/o Taylor & Francis, Inc.  
7625 Empire Drive  
Florence, KY 41042-2919*

*Phone: 1-800-634-7064 Fax: 1-800-248-4724  
Email: orders@taylorandfrancis.com  
Website: www.routledge.com*

*Cost: Institution - \$905.00 (online + print),  
\$860.00 (online only). Individual - \$375.00.  
Developing country - \$40.00.*

## ISSUES AT A GLANCE

This easy-to-read series explores current topics in adolescent health. Titles include: Adolescent Access to Confidential Health Services; Adolescent Sexual Health and the Dynamics of Oppression; Components of Promising Peer Led Sexual Health Programs; HIV/STD Prevention & Young Men Who Have Sex With Men; Life Skills Approaches to Improving Youth's Sexual & Reproductive Health; Teens & Emergency

Contraceptive Pills: Issues for Health Care Providers & Educators; Young Women of Color & Their Risk for HIV/STD; Young Women Who Have Sex with Women: Falling through Cracks for Health Care; Youth Development: Strengthening Prevention Strategies; and Youth Involvement in Prevention Programming.

*Advocates for Youth  
2000 M Street NW, Suite 750  
Washington, DC 20036*

*Phone: (202) 419-3420 Fax: (202) 419-1448  
E-mail: questions@advocatesforyouth.org  
Website: www.advocatesforyouth.org*

## 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.

*Elsevier, Health Sciences Division  
Customer Service Department  
11830 Westline Industrial Drive  
St. Louis, MO 63416*

*Phone: 800-654-2452 Fax: 314-523-5170  
Email:  
journalcustomerservice-usa@elsevier.com  
Website: www.us.elsevierhealth.com*

*Cost: Institutional rate - \$984.00; Individual rate - \$372.00; Student rate - \$128.00.*

## National Family Planning & Reproductive Health Association Newsletter (NFPRHA)

For 30 years, NFPRHA has worked to assure access to voluntary family planning and reproductive health care services and to support reproductive freedom for all. A national non-profit membership organization, NFPRHA represents virtually all of the domestic family planning field, including clinicians, administrators, researchers, educators, advocates and consumers.

*National Family Planning and  
Reproductive Health Association  
1627 K Street, NW, 12th Floor  
Washington, DC 20006*

*Phone: (202) 293-3114 Fax: (202) 293-1990  
E-mail: info@nfprha.org  
Web site: www.nfprha.org*

*Cost: Free*



### **The National Campaign to Prevent Teen Pregnancy : Campaign Update**

The newsletter of the National Campaign offers everything from postcards and pamphlets to video and audiocassettes to research reports and practical manuals.

*The National Campaign to Prevent Teen Pregnancy*  
1776 Massachusetts Avenue NW, Suite 200  
Washington, DC 20036

Phone: (202) 478-8500  
Press Inquiries: (202) 478-8566  
E-mail: [campaign@teenpregnancy.org](mailto:campaign@teenpregnancy.org)  
Website: [www.teenpregnancy.org](http://www.teenpregnancy.org)  
Cost: Free

### **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/dietitians, and other health professionals.

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

Phone: 330-678-1601 Fax: 330-678-4526  
Email: [asha@ashaweb.org](mailto:asha@ashaweb.org)  
Website: [ashaweb.org](http://ashaweb.org)

Cost: Free print and online copies with professional membership (\$130.00). Free online copy with basic membership (\$75.00). Free print and online copies with student membership (\$45.00)

### **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.

*Guttmacher Institute*  
725 Maiden Lane, Floor 7  
New York, NY 10038

Phone: 212-248-1111 or 800-355-0244  
Fax: 212-248-1951  
Website: [www.guttmacher.org](http://www.guttmacher.org)

Cost: Institution - \$237.00 (online + print), \$214.00 (online only). Individual (online + print) - \$58.00

## **RESOURCES FOR PHYSICALLY, EMOTIONALLY, AND MENTALLY CHALLENGED YOUTH**

### **Select Resources Recommended for Youth and Parents**

#### **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

Phone: 800-735-7323 Fax: 866-419-5199  
Website: [www.freespirit.com](http://www.freespirit.com)

ISBN: 978-0915793600  
Cost: \$9.99

#### **Face Your Feelings**

*Childsworld / 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 (Childsworld/Childsplay)*  
P.O. Box 9120  
Plainview, NY 11803-9020

Phone: 800-431-1934 Fax: 888-803-3908  
Email: [service@sunburstvm.com](mailto:service@sunburstvm.com)  
Website: [www.sunburstvm.com](http://www.sunburstvm.com)

Cost: \$22.76

Item no longer distributed by publisher but can be purchased through Amazon sellers.

#### **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 (Page 20) for description and ordering information.

### **The “What’s Happening to My Body?” Book for Boys**

*Lynda Madaras, Area Madaras, 2000, 3rd ed., 288 pp. (Ages 8-15, M)*

See Youth—Preteens (9-13) Section (Page 25) for description and ordering information.

### **The “What’s Happening to My Body” Book for Girls**

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

See Youth—Preteens (9-13) Section (Page 25) 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  
Attn: Customer Service  
P.O. Box 10624  
Baltimore, MD 21285-0624*

*Phone: 800-638-3775 Fax: 410-337-8539  
Email: [custserv@brookespublishing.com](mailto:custserv@brookespublishing.com)  
Website: [www.brookespublishing.com](http://www.brookespublishing.com)*

*ISBN: 978-1557664280  
Cost: \$24.95*

*Item no longer distributed by publisher but can be purchased through Amazon sellers.*

### **Select Books for Educators and Other Youth-Serving Professionals**

#### **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, Health Sciences Division  
Customer Service Department  
11830 Westline Industrial Drive  
St. Louis, MO 63416*

*Phone: 800-654-2452 Fax: 314-523-5170  
Email: [bookscustomerservice-usa@elsevier.com](mailto:bookscustomerservice-usa@elsevier.com)*

*Website: [www.us.elsevierhealth.com](http://www.us.elsevierhealth.com)*

*ISBN: 978-0750622523  
Cost: \$46.36*

### **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: 888-850-0344  
Website: [www.newmobility.com](http://www.newmobility.com)*

*ISBN: 978-0933149786  
Cost: \$15.95*

### **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.

*Routledge c/o Taylor & Francis, Inc.  
7625 Empire Drive  
Florence, KY 41042-2919*

*Phone: 1-800-634-7064 Fax: 1-800-248-4724  
Email: [orders@taylorandfrancis.com](mailto:orders@taylorandfrancis.com)  
Website: [www.routledge.com](http://www.routledge.com)*

*ISBN: 978-0789000927  
Cost: \$42.50*

### **Select Curricula for Educators and Other Youth-Serving Professionals**

#### **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-Publisher, Ltd.*  
2600 South First Street  
Springfield, IL 62704

Phone: 800-258-8980 Fax: 217-789-9130  
Email: books@ccthomas.com  
Website: www.ccthomas.com

ISBN: 978-0398067342  
Cost: \$38.95

### **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. This edition is currently out of a print, but a new edition is expected in 2009.

*Education Department*  
*Planned Parenthood of the Great Northwest*  
2001 E. Madison  
Seattle, WA 98122

Phone: 206-328-7715  
Email: education@ppgnw.org  
Website: www.ppgnw.org

Cost: \$40.00

### **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: 800-421-6534 Fax: 805-897-1187

Email: orderdesk@stanfield.com  
Website: www.stanfield.com

Cost: \$499.00 each, \$799.00 for both (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 the Great Northwest*  
2001 E. Madison  
Seattle, WA 98122

Phone: 206-328-7715  
Email: education@ppgnw.org  
Website: www.ppgnw.org

Cost: \$40.00

## **RESOURCES FOR COMMUNITY ORGANIZATION AND ADVOCACY**

### **Communities Responding To The Challenge Of Adolescent Pregnancy Prevention**

*Claire Brindis and Laura Davis, 1998, 5 volumes*

This series encourages and assists communities to address adolescent sexuality in a balanced and realistic manner.

Volume I. *Mobilizing for Action* reviews recent research on adolescent pregnancy, describes how to build coalitions, outlines steps for planning and conducting pregnancy prevention campaigns, and provides tips for working with the media, policy makers, and other key stakeholders. 135 pp.

Volume II. *Building Strong Foundations, Ensuring the Future* provides step-by-step guidance on assessing the needs and assets of youth in the community, developing a strong funding base for programs, and planning for programs' evaluation. 91 pp.

Volume III. *Designing Effective Family Life Education Programs* explains the components of effective sexuality education and provides guidance in planning and implementing such programs. 79 pp.

Volume IV. *Improving Contraceptive Access for Teens* examines the barriers, which restrict young people's access to contraception and

discusses key strategies for planning and implementing effective contraceptive availability programs. 109 pp.

Volume V. *Linking Pregnancy Prevention to Youth Development* demonstrates the benefits that youth development and pregnancy prevention programs may derive from linking together to promote sexuality education and contraceptive access. 111 pp.

*Advocates for Youth*  
2000 M Street NW, Suite 750  
Washington, DC 20036

Phone: (202) 419-3420 Fax: (202) 419-1448  
E-mail: [questions@advocatesforyouth.org](mailto:questions@advocatesforyouth.org)  
Website: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)

### **Community Action Kit: Information To Support Comprehensive Sexuality Education**

*Sexuality Information and Education Council of the United States (SIECUS), 1998, approximately 100 pp.*

The *Community Action Kit* is intended to help concerned individuals recognize organized resistance to existing and new sex education programs and to build support in their communities for comprehensive sex education. The Kit provides suggestions for mobilizing a diverse group within the community to support effective sex education in the schools, and contains materials to educate school board members, administrators, policy makers, parents, community leaders, and students. Its three major sections include, "Comprehensive Sexuality Education," "Fear-Based, Abstinence-Only Sexuality Education," and "Building Support for Comprehensive Sexuality Education."

*Sexuality Information and Education Council of the United States*  
90 John Street, Suite 704  
New York, NY 10038

Phone: 212-819-9770 Fax: 212-819-9776  
Email: [siecus@siecus.org](mailto:siecus@siecus.org)  
Website: [www.communityactionkit.org](http://www.communityactionkit.org)

### **Get Organized: A Guide To Preventing Teen Pregnancy**

*The National Campaign to Prevent Teen Pregnancy, 2000*

*Get Organized* is a practical manual for people who are interested in taking action to prevent teen pregnancy in their communities. The three-volume publication covers a lot of ground—from strategies for involving boys and men and for reaching out to religious leaders to practical advice about how to raise money and to conduct program evaluation. Easy to read and simple to use, it provides many checklists and examples from promising programs around the country.

To obtain this resource, go to [www.teenpregnancy.org](http://www.teenpregnancy.org) or see the full contact information for The National Campaign to Prevent Teen Pregnancy in "National Organizations," Section 15.

*The National Campaign to Prevent Teen and Unplanned Pregnancy*  
1776 Massachusetts Avenue, NW, Suite 200  
Washington, DC 20036

Phone: (202) 478-8500  
Website: [www.thenationalcampaign.org/contact-us/default.aspx](http://www.thenationalcampaign.org/contact-us/default.aspx)

Cost: Free

### **National Teen Pregnancy Prevention Month Planning Guidebook**

*Barbara Huberman, Susan Pagliaro, 2010*

The Planning Guidebook provides step-by-step instructions on successfully developing, organizing, and implementing National Teen Pregnancy Prevention Month activities in the community. The Guide includes such topics as youth involvement ideas for teenagers, tips for conducting National Teen Pregnancy Prevention Month media campaigns, and sample activities from around the country.

*Advocates for Youth*  
2000 M Street NW, Suite 750  
Washington, DC 20036

Phone: (202) 419-3420  
Email: [infor@advocatesforyouth.org](mailto:infor@advocatesforyouth.org)  
Website: [advocatesforyouth.org](http://advocatesforyouth.org)

### **The Roadmap: A Teen Guide To Changing Your School's Sex Ed**

*Nancy L. Parello, Elizabeth M. Caparian, SEX, ETC., 2000, 47 pp.*

*The Roadmap* offers step-by-step actions to help teens steer their communities towards constructive discussions about teenage sexuality and sex education. Written by teens for teens, *The Roadmap* is call-to-action for teens who want to challenge the quality of sex education in their high schools and communities, providing background information on activism and information on how to build a coalition, stage community forums, and deal with the school board and beyond.

*The Network for Family Life Education*  
Rutgers University School of Social Work  
100 Joyce Kilmer Avenue  
Piscataway, NJ 08854

Phone: (732) 445-7929 Fax: (732) 445-4154  
E-mail: [netfle@rci.rutgers.edu](mailto:netfle@rci.rutgers.edu)  
Website: [www.sexetc.org](http://www.sexetc.org)

### **TALK ABOUT SEX: The Battles over Sex Education in the United States**

*Janice M. Irvine, University of California Press, 2002*



Offers not only the first comprehensive history of the culture wars over sex education, but also an important examination of the politics of sexual speech in the United States. Exploring the clash between professional sex education advocates on one hand and the politicized Christian Right on the other, Irvine vividly demonstrates the crucial role that sexual speech plays in cultural politics. Examining a range of issues played out in living rooms and schools since the 1960's, she shows how a newly emerging Christian Right chose sex education as one of its first battlegrounds, then went to dominate the public conversation on the subject. *Talk about Sex* is a rich and fascinating consideration of American sex education's strategic place in the long history of efforts to regulate sexual morality by controlling sexual speech.

California-Princeton Fulfillment Services  
1445 Lower Ferry Road  
Ewing, NJ 08618

Phone: 1-800-777-4726 Fax: 1-800-999-1958  
E-mail: orders@cpfs.pupress.princeton.edu  
Website: www.ucpress.edu

## Evaluation/Assessment Tools

### Assessing Your Community's Needs And Assets: A Collaborative Approach To Adolescent Pregnancy Prevention

Claire Brindis, Josefina J. Card, Starr Niego,  
James L. Peterson, 1996

This publication provides assistance in the planning of needs assessments and in evaluating potential strategies for a community's adolescent pregnancy prevention initiative. The book explains step-by-step how to gather, analyze, and present information. Based on the experiences and advice of researchers and practitioners, the publication is designed to assist single-site programs and comprehensive, community-wide initiatives.

Sociometrics Corporation  
170 State Street, Suite 260  
Los Altos, CA 94022-2812

Phone orders: (800) 846-DISK  
Phone: (650) 949-3282 Fax: (650) 949-3299  
E-mail: socio@socio.com  
Website: www.socio.com

### Handbook Of Adolescent Sexuality And Pregnancy: Research And Evaluation Instruments

Josephina J. Card, 1993, 280 pp.

The *Handbook* provides a starting point for measuring a wide range of theoretical and empirical concepts to facilitate the planning and instrument development of research projects

dealing with the causes and consequences of adolescent pregnancy, and evaluation projects to assess the impact of teen pregnancy prevention strategies. In short, it contains all the tools necessary to perform research in the field.

Sage Publications, Inc.  
2455 Teller Road  
Thousand Oaks, CA 91320

Phone: (805) 499-0721 Fax: (805) 499-0871  
E-mail: info@sagepub.com  
Website: www.sagepub.com

### Handbook Of Sexuality-Related Measures

Clive Davis, William L. Yarber, Terri D. Fischer,  
Sandra L. Davis, 3rd Edition, 20120, 658 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 instrument, giving information on timing, scoring, and interpretation while 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 the instrument.

Routledge C/O Taylor and Francis, Inc.  
7625 Empire Drive  
Florence, KY 41042-2919

Phone: 1-800-634-7064 Fax: 1-800-248-4724  
E-mail: orders@taylorandfrancis.com  
Website: www.routledge.com

### Prevention Minimum Evaluation Data Set (Pmeds): A Minimum Data Set For Evaluating Programs Aimed At Prevention

Claire Brindis, Josephina J. Card, Marvin Eisen,  
1996

The *Data Set* contains a primary questionnaire intended for administration at multiple time points (prior to the start of the program, at the end of the program, and at regular monthly intervals (such as six, nine, 12, and 15 months) after the end of the program; the outcome variables measured according to the behavioral and (for younger teens) attitudinal criteria of effectiveness used in the Program Archive on Sexuality, Health & Adolescence; an annotated

table of contents to aid understanding of PMEDS structure; some questions from recent national surveys; measures of STI/HIV/AIDS-related behaviors and attitudes as well as pregnancy-related items; and as an option, a diskette with WordPerfect and Microsoft Word for Windows files of the instrument.

*Sociometrics Corporation*  
170 State Street, Suite 260  
Los Altos, CA 94022-2812

Phone orders: (800) 846-DISK  
Phone: (650) 949-3282 Fax: (650) 949-3299  
E-mail: [socio@socio.com](mailto:socio@socio.com)  
Website: [www.socio.com](http://www.socio.com)

## **Training / Continuing Education**

### **Institutes For Community/Sexual Health Educators**

The Institutes provides training in five broad regions of the United States in an intensive, five-day, residential experience for professionals in the areas of sexuality, health, and family life education. The program is skill-oriented, experiential training with a primary mission to strengthen the professional competence of sex educators, focusing on the skills they need to positively affect their students' behavior. Rather than focusing primarily on data or research, this is focused on program development and presentation skills.

*Northwest Institute for Community Health Educators (NICHE)*  
Seattle, WA  
Phone: (206) 447-9538

*North Atlantic Training Institute for Sexual Health Educators (NATISHE)*  
New York, NY  
Phone: (212) 594-7741

*Great Lakes Institute for Community Health Educators (GLICHE)*  
Indianapolis, IN  
Phone: (317) 247-9008

*South West Institute for Community Health Educators (SWICHE)*  
Austin, TX  
Phone: (512) 474-2166

*Western Region Institute for Community Health Educators (WRICHE)*  
San Francisco, CA  
Phone: (415) 929-910  
Website: [www.cardeaservices.org/projects/iche.html](http://www.cardeaservices.org/projects/iche.html)

### **International Study Tours**

The goal of the Advocates for Youth's annual study tour program is to present educational travel programs to explore policies and practices in other countries that contribute to positive sexual health outcomes for adolescents.

The tours offer a combination of study, discovery, and culture and are designed for professionals, policy makers, youth activists, and graduate students who are lively, inquisitive, and eager to broaden their intellectual horizons and expand their involvement and commitment to positive sexual health policies and practices. Tours to Scandinavia, Europe, and Latin America, lasting 10 to 21 days, are scheduled periodically. Financial aid is not available.

*Barbara Huberman*  
*Advocates for Youth*  
2000 M Street NW, Suite 750  
Washington, DC 20036

Phone: (202) 419-3420 Fax: (202) 419-1448  
E-mail: [questions@advocatesforyouth.org](mailto:questions@advocatesforyouth.org)  
Website: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)

### **The Training Center For Health Professionals Of Cicatelli Associates Inc. (Cai)**

CAI is a nonprofit, tax-exempt organization providing training and technical assistance to health and human service providers of services to the poor and medically indigent. For over twenty years, CAI has been the federally funded Region II (New York, New Jersey, Puerto Rico & US Virgin Islands) Family Planning Training Center. Consistent with its commitment to the poor and disadvantaged, CAI targets health care issues that disproportionately affect these groups. CAI's diverse trainers and consultants have extensive human service backgrounds and are particularly attuned to the cultural sensitivities of the populations receiving services. Since 1977, CAI has trained more than 75,000 service providers, and over 150 hospitals, health clinics, family planning organizations, educational institutions and social service agencies have utilized CAI's services to improve their delivery of health care and cost-effectiveness.

*Cicatelli Associates Inc.*  
*Training Center for Health Professionals*  
505 Eighth Avenue, Suite 2001  
New York, NY 10018-6505

Phone: (212) 594-7741 Fax: (212) 629-3321  
E-mail: [Cicatelli@tgci.net](mailto:Cicatelli@tgci.net)  
Website: [www.cicatelli.org](http://www.cicatelli.org)

### **Unitarian Universalist Association (UUA)**

UUA coordinates regional training programs for their sexuality curricula, *Our Whole Lives*. Designed as a secular program with denominational supplements for Unitarians and United Church of Christ congregations, *Our Whole Lives* is an excellent comprehensive, values based curriculum. UUA has a cadre of trainers for denominational and for community based sexuality education training.



*Unitarian Universalist Association*  
25 Beacon Street  
Boston, MA 02108

Phone: (617) 742-2100      Fax: (617) 367-3237  
E-mail: [owl@uua.org](mailto:owl@uua.org)  
Website: [www.uua.org](http://www.uua.org)

### **Other Providers Of Training & Materials**

Planned Parenthood Federation of America and local affiliates

State and local health departments

Universities

State organizations on STDs, HIV, or teen pregnancy (see [www.advocatesforyouth.org](http://www.advocatesforyouth.org) for the National Support Center for State organizations on Teen Pregnancy for contact information.)

# WEB-BASED RESOURCES

## YOUTH

Ambiente Joven

[www.ambientejoven.org](http://www.ambientejoven.org) (Spanish only)

Amplify

[www.amplifyyourvoice.org](http://www.amplifyyourvoice.org)

Birds and Bees

[www.birdsandbees.org](http://www.birdsandbees.org)

Bedsider

[www.bedsider.org](http://www.bedsider.org)

The Body

[www.thebody.com](http://www.thebody.com) (also in Spanish)

Campaign For Our Children Teen Guide

[www.cfoc.org/index.php/teen-guide/](http://www.cfoc.org/index.php/teen-guide/)

Coalition for Positive Sexuality

[www.positive.org](http://www.positive.org) (also in Spanish)

GLSEN (Gay, Lesbian & Straight Education Network)

[www.glsen.org](http://www.glsen.org)

Girls Inc.

[www.girlsinc-online.org](http://www.girlsinc-online.org)

gURL

[www.gurl.com](http://www.gurl.com)

Go Ask Alice!

[www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)

IWannaKnow

[www.iwannaknow.org](http://www.iwannaknow.org)

It's Your (Sex) Life

[www.itsyoursexlife.com](http://www.itsyoursexlife.com)

KidsHealth Kids Site

[www.kidshealth.org/kid](http://www.kidshealth.org/kid) (also in Spanish)

KidsHealth Teen Site

[www.kidshealth.org/teen/](http://www.kidshealth.org/teen/) (also in Spanish)

My Sistahs

[www.mysistahs.org](http://www.mysistahs.org)

My Voice Counts! Youth Action Center

[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

NYAC (National Youth Advocacy Coalition)

[www.nyacyouth.org](http://www.nyacyouth.org)

OutProud

[www.outproud.org](http://www.outproud.org)

Planned Parenthood Federation of America

[www.plannedparenthood.org](http://www.plannedparenthood.org) (also in Spanish)

QuieroSaber

[www.quierosaber.org](http://www.quierosaber.org) (Spanish only)

Scarleteen

[www.scarleteen.com](http://www.scarleteen.com)

Sex, Etc.

[www.sexetc.org](http://www.sexetc.org)

Sex Talk

[www.sextalk.org](http://www.sextalk.org)

Teen Source

[www.teensource.org](http://www.teensource.org)

Teenwire

[www.teenwire.com](http://www.teenwire.com) (also in Spanish)

Youth Resource

[www.youthresource.com](http://www.youthresource.com)

## PARENTS

Advocates for Youth

[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

American Library Association

[www.ala.org](http://www.ala.org)

Campaign For Our Children Parent Resource Center

[www.cfoc.org/index.php/parent-resource-center](http://www.cfoc.org/index.php/parent-resource-center)

Families are Talking

[www.familiesaretalking.org](http://www.familiesaretalking.org) (also in Spanish)

Kids Health Parent Site

[www.kidshealth.org/parent/](http://www.kidshealth.org/parent/) (also in Spanish)

Mother's Voices

[www.mothersvoices.org](http://www.mothersvoices.org)

The National Parenting Center

[www.nationalparentingcenter.com](http://www.nationalparentingcenter.com)

Parent Soup

[www.parentsoup.com](http://www.parentsoup.com)

Parents, Families and Friends of Lesbians and Gays

[www.pflag.org](http://www.pflag.org)

Parents' Sex Ed Center

[www.advocatesforyouth.org/parents/](http://www.advocatesforyouth.org/parents/)

Planned Parenthood Federation of America

[www.plannedparenthood.org](http://www.plannedparenthood.org) (also in Spanish)

Sex Ed Mom  
[www.sexedmom.com](http://www.sexedmom.com)

Talking With Kids About Tough Issues  
[www.talkingwithkids.org](http://www.talkingwithkids.org)

YWCA USA  
[www.ywca.org](http://www.ywca.org)

## YOUTH-SERVING PROFESSIONALS

### Educational Resources

---

The Coalition for Positive Sexuality  
[www.positive.org](http://www.positive.org)

Center for AIDS Prevention Studies  
[www.caps.ucsf.edu](http://www.caps.ucsf.edu)

Dr. Ruth Online  
[www.drruth.com](http://www.drruth.com)

AMA Adolescent Health Online  
[www.ama-assn.org/ama/pub/category/1947.html](http://www.ama-assn.org/ama/pub/category/1947.html)

The Body (AIDS/HIV Resource)  
[www.thebody.com](http://www.thebody.com) (also in Spanish)

Johns Hopkins Center for Communication Programs School of Public Health  
[www.jhuccp.org](http://www.jhuccp.org)

### Evaluation Resources

---

American Evaluation Association  
[www.eval.org](http://www.eval.org)

Center for Mental Health Policy  
[www.vanderbilt.edu/VIPPS/HPC/HPChome.html](http://www.vanderbilt.edu/VIPPS/HPC/HPChome.html)

Evaluation Center at Western Michigan University  
[www.wmich.edu/evalctr/](http://www.wmich.edu/evalctr/)

The Measurement Group  
[www.tmg-web.com/edc.htm](http://www.tmg-web.com/edc.htm)

Practical Assessment, Research and Evaluation  
[www.pareonline.net](http://www.pareonline.net)

Sociometrics Corporation  
[www.socio.com](http://www.socio.com)

United Way's Resource Network on Outcome Measurement  
[www.unitedway.org/outcomes/](http://www.unitedway.org/outcomes/)

### National Resources

---

AASECT (American Association of Sex Educators, Counselors, Therapists)  
[www.aasect.org](http://www.aasect.org)

AIDS Action Council  
[www.aidsaction.org](http://www.aidsaction.org)

Advocates for Youth  
[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

American Association for Health Education  
[www.aahperd.org/aahe/](http://www.aahperd.org/aahe/)

American College of OB/GYN  
[www.acog.org](http://www.acog.org)

American Library Association  
[www.ala.org](http://www.ala.org)

American Psychological Association  
[www.apa.org](http://www.apa.org)

American Public Health Association  
[www.apha.org](http://www.apha.org)

American School Health Association  
[www.ashaweb.org](http://www.ashaweb.org)

American Social Health Association  
[www.ashastd.org](http://www.ashastd.org)

Answer Sex Ed, Honestly  
[www.answer.rutgers.edu](http://www.answer.rutgers.edu)

Association of Reproductive Health Professionals  
[www.arhp.org](http://www.arhp.org)

Association of State and Territorial Health Officials  
[www.astho.org](http://www.astho.org)

Campaign for Our Children Educator Resource Center  
[www.cfoc.org/index.php/educator-resource-center](http://www.cfoc.org/index.php/educator-resource-center)

CDC (Centers for Disease Control and Prevention)  
[www.cdc.gov](http://www.cdc.gov) (also in Spanish)

CDC National Prevention Information Network  
[www.cdcnpin.org](http://www.cdcnpin.org) (also in Spanish)

Center for Reproductive Law and Policy  
[www.crlp.org](http://www.crlp.org)

Child Trends, Inc.  
[www.childtrends.org](http://www.childtrends.org)

Child Welfare League of America  
[www.cwla.org](http://www.cwla.org)

Children's Defense Fund  
[www.childrensdefense.org](http://www.childrensdefense.org)

ETR Associates  
[www.etr.org](http://www.etr.org)

Feminist Majority  
[www.feminist.org](http://www.feminist.org)

Future of Sex Education  
[www.futureofsexed.org](http://www.futureofsexed.org)

GLSEN (Gay, Lesbian & Straight Education Network)  
[www.glsen.org](http://www.glsen.org)

Girls Incorporated  
[www.girlsinc.org](http://www.girlsinc.org)

Guttmacher Institute  
[www.guttmacher.org](http://www.guttmacher.org)

HTN (Healthy Teen Network)  
[www.healthyteennetwork.org](http://www.healthyteennetwork.org)

Kaiser Family Foundation  
[www.kff.org](http://www.kff.org)

NARAL  
[www.naral.org](http://www.naral.org)

National Asian Women's Health Organization  
[www.nawho.org](http://www.nawho.org)

National Assembly on School-Based Health Care  
[www.nasbhc.org](http://www.nasbhc.org)

National Association of County and City Health Officials  
[www.naccho.org](http://www.naccho.org)

National Campaign to Prevent Teen and Unplanned Pregnancy  
[www.thenationalcampaign.org](http://www.thenationalcampaign.org) (also in Spanish)

National Council of La Raza  
[www.nclr.org](http://www.nclr.org)

National Education Association Health Information Network  
[www.neahin.org](http://www.neahin.org)

National Family Planning and Reproductive Health Association  
[www.nfprha.org](http://www.nfprha.org)

National Gay and Lesbian Task Force  
[www.thetaskforce.org](http://www.thetaskforce.org)

NOW (National Organization for Women)  
[www.now.org](http://www.now.org)

National School Boards Association  
[www.nsba.org](http://www.nsba.org)

Planned Parenthood Federation of America  
[www.plannedparenthood.org](http://www.plannedparenthood.org) (also in Spanish)

Religious Coalition for Reproductive Choice  
[www.rcrc.org](http://www.rcrc.org)

Religious Institute  
[www.religiousinstitute.org](http://www.religiousinstitute.org)

SIECUS (Sexuality Information and Education Council of the U.S.)  
[www.siecus.org](http://www.siecus.org)

Society for Adolescent Medicine  
[www.adolescenthealth.org](http://www.adolescenthealth.org)

Zero Population Growth  
[www.populationconnection.org](http://www.populationconnection.org)

Pan American Health Organization  
[www.paho.org](http://www.paho.org)

The Population Council  
[www.popcouncil.org](http://www.popcouncil.org)

UNAIDS  
[www.unaids.org](http://www.unaids.org)

UNICEF  
[www.unicef.org](http://www.unicef.org)

United Nations Populations Fund  
[www.unfpa.org](http://www.unfpa.org)

World Health Organization (WHO)  
[www.who.int](http://www.who.int)

Educational Development Center  
[www.edc.org](http://www.edc.org)

Family Health International – Youth Net Project  
[www.fhi.org](http://www.fhi.org)

International Gay and Lesbian Human Rights Commission  
[www.iglhrc.org](http://www.iglhrc.org)

World Association of Sexology  
[www.worldsexology.org](http://www.worldsexology.org)

### **International Organizations**

Center for Development and Population Activities (CEDPA)  
[www.cedpa.org](http://www.cedpa.org)

International Planned Parenthood Federation  
[www.ippf.org](http://www.ippf.org)







# Notes

## MISSION

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.

## OUR VISION: THE 3RS

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 the right to accurate and complete sexual health information, confidential reproductive and sexual health services, and a secure stake in the future.

**RESPECT:** Youth deserve respect. Valuing young people means involving them in the design, implementation and evaluation of programs and policies that affect their health and 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.