Sex Education: Resource List

Updated 10/2008

Books for Children

Ages 4 to 8

- *A Kid's First Book About Sex*; by Joani Blank and Marcia Quackenbush; Down There Press, 1993
- *Mommy, Daddy, Where Do Babies Come From?*; by Grace Ayad and Richard Panzer, Benny Andersson (illustrator); Center for Educational Media, 1997
- *El Maravilloso Mundo Del Amor Verdadero (The Wonderful World of True Love)*; by Graciela Ayad, Richard Panzer, Benny Andersson (illustrator); Center for Educational Media, 1997
- *Where Do Babies Come From?*; by Margaret Sheffield; Alfred A. Knopf, 1987

Ages 6 to 10

- *Asking About Sex and Growing Up*; by Joanna Cole; Econo-Clad Books, 1999
- *Where Did I Come From? And What's Happening to Me?*; by Peter Mayle

Ages 9 to 12

- *Changes In You and Me: A Book About Puberty Mostly for Boys*; by Paulette Bourgeois; Andrews and McMeel, 1994
- *Sex Explained: Honest Answers to your Questions About Guys and Girls, Your Changing Body, and What Really Happens During Sex*; by Magali Clausener-Petit; Amulet Books, 2004
- *It's Perfectly Normal: Changing Bodies, Growing up, Sex, and Sexual Health*; by Robie Harris; Candlewick, 1996
- *It's So Amazing!: A Book About Eggs, Sperm, Birth, Babies, and Families*; by Robie Harris; Candlewick Press, 1999
- *Just for Girls: Understanding Your Body and the Changes You're Going Through*; by Elizabeth Hoekstra; Crossway Books, 1999
- *My Body, My Self for Boys*; by Lynda Madaras; New market Press, 1995
- *The Preteen's First Book About Love, Sex, and AIDS*; by Michelle Harrison; American Psychiatric Press, 1995
- *Puberty's Wild Ride* from the Family Planning Council in SE PA. See the following link to order. [http://familyplanning.org/pages/teenfun.htm](http://familyplanning.org/pages/teenfun.htm)
Young Adult

- **It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health**; by Robie H. Harris; Candlewick Press, 1996
- **Like It Is: A Teen Sex Guide**; by E. James Lieberman; McFarland, 1998
- **Your Body, Yourself: A Guide To Your Changing Body**; by Alison Bell; Lowell House, 1996
- **What's Going On Down There?: Answers To Questions Boys Find Hard To Ask**; by Karen Gravelle; Walker and Co., 1998

Books for Adults

- **All About Sex: A Family Resource on Sex and Sexuality**; edited by Ronald Filiberti Moglia and Jon Knowles; Planned Parenthood & Crown Pub., 1997
- **Before She Gets Her Period: Talking to Your Daughter About Menstruation**; by Jessica Gillooly; Perspective Publ, 1998
- **Beyond the Birds and the Bees: Fostering Your Child's Healthy Sexual Development**; by Beverly Engel; Pocket Books, 1997
- **Childhood Sexuality: A Guide for Parents**; Gail Ryan; Kempe Children's Center, 1994 (normal sexual development and how to tell when sexual behavior is a problem)
- **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**; by Justin Richardson; Crown, 2003
- **From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children**; by Debra Haffner; Newmarket Press, 2000
- **Just Say Know! Understanding and Reducing the Risk of Sexual Victimization of People with Development Disabilities**; by Dave Hingsburger; Diverse City Press, 1995
- **Sexuality: You Sons and Daughters With Intellectual Disabilities**; by Karin M. Schwier; Paul H. Brooks Co, 2000
- **Understanding Your Child's Sexual Behavior: What's Natural and Healthy**; by Toni Johnson; New Harbinger, 1999

Some other books that are not listed above:

**The Underground Guide to Teenage Sexuality**- preteens, adolescents and parents
**What's Happening to Me?** Peter Mayle
**American Girl Doll books** also publishers a great book for girls (preteens) that my daughter loves (she is 9)

Good websites:

[www.youngmenshealth.org](http://www.youngmenshealth.org) (Boston Children’s now has a website for boys similar to its site for young women: [www.youngwomenshealth.org](http://www.youngwomenshealth.org))

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

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