

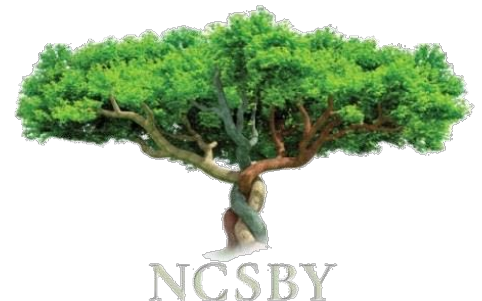
National Center on the Sexual Behavior of Youth Better Lives through Better Choices

For Parents, Caregivers, Youth and Family Members Books and Booklets

Disclaimer: Talking with children about sex, sexual development, relationships and other sex education topics has multiple challenges. Books can be helpful to facilitate the conversation, provide facts, and provide other perspectives. A range of books are listed below, providing different perspectives on ways to approach these topics. No single book will be perfect for all families. Reviewing multiple books will likely be needed to find the ones that fits you and your family.

Human Sexuality, Sex Education

- Annunziata, J., & Nemiroff, M. (2003). *Sex and babies: First facts*. Washington, DC: Magination Press.
- Berman, L. (2009). *Talking to your kids about sex: Turning the “talk” into conversation for life*. London: DK Publishing.
- Brown, L. K., & Brown, M. (1997). *What’s the big secret? Talking about sex with girls and boys*. Boston: Little, Brown and Company.
- Bailey, J. (2004). *Sex, puberty, and all that stuff: A guide to growing up*. Hauppauge, NY: Barron’s Educational Series.
- *Children-- from infancy to middle school, 2nd edition*. New York: Newmarket Press.
- Colblentz, J. (1992). *God’s will for my body; Guidance for adolescents*. Harrisonburg: Christian Light Publications, Inc.
- Corinna, H. (2019). *Wait, What?: A comic book guide to relationships, bodies, and growing up*. Portland, OR: Limerence Press.



- Dunham, K. (2013). *The boy's body book: Everything you need to know for growing up you!* Kennebunkport: Applesauce Press.
- Girard, L. W. (1984). *My body is private*. Morton Grove: Albert Whitman & Company.
- Gitchel, S. and Foster, L. (2005). *Let's talk about s-e-x. A guide for kids 9 – 12 and their parents*, 2nd edition. Excelsior, MN: Book Peddlers.
- Goldman, L. (2010). *Great answers to difficult questions about sex: What children need to know*. London: Jessica Kingsley Publishers.
- Gravelle, K., & Gravelle, J. (2006). *The period book: Everything you don't want to ask (but need to know)*. New York: Walker and Company.
- Gravelle, K., Castro, N., & Castro C. (1998). *What's going on down there? Answers to questions boys find hard to ask*. New York: Walker and Company.
- Haffner, D. W. (1999). *From diapers to dating: A parent's guide to raising sexually healthy children*. New York: Newmarket Press.
- Harris, R. H. (1994). *Changing bodies, growing up, sex and sexual health; It's perfectly normal*. Cambridge: Candlewick Press.
- Harris, R. H. (1999). *It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families*. Cambridge: Candlewick Press.
- Harris, R. H. (2006). *It's not the stork; A book about girls, boys, babies, bodies, families, and friends*. Cambridge: Candlewick Press.
- Hickling, Meg. (2005). *The new speaking of sex: What your children need to know and when they need to know it*. Kelowna, BC, Canada: Wood Lake Publishing, Inc.
- Holmes, M. & Hutchinson, T. (2005). *Girlology, A guide to stuff that matters, relationships, body talk, and girl power*. Deerfield Beach, FL: Health Communications.
- Holmes, M & Hutchinson, T. (2007). *Girlology, Hang-ups, Hook-ups, and Holding out*. Deerfield Beach, FL: Health Communications.
- Johnson, T. C. (1999). *Understanding Your Child's Sexual Behavior: What's Natural and Healthy*. Oakland, CA: New Harbinger Publications.
- Johnston, D. (2015). *Is this normal: MORE girls' questions, answered by the editors of the care and keeping of you*. Middleton, WI: American Girl Publishers.
- Jones, S. & Jones B. (1995). *What's the big deal? Why God cares about sex (Ages 8 – 11)*. Colorado Springs: Navpress Books & Bible Studies.
- Jones, S. & Jones, B. (1995). *Facing the facts; The truth about sex and you (Ages 11-14)*. Colorado Springs: Navpress Books & Bible Studies.

- Jukes, M. (1998). *Growing up it's a girl thing; straight talk about first bras, first periods, and your changing body*. New York: Alfred A. Knopf.
- Kirberger, K. (2003). *No body's perfect; Stories by teens about body image, self-acceptance, and the search for identity*. New York: Scholastic.
- Langford, L. (1998). *The big talk; Talking to your child about sex and dating*. New York: John Wiley & Sons.
- Lasser, M. (1999). *Talking to your kids about sex; how to have a lifetime of age-appropriate conversations with your children about healthy sexuality*. Colorado Springs: WaterBrook Press.
- Lemay, K., and K. F. Bell. (2004). *A chicken's guide to talking turkey with your kids about sex*. Grand Rapids: Zondervan.
- McCoy, K., & Wibbelsman, C. (2003). *Growing and changing: A handbook for preteens*. New York: Perigee Press.
- Madaras, L. & Madaras, A. (2000). *The "what's happening to my body?" Book for boys. A growing up guide for parents and sons*. New York: Newmarket Press.
- Madaras, L. & Madaras, A. (2007). *My body, myself: for boys*. NY: NewMarket Press. □
Madaras, L. & Madaras, A. (2000). *My body, myself: for girls*. NY: NewMarket Press.
- Madaras, L. (2003). *Ready, set, grow! A "what's happening to my body?" Book for younger girls*. New York: Newmarket Press.
- Marsh, C. S. (1998). *Sex stuff for kids: A book of practical information and ideas for kids 7-17*. Atlanta: Carole Marsh/Gallopade.
- Marsh, C.S. (1991). *Sex stuff for Connecticut parents and teachers of kids 7-17*. Atlanta: Carole Marsh/Gallopade.
- Mayle, P. (1975). *"What's happening to me?" An illustrated guide to puberty*. New York: Kensington Publishing Corp.
- Mayle, P. (2000). *"Where did I come from?" A guide for children and parents*. New York: Kensington Publishing Corp.
- Richardson, J. & Schuster, M.A. (2003). *Everything you never wanted your kids to know about sex (but were afraid they'd ask)*. New York: Crown Publishers.
- Roffman, Deborah M. (2001). *Sex and sensibility: The thinking parent's guide to talking sense about sex*. New York: Perseus Publishing.
- Roffman, Deborah M. (2002). *But how'd I get in there in the first place? Talking to your young child about sex*. New York: Perseus Publishing.
- Royston, A. (1996). *Where do babies come from?* New York: DK Publishing.
- Salz, G. (2008). *Amazing you! Getting smart about your private parts*. New York: Puffin Press.

- Salz, G. (2009). *Changing you! A guide to body changes and sexuality*. New York: Puffin Press.
- Schaefer, V., and N. Bendell. (1998). *The care and keeping of you: The body book for girls*. Middleton, WI: Pleasant Company Publications.
- Schwartz, P. & Cappello, D. (2000). *Ten talks parents must have with their children about sex and character*. New York: Hyperion.
- Silverberg, C. (2013). *What makes a baby*. New York: Triangle Square.
- Silverberg, C. (2015). *Sex is a funny word: A book about bodies, feelings, and you*. New York: Triangle Square.
- Stoppard, M. (1997). *Sex ed: Growing up, relationships, and sex*. New York: DK Publishing.
- Vermond, K. (2013). *Growing up inside and out*. Berkeley, CA: Owlkids Books Inc.

Problematic Sexual Behavior of Youth

- Allred, T. & Burns, G. (1999). *Stop! Just for kids with sexual touching problems*. Brandon, VT: Safer Society Press.
- Bonner, B. (2009). *Taking action: Support for families of adolescents with illegal sexual behavior*. Brandon, VT: Safer Society Press.
- Johnson, T. C. (2014). *Helping children with sexual behavior problems—A guidebook for parents and substitute caregivers* (4th ed.). South Pasadena, CA: Author.
- Johnson, T. C. (2013). *Understanding Children’s Sexual Behavior – What’s Natural and Healthy*. South Pasadena, CA: Author.
- Pithers, W. D., Gray, A. S., Cunningham, C., & Lane, S. (1993). *From trauma to understanding: A guide for parents of children with sexual behavior problems*. Brandon VT: Safer Society Press
- Silovsky, J. (2009). *Taking Action: Support for Families of Children with Sexual Behavior Problems*. Brandon, VT: Safer Society Press.

Sexual Abuse

- Aboff, M. (2003). *Uncle Willie’s tickles: A child’s right to say no*. Washington, DC: American Psychological Association.
- Adams, C. & Fay, J. (1992). *Helping your child recover from sexual abuse*. Vancouver, WA: University of Washington Press.

- Barth, A. (2009). *Annabelle's secret: A story about sexual abuse*. Ann Arbor: Loving Healing Press.
- Brohl, K., and Potter, J. C. (2004). *When your child has been molested: A parent's guide to healing and recovery*. Revised edition. San Francisco: Jossey-Bass.
- Dolgan, E. (2006). *Please knock!* Denver: Paros Press.
- Farber Strauss, S. (2013). *Healing days: A guide for kids who have experienced trauma*. Washington, DC: Magination Press.
- Hagans, K. B., and Case, J. (1988). *When your child has been molested: A parent's guide to healing and recovery*. New York: Lexington Books.
- Herrerias, C. (1996). *Teen to teen: A personal safety and sexual abuse prevention*. Charlotte, NC: Kidsrights Inc.
- King, K. (2008). *I said no! A kid-to-kid guide to keeping private parts private*. Weaverville, CA: Boulden Publishing.
- Stauffer, L. (1999). *Let's talk about safety skills for kids. A personal safety activity book for parents and children*. Hatfield, PA: Hope for Families, Inc.
- Stauffer, L., and E. Deblinger. (1999). *Let's talk about taking care of you! An educational book about body safety*. Hatfield, PA: Hope for Families, Inc.
- Starishevsky, J. (2014). *My body belongs to me: A book about body safety*. Minneapolis: Free Spirit Publishing.
- Steele, W. (2003). *A trauma is like no other experience*. Gross Pointe Woods, MI: The National Institute for Trauma and Loss in Children.
- Steele, W. (1999). *What parents need to know: Help for parents of grieving and traumatized children*. Gross Pointe Woods, MI: The National Institute for Trauma and Loss in Children.
- Steele, W. (1999). *You are not alone*. Gross Pointe Woods, MI: The National Institute for Trauma and Loss in Children.