

Resources for Parents

Books

The New Speaking of Sex: What Your Children Need to Know and When They Need to Know it. By Meg Hickling

Ten Talks Parents Must Have With Their Children about Sex and Character by Pepper Schwartz and Dominic Cappello

Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens by Deborah W. Haffner

Talk to me First: Everything you need to know to Become Your Kids "Go to" Person about Sex by Deborah Roffman

Internet

<http://sexualityandu.ca/parents> an initiative by the Society of Obstetricians and Gynaecologists of Canada, the site provides credible and up-to-date information and education on sexual health with a parent-specific area.

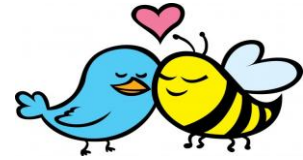
<https://www.optionsforsexualhealth.org> a Canadian non-profit organization that provides comprehensive sexual health services and education.

<http://www.urbandictionary.com/> an online dictionary of urban and slang words, phrases, terms and/or descriptions that would not typically be found in a standard dictionary. Definitions can be submitted by visitors to the website.

<http://parents.teachingsexualhealth.ca/> an Alberta resource for sexual health teachers and for parents that includes teaching plans and activities for a broad age range.

<http://www.aboutkidshealth.ca/En/HealthAZ/FamilyandPeerRelations/Sexuality/Pages/Sex-Education-Age-Appropriate-For-Children-what-they-should-learn-and-when.aspx> a Canadian resource with talking tips for parents

<http://www.plannedparenthood.org/parents/talking-to-kids-about-sex-and-sexuality> tools for parents when talking to kids about sexual health.



<http://www.region.peel.on.ca/health/sexuality/parents/> talking tips and resources from an Ontario Health Authority

http://www.cfsh.ca/files/Publications/parent-brochure_web_6pg.pdf from the Canadian Federation for Sexual Health, talking tips for parents

<http://www.phac-aspc.gc.ca/publicat/ttm-pm/> Talk to Me Sexuality Education program link for Parents from Health Canada

[Talking to Your Child about Sexuality](#) (PDF, 732KB)

[Talking to Your Child about Sexuality - Version française](#) (PDF, 481KB)

[Talking to Your Teenager about Sexuality](#) (PDF, 483KB)

Resources for Kids ages 7-13

Books

Boys, Girls & Body Science: A First Book about Facts of Life by Meg Hickling and Kim La Fave (for ages 7 and up)

Changes in You and Me: A Book about Puberty Mostly For Boys by Paulette Bourgeois, Martin Woldfish and Kim Martyn (for ages 8 and up)

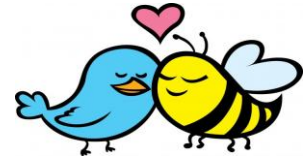
Changes in You and Me: A Book about Puberty Mostly for Girls by Paulette Bourgeois, Martin Woldfish and Kim Martyn (for ages 8 and up)

It's Perfectly Normal: Changing Bodies, Growing up, Sex and Sexual Health by Robie Harris and Michael Emberley (for ages 10 and up)

The "What's Happening to My Body?" Book for Boys: A Growing Up Guide for Parents and Sons by Lynda Madaras and Martin Anderson (for ages 8 to 15)

The "What's Happening to My Body?" Book for Girls: A Growing Up Guide for Parents and Daughters by Lynda Madaras and Marcia Herman-Giddens (for ages 8 to 15)

Let's Talk About Sex by Robie Harris (for ages 9 and up)



Internet

www.kidshealth.org : This US based website provides a variety of health information for children in age appropriate language. The site also has sections for parents and teachers.