

# Healthy Sexual Development Resources

## **Books**

What's the Big Secret? Talking about Sex with Boys and Girls (ages 4 - 8)  
by Laurie Krasny Brown & Marc Brown

It's So Amazing! A Book About Eggs, Sperm, Birth, Babies & Families (ages 7 - 10)  
by Robie Harris & Michael Emberley

It's Perfectly Normal: Changing Bodies, Growing Up & Sexual Health (ages 10 & up)  
Robie Harris & Michael Emberley

What's Happening to My Body? Book for Girls (ages 10 - 16)  
by Lynda Madaras with Area Madaras

What's Happening to My Body? Book for Boys (ages 10 - 16)  
by Lynda Madaras

Honoring Our Cycles (ages 10 & up, or when parents are ready to share fertility awareness information with their daughters)  
by Katie Singer

## **Books For Parents**

For Goodness Sex: Changing the Way We Talk to Teens about Sexuality, Values and Health  
by Al Vernacchio

Brainstorm: The Power and Purpose of the Adolescent Brain  
by Daniel Siegel

The Wonder of Boys  
by Michael Burien

Growing Up Again: Parenting Ourselves, Parenting Our Children  
by Jean Illsley Clarke & Connie Dawson

## **Web Resources**

[www.plannedparenthood.org/parents](http://www.plannedparenthood.org/parents)  
excellent site for videos on how to talk to kids about sex, keeping kids safe & setting boundaries

[www.plannedparenthood.org/parents/resources-for-parents](http://www.plannedparenthood.org/parents/resources-for-parents)  
compilation of websites to support a range of dating and sexuality issues for kids

[www.loveisrespect.org](http://www.loveisrespect.org)  
“empowering youth to end dating violence”

## **Local Training**

Brigid Collins Family Support Center, Darkness to Light's “Stewards of Children”  
Training to end child sexual abuse, 2 hours, held monthly at 1231 N. Garden Street Bellingham  
<http://www.brigidcollins.org/stewards-of-children-1/> for more information