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Boys & Sex: Young Men on Hookups, Love, Porn, Consent, and Navigating the New Masculinity

by Peggy Orenstein, 2020

ISBN: 978-0-06-266697-0

Drawing on interviews of young men and experts, this book includes real stories to illustrate the challenges boys face on their journey through adolescence and into adulthood.

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Breaking the Hush Factor: Ten Rules for Talking with Teenagers about Sex

by Karen Rayne, 2015

ISBN: 9780989760225

This book focuses on the “how-to” versus the “what-to-say” of talking to young people. It explains 10 rules that will lead to high quality, engaging conversations between caregiving adults and young people. This book can help with discussions on any sensitive topic even though it focuses on sexuality topics.

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Common Questions Children Ask About Puberty

by Lori A. Reichel, 2018

ISBN: 978-1-7320329-1-0

This book provides typical questions children often ask about puberty and model answers for parents/caregivers to use. It includes tips for having talks about puberty and Puberty Chit Chat cards that can be duplicated and cut apart to prompt discussions.

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Essential Sex Education Book for Parents, The

by Daniel Rice, Rockridge Press, 2021

ISBN: 978-1-63807-422-9

Find out how to have conversations with children on topics related to puberty, relationships, consent, and sex. This book provides prompts, tips, and information for parents/caregivers to talk with various ages from eight to 13+.

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Girls & Sex: Navigating the Complicated New Landscape

by Peggy Orenstein, 2016

ISBN: 978-0-06-220972-6

Drawing on interviews of young women and experts, this book includes real stories to illustrate the challenges girls face on their journey through adolescence and into adulthood.

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Help Your Kids with Adolescence: A No-Nonsense Guide to Puberty and the Teenage Years

by Dorling Kindersley, 2017

ISBN: 978-1-4654-6184-1

This book offers straightforward advice to help parents and children thrive in the teenage years. The 12 chapters offer current and relevant information in an easy-to-digest and visually appealing format that makes it easy to look up whatever information is needed at the time.

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My Body Belongs to Me: a parent's guide

by Elizabeth Schroeder, Rockridge Press, 2021

ISBN: 978-1-63807-060-3

From body awareness, touches, and boundaries to avoiding predators, this book provides useful guidance for parents and caregivers of children aged three and older. Frequently asked questions and resources are included.

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Sex Education Answer Book, The: By the Age Responses to Tough Questions Kids Ask Parents About Sex

by Cath Hakanson, 2021

ISBN-13: B08WKY69H1

This book helps caregiving adults get started with talking about sex with their children. It includes child-friendly answers to more than 200 commonly asked questions and is organized by age group.

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Sex Positive Talks to Have With Kids: A guide to raising sexually healthy, informed, empowered young people

by Melissa Pintor Carnagey, 2020

ISBN-13: 979-8693011991

The author walks you through more than 150 conversation starters, reflection exercises, and activities to use at every age and stage on topics related to bodies, media, relationships, and sexuality. This inclusive, comprehensive guide will normalize all the talks we all needed growing up.

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Shameless Parenting: Everything You Need to Raise Shame-free, Confident Kids and Health Your Shame, Too!

by Tina Schermer Sellers, 2021

ASIN: 979-8705400423

This book highlights the trickiest parts of each age, birth to 18, that tend to trigger shame and provides guidance on how to understand and manage that shame. It prepares the reader for each stage of their child's emotional and sexual development beforehand to avoid being caught off guard.

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Talk to Me First: Everything You Need to Know to Become Your Kids' "Go-To" Person about Sex

by Deborah Roffman, 2012

ISBN-13: 978-0-7382-1508-2

The author provides tips about the five roles caregiving adults need to fill at every stage of a child's development: affirmation, information, values, limit-setting, anticipatory guidance. The book is valuable for reading by the time children are age four and reviewing every year through adolescence.

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This Is a Book for Parents of Gay Kids

by D. Owens-Reid & K. Russo, Chronicle Books, LLC., 2014

ISBN: 978-1-4521-2753-8

Practical and supportive advice is provided for parents who have questions and concerns about their gay child. This book uses a Q and A format interspersed with stories from real parents and kids.