

## **Resources for Parents**

**Please review the books below before sharing with your child to ensure that it is appropriate for your child's age and reflects your own family's values.**

### **What's the Big Secret? Talking about Sex with Girls and Boys**

by Laurie Krasny Brown, Marc Brown (Illustrator) (For ages 4 and up). Great book to start conversations and also play "catch up". Discusses good and bad touch in a not so scary way.

### **It's Not the Stork!: (A Book About Girls, Boys, Babies, Bodies, Families and Friends)**

by Robie H. Harris, Michael Emberley (Illustrator) (K-3<sup>rd</sup> grade) Be cautious about reading the entire book to younger kids. A great book to read in stages. Also discusses good/bad touch which should be discussed with children as early as possible.

**Ready, Set, Grow!: A What's Happening to My Body? Book for Younger Girls** by Lynda Madaras, Linda Davick (8-10 year olds)

### **The Care & Keeping of You: The Body Book for Girls (American Girl Library)**

by Valorie Schaefer, Norm Bendell (8-10 year old)

### **What's Happening to My Body? Book for Girls : A Growing Up Guide for Parents and Daughters**

by Lynda Madaras, Area Madaras (Introduction), Simon Sullivan (Illustrator), Jackie Aher (Illustrator), Marcia Herman-Giddens (10-14 year old)

### **What's Happening to My Body? Book for Boys : A Growing Up Guide for Parents and Sons**

by Lynda Madaras, Area Madaras (Introduction), Simon Sullivan (Illustrator), Jackie Aher (Illustrator), Martin Anderson (10-14 year old)

### **Growing Up: It's a Girl Thing**

by Mavis Jukes

**Puberty Girl** by Shushann Movsessian

**How to Talk to Your Child about Sex** (For parents of children ages 3-19)

By Linda and Richard Eyre

**The Talk: What Your Kids Need to Hear from You About Sex** by Dr. Sharon Maxwell

## **Web Resources for Parents**

### **Talking with Kids about Tough Issues**

A national initiative by Children Now and the Kaiser Family Foundation to encourage parents to talk with their children earlier and more often about tough issues like sex, HIV/AIDS, violence, alcohol, and drug abuse.

Web: [www.talkingwithkidsabout.org](http://www.talkingwithkidsabout.org)

### **The American Academy of Pediatrics**

The American Academy of Pediatrics has many resources for parents of adolescents, including, tips on making the most of talking with teenagers, and "Media Matters", a national public education campaign launched to help pediatricians, parents and children and video games, Internet, advertising, popular music, etc.) have on child adolescent health.

Web: [www.aap.org](http://www.aap.org)

### **The American Academy of Child and Adolescent Psychiatry**

Promotes mentally healthy children, adolescents and families through research, training, advocacy, prevention, comprehensive diagnosis and treatment, peer support and collaboration. Among other resources, the AACAP provides helpful "facts for families and other resources."

Web: [www.aacap.org](http://www.aacap.org)

## **Resources for Parents**

**NC Standard Course of Study:**

<http://www.ncpublicschools.org/curriculum/healthfulliving>