



## Let's Talk Recommended Books

### FOR PARENTS

***Everything You NEVER Wanted Your Kids to Know About SEX (but Were Afraid They'd Ask)*** by Justin Richardson, M.D., and Mark A. Schuster, M.D., Ph.D. New York. Three Rivers Press, 2003. Print. This indispensable and entertaining guide covers all the bases of talking to your kids about sex, including: what to expect at each stage of development and how you can influence it from birth onward; what to tell your kids at every age about sex and how to get the conversation going. Very readable and written in a sensible format.

***Our Bodies, Ourselves: A New Edition for a New Era*** by The Boston Women's Health Book Collective. New York, Touchstone (a division of Simon and Schuster), 2005. Print. This is a wonderful resource for women and older teens whose first edition was published in 1970. It's a book to keep on the shelf for constant reference to body image, changing bodies, sexuality, birth control, pregnancy, menopause, etc. Helpful pictures and diagrams. It was great in the 70's and the newest edition is fabulous!

***Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex***, by Deborah M. Roffman. Cambridge, MA. Da Capo Books, a member of the Perseus Books Group. 2001. Print. To be honest, this book is full of wonderful and helpful information, but is not as reader-friendly as other books GPRHE recommends. This book offers parents a very good background in sexuality and its complexities. We highly recommend it for in-depth understanding of sex, gender roles and gaining insight into human sexuality.

***Sexuality: Your Sons and Daughters with Intellectual Disabilities*** by Karin Melberg Schwier and Dave Hingsburger. Baltimore. Paul H. Brookes Publishing Co., 2007. Print. Raising a child with intellectual disabilities will, at some point, require a talk about sex. The book offers--through the guidance of the authors and families whose members include children with intellectual disabilities—very helpful tips on when to talk about sex, what to say, and how to handle this complex topic with dependent children who are adults.

***Smart Parenting for African Americans*** by Jeffrey Gardere, Ph.D. New York. Kensington Publishing Corp., 1999. This book offers black parents a savvy and realistic guide in all subjects of parenting. Although it's not strictly a "how to talk to your child about sex" book, the topic is covered in two important chapters: How to avoid sexual predators, and Talking about sex. The book was written in 1999 and so, some cultural references aren't current, but the message is good and the bibliography is helpful.

***Ten Talks Parents Must Have With Their Children about Sex and Character*** by Pepper Schwartz, Ph. D., and Dominic Cappello. New York. Hyperion, 2000. Print. This book offers step-by-step guidelines for parents on ten important conversations we should have with our kids about sex and MORE. So much more! The talks also include safety, character, peer pressure, meeting people on the Internet, and mixed messages from TV.



## FOR PARENTS, contd.

***The Talk: What Your Kids Need to Hear From YOU About Sex, A Breakthrough Guide to Raising Healthy Kids in an Oversexualized, Online, In-Your-Face World*** by Sharon Maxwell, Ph.D. New York. Avery, a member of Penguin Group, 2008. Print. The author uses real-life situations to help parents prepare their preteens and teens navigate the modern world. The book shows parents how to set guidelines for safe Internet use, discuss the moral aspects of sexuality, address the social power that comes from looking sexy and the responsibility each of us has to use that power appropriately, help children recognize the difference between feelings of sexual desire and love, and finally, develop principles with our teens that will help them figure out when it's OK to be sexual with someone and when it's not.

## FOR CHILDREN AND THEIR PARENTS (listed by age of audience)

***What's the Big Secret: Talking About Sex with Girls and Boys*** by Laurie Krasny Brown, Ed.D. and Marc Brown (creator of the Arthur books). New York. Little, Brown and Company. 2000. Print. This book is appropriate to be read to, or read by pre-school-age 8 kids. It's a frank, yet warm and caring book about sex—delivered in an age-appropriate manner. How do you tell girls and boys apart? Is sex a dirty word? Where do babies come from? What does being pregnant mean?

***Let's Talk About S-E-X: A Guide for Kids 9 to 12 and Their Parents*** from an original work by Sam Gitchel and Lorri Foster. Planned Parenthood/Mar Monte. Minnetonka, MN. 2005. Print. Also available in Spanish. This book is meant to be read together and written in by parents and their kids. The front of the book is the read-together portion, followed by a Parent's Guide at the back. It's very practical and easy to follow.

***Changing Bodies, Changing Lives: A Book for Teens on Sex and Relationships*** by Ruth Bell and other co-authors of *Our Bodies, Ourselves and Ourselves and Our Children*, together with members of the Teen Book Project. New York. Three Rivers Press. First published in 1998, this is the third edition. Like *Our Bodies, Ourselves*, this book serves as a wonderful reference for teens—both boys and girls—to keep close. All aspects of sexuality are discussed, as well as eating disorders, substance abuse, violence, emotional health and physical health.

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