



Thinking Positive (23 min.)

616.9792

McGee, Debra Elizabeth

T348

At age 20, Trudy Parsons becomes infected with the HIV virus.

Through her story, this film examines the major issues surrounding the attitudes of teens towards their own sexuality.

How to Talk to Your Kids About Sex, Love and Responsibility (57 min.)

j649.65

Eynde, Noel van

H83

A group of parents and teens are led through discussions of sex, AIDS, birth control, relationships and responsibilities. Both teens and parents present their views.

Selected Web-Based Resources

Advocates for Youth - www.advocatesforyouth.org

Birds and Bees - www.birdsandbees.org

Go Ask Alice - www.goaskalice.columbia.edu

Kids Health - www.kidshealth.org

Parentbooks - www.parentbooks.ca

Sexuality and U - www.sexualityandu.ca

Beyond the Birds and the Bees: Talking to Children about Sex



Special thanks to the Sexual Health Promotion Team at the Middlesex-London Health Unit for their input and support of the production of this resource list.



Beyond the Birds and the Bees: Talking to Children about Sex

This is a selective, annotated list of resources available at London Public Library on children's and youth sexuality. This list has been compiled to assist in the selection of materials to educate, as well as facilitate communication with children.

Due to the subject matter, it is recommended that you examine the materials before sharing them with, or giving them to children.



Sex and Sensibility: A Parent's Guide to Talking Sense About Sex 649.65
Rof

Roffman, Deborah M.

An intellectual book for parents with a theoretical as well as a practical approach to talking to children about sex. It attempts to deal with both moral and physical issues of sexual health.

Videos for Adults and Young Adults

Adolescence! The Stormy Decade. Volume 3: Independence, Sexuality, Relationships (24 min.) 305.235
Ado

Soomet, Tiina and Margaret Konopacki

Based on the therapy and teachings of Dr. Ron Clavier, this volume of a 4-part video series, explains the underpinning neurological behaviour of teens to help parents during this often frustrating and confusing part of life.

Degrassi Talks: On Sex (30 min.) 306.7
Hood, Kit and Linda Schuyler D364

Actors from television's Degrassi High talk to teens about teen pregnancy, abortion, sexual responsibility, STDs and contraception.

Growing Up Series Family Video (75 min.) j612.6
Simpson, Moira and Jennifer Torrance G919

This film is designed for parents to view with their pre-adolescent children as an aid to sexual education. It consists of three films. In each, there is an introduction for parents followed by a discussion session between parent and health educators. This video is also available in French.

How Not to Make a Baby (25 min.) 613.94
Atkinson, Linda, Michael Hardy and William T. Petlow H83

This video tackles some of the myths concerning pregnancy and intercourse. It also discusses the dangers of unprotected sex.



Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens – From Middle School to High School and Beyond 649.65
Haf

Haffner, Debra

A follow-up to "From Diapers to Dating", this guide looks at the ongoing process of parental responsibility in raising sexually healthy teens. Haffner emphasizes that there shouldn't be one 'big talk', but rather lines of communication should be kept open and teachable moments maximized. Issues are discussed according to age appropriateness.

From Diapers to Dating: a Parent's Guide to Raising Sexually Healthy Children 649.65
Haf

Haffner, Debra

Much needed help for floundering parents. This gives clear-eyed assistance with deciding what sexual values to impart to children, and then advice on coupling those values with accurate age-appropriate information.

The New Speaking of Sex: What Your Children Need to Know and When They Need to Know It j649.65
Hic

Hickling, Meg

The revised and updated edition of this popular book is a warm, humorous and straightforward guide for families from birth through adolescence. Includes a new section on "Kids, Sex and the Internet".

Everything You Never Wanted Your Kids To Know About Sex (But Were Afraid They'd Ask) 649.65
Ric

Richardson, Justin and Mark Schuster

An expert and intelligent book about how parents can help with their child's sexual maturation. It is frank and reassuring with many practical suggestions.



Picture Books

Baby on Board jP
Gray, Kes Gra

Quirky humour and wacky illustrations abound in this picture book that follows the progress of the pregnancy of a young girl's mother.

A Teeny Tiny Baby jP
Schwartz, Amy Sch

Imagine if a teeny tiny baby could tell all about ruling the roost. Here he is, a well-loved baby, telling of his day-to-day activities, with uncommon style.

The Bare Naked Book jP
Stinson, Kathy Sti

A picture book featuring bright, lighthearted illustrations of various parts of the body, including the genitalia.

Better Safe Than Sorry Book j372.76
Gordon, Sol and Judith Gordon Gor

This book is written mainly for children aged 3-9 and opens up a traditionally uncomfortable topic for discussion which is of concern to most parents. It provides essential information about sexual assault.

So That's How I Was Born! jP612.6
Brooks, Dr. Robert B. Bro

A young boy asks his parents about where babies come from. The explanation provided is simple and straightforward.

What's the Big Secret? Talking About Sex With Girls and Boys jP612.6
Brown, Laurie Krasny and Marc Brown Bro

This is an introduction to sex, including how boys and girls differ, and are the same. With characteristic sensitivity the authors present information and answers to difficult questions.

**Mummy Laid an Egg!**

Cole, Babette

jP612.6

Col

A humorous tale that includes factual information about human reproduction.

Girls are Girls and Boys are Boys: So What's the Difference?

Gordon, Sol

j612.6

Gor

Simple text and realistic illustrations outline the differences between men and women, boys and girls, in terms of sexual development and roles in pregnancy.

How You Were Born

Cole, Joanna

j612.63

Col

An excellent guide to reproduction and birth. Cole's text is simple, but never condescending. The accompanying photographs are bright and beautiful.

Before You Were Born: The Inside Story!

Douglas, Ann

j612.63

Dou

This clearly written book, with full-colour photographs and illustrations, is directed to children. The attractive format, combined with hands-on science and additional facts, makes this one a winner.

Happy Birth Day!

Harris, Robie H.

jP612.63

Har

This is a loving story to children about the amazing day they were born. It reveals how remarkable and loved they were, right from the start.

Being Born

Kitzinger, Sheila and Lennart Nilsson

j612.63

Kit

A photographic journey from conception to birth with a rhythmic text suitable for children aged 5 years and up.

**Books for Adults and Young Adults****Changing Bodies, Changing Lives: A Book for Teens on Sex and Relationships**

Bell, Ruth

306.7

Bel

A book for teenagers that discusses body changes, sexual feelings, relationships with parents and taking care of your body. The text includes many interesting quotations from teens.

The Real Truth About Teens and Sex: From Hooking Up to Friends with Benefits -- What Teens Are Thinking, Doing, And Talking About, and How to Help Them Make Smart Choices

Weill, Sabrina

306.70835

Wei

Written for parents and educators, this book examines myths and realities about teens and sex. Weill's message is that open communication and education are the keys to raising sexually healthy teens.

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

Madaras, Lynda

j612.6

Mad

j613.955

Mad

Written for adolescents and their parents, these books provide straight forward facts about physical changes in puberty, sexual intercourse and sexually transmitted diseases, as well as the sexual development of the opposite sex.

Sex, Sex, and More Sex

Johanson, Sue

613.96

Joh

Provides readers with answers to the most frequently asked questions about sex, as well as information on a host of sex-related topics. Comes in a straightforward, no-nonsense, easy-to-use format.



Have You Started Yet? j612.662
Thomson, Ruth Tho
Get the straight talk from children (ages 10 +) about menstruation and changes in the body. Girls tell how it is, what to expect and how to deal with it.

**Boys, Girls and Body Science:
A First Book About Facts of Life** jP613.95
Hickling, Meg Hic
Hickling is a registered nurse and has been a sexual health educator in Canada for over 25 years. Written with humour and sensitivity, this book provides no-nonsense answers for children and their parents to questions about sex.

**What's With My Body? The Girl's Book of Answers
to Growing Up, Looking Good and Feeling Great** j613.955
Yeager, Selene Yea
Written for preteen and young teen girls and their parents in a question and answer format for assuring and accurate advice about commonly asked topics.

**Let's Talk About S-E-X: A Guide for Kids 9 to 12 and
Their Parents** j649.65
Gitchel, Sam and Lorri Foster Git
First created by Planned Parenthood in the 1980s, this revised edition is a short, illustrated book that parent and child can read together. It offers factual information and encourages open dialogue.

Growing and Changing: A Handbook for Preteens j649.65
McCoy, Kathy and Charles Wibbelsman MacC
A clearly written handbook on the physical and emotional changes in young people at puberty without discussions of sexual activity.



**Everybody Has a Bellybutton:
Your Life Before You Were Born** j612.63
Pringle, Laurence Pri
Award-winning author answers questions about life in this unique look at life before birth, from the start as a single cell to the day of birth. Lovely illustrations.

Hello Baby! jP612.63
Rockwell, Lizzy Roc
Narrating the story himself, a young boy shares what fascinates him about the baby inside his mother's tummy. Simple words and charming pictures.

My Mom's Having a Baby jP618.2
Butler, Dori Hillestad But
Narrated by a young girl, this candid and thoughtful book, with playful and colourful illustrations, looks at how pregnancy occurs and at the development of a baby. The joy and love felt by the family is evident throughout.

Baby on the Way j618.24
Sears, William, Martha Sears and Christine Watts Kelly Sea
This appealing picture book is a warm look at the changes that a family prepares for with pregnancy and the needs and care of a newborn.



Books for the Older Child

**Asking about Sex and Growing Up:
A Question and Answer Book for Girls and Boys** j612.6
Cole, Joanna Col

An excellent, concise book that deals with many topics including body changes, pregnancy, homosexuality and protection from sexual abuse.

Period j612.6
Gardner-Loulan, JoAnn, Bonnie Lopez and Gar
Marcia Quackenbush

Simple line drawings and a compassionate, reassuring text highlight this explanation of menstruation. This book also discusses physical changes and emotions experienced by young women.

**It's Perfectly Normal: A Book About Changing Bodies,
Growing Up, Sex and Sexual Health** j612.6
Harris, Robie H. Har

An uninhibited bird and a repressed bee provide a factual yet humorous introduction to the diversity of human sexuality.

**It's So Amazing! A Book About Eggs, Sperm,
Birth, Babies and Families** j612.6
Harris, Robie Har

An attractive and over-sized guide to reproduction and birth which answers common questions in an informal but informed presentation with a clear and non-judgmental tone.

Love and Sex and Growing Up j612.6
Johnson, Eric W. Joh

Addresses many questions regarding sexual issues such as pregnancy, sexually transmitted disease and physical development.

**"Where Did I Come From?": The Facts of Life Without
Any Nonsense and With Illustrations** j612.6
Mayle, Peter May

A tongue-in-cheek look at sperm, lovemaking and birth for adults and children. Also available on video.



**Dr. Ruth Talks to Kids: Where You Came From,
How Your Body Changes, and What Sex Is All About** j612.6
Westheimer, Dr. Ruth K. Wes

An informative guide to physical and emotional changes, sexual intercourse, pregnancy and sexually transmitted diseases.

**Changes in You and Me: A Book About Puberty, Mostly
For Boys** j612.661
Bou

**Changes in You and Me: A Book About Puberty, Mostly
For Girls** j612.661
Bou

Bourgeois, Paulette and Martin Wolfish

In two separate volumes, one for girls, one for boys, Bourgeois uncovers the mystery of puberty and answers questions about the body, sex, AIDS and much more.

**Growing Up: It's a Girl Thing: Straight Talk About First
Bras, First Periods, and Your Changing Body** j612.661
Jukes, Mavis Juk

A candid, supportive and often genuinely funny guide to surviving and enjoying those awkward pre- and early-teen years. Packed with easy-to-read facts that convey caring, respect and concern.

**Ready, Set, Grow! A "What's Happening to My Body" Book
For Younger Girls** j612.661
Madaras, Lynda Mad

An upbeat, sensitive and reassuring guide for younger girls who are undergoing or anticipating changes to their bodies as they approach puberty.

**The Period Book: Everything You Don't Want to Ask
(But Need to Know)** j612.662
Gravelle, Karen and Jennifer Gravelle Gra

A down-to-earth, practical book that answers questions about menstruation. It will help guide girls through all the physical, emotional and social changes. Humorous illustrations make a light-hearted addition to the text.