

Helpful Resources for You AND Your Pre-Teen

Lets-talk.how is Health Connected's website for parents. You will find videos of our educators answering questions from the Anonymous Question Box, research articles, curriculum insights, and much more!

Below are some of our favorite resources to support children and their families. **We recommend previewing each resource, to make sure it's a match with your family's values!**

Books for Younger Kids (10 years and under)

Do You Have a Secret? by Jennifer Moore-Mallinos (ages 6-9)

It's Not the Stork! A Book About Girls, Boys, Babies, Bodies, Families and Friends by Robie Harris (ages 4-8)

What Makes a Baby by Cory Silverberg & Fiona Smyth (ages 4-7)

Who Has What? All About Girls' Bodies and Boys' Bodies by Robie H. Harris (ages 4-7)

Ready, Set, Grow (girls): by Lynda Madaras (ages 8-10)

On Your Mark, Get Set, Grow (boys): by Lynda Madaras (ages 8-10)

Books for Pre-teens (ages 10-12 and up)

It's Perfectly Normal by Robie H. Harris

It's So Amazing by Robie H. Harris

My Body Belongs to Me by Jill Starishevsky

SEX is a Funny Word: A Book about Bodies, Feelings, and YOU by Cory Silverberg & Fiona Smith

The Period Book: A Girl's Guide to Growing Up by Karen Gravelle

Guy Stuff: The Body Book for Boys by Cara Natterson

What's Happening to Me? by Peter Mayle

Books for Parents

Talk to Me First by Deborah Roffman

But How'd I Get in there in the First Place by Deborah Roffman

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

How to Talk to You Kids about Pornography by Dina Alexander

Websites for Parents and Kids

www.amaze.org/?topic=puberty Great youth-oriented videos about everything puberty-related!

www.sutterhealth.org/pamf/health/preteens Health information relevant to kids 8-12.

Websites Just for Parents

www.advocatesforyouth.org/helping-parents-and-children-talk-psec Comprehensive information on advocacy and education.

www.healthychildren.org (American Academy of Pediatrics) Health information for kids of all ages.

www.siecus.org (Sexuality Information & Education Center of the U.S.) Information on STIs, pregnancy prevention and the latest policy developments.

www.talkwithyourkids.org Increasing family communication about sexual development.

Websites to Build Parents' Sexual Health I.Q.

www.cdc.gov/sexualhealth (Centers for Disease Control) Adolescent health, STIs, and more.

www.youngwomenshealth.org/parents/ Info on healthy nutrition, puberty, and body image.

www.youngmenshealthsite.org/guides/puberty/ Info on health, nutrition, puberty, and more.

www.plannedparenthood.org/parents Resources, information and tips on communicating with your kids.

LGBTQ+ Online Resources for Parents and Kids

www.familyequality.org Advancing legal and lived equality for LGBTQ families.

www.healthyteenetwork.org/resources/diverse-youth Health resources for diverse communities.

www.amaze.org/?topic=gender Great youth-oriented videos about gender.

We value your input! Contact us at vanessa@health-connected.org if you have any suggested resources.