

Helpful Resources for You AND Your 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 adolescents and their families. **We recommend previewing each resource, to make sure it's a match with your family's values!**

Books for Early Teens (12-14)

Be Confident in Who You Are: Middle School Confidential Series by Annie Fox

Dating Smarts—What Every Teen Needs to Date, Relate or Wait by Amy Lang

It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health by Robie Harris

What's Happening to My Body Series for Boys by Lynda Madaras and Area Madaras *

What's Happening to My Body Series for Girls by Lynda Madaras and Area Madaras *

Books for Teens & Young Adults (15+)

Can I Kiss You? by Michael J. Dormitz

GLBTQ: The Survival Guide for Gay, Lesbian, Bisexual, Transgender, and Questioning Teens by Kelly Huegel

Our Bodies, Ourselves by the Boston Women's Health Book Collective and Judy Norsigian

The Go Ask Alice Book of Answers: A Guide to Good Physical, Sexual and Emotional Health by the Columbia University Health Education Program

Books for Parents

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

Girls and Sex by Peggy Orenstein

How to Talk with Your Teen about Love, Relationships, and S-E-X by Amy & Charles Miron

Sex and Sensibility: The Thinking Parent's Guide to Talking Sense about Sex by Deborah Roffman

Sex, Teens, & Everything in Between by Shafia Zaloom

How to Talk to Your Kids about Pornography by Dina Alexander

Teen-Friendly Websites

iwannaknow.org Everything from puberty, to self-image, to relationships.

Sexetc.org Sexual health education for teens by teens.

Teensource.org Info on pregnancy, consent, relationships, and nearby clinics.

Stayteen.org Watch sex ed videos, take quizzes, and find a clinic nearby.

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

www.amaze.org Short animated videos on a range of sexual health subjects.

Websites to Build Parents' Sexual Health I.Q.

www.cdc.gov/sexualhealth/ Learn more about adolescent health, STIs, and more.

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

youngmenshealthsite.org/parents/ Guide for mental, physical, and emotional health.

www.sutterhealth.org/pamf/health/teens Information on everything from puberty to sexual safety.

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

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

Teens and Parents Websites: LGBTQ+ issues, and unsafe relationships

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

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

www.thatnotcool.com Working to decrease online teen dating violence.

[www.iamjasminestrong](http://www.iamjasminestrong.org) Empowering young people to identify Human Trafficking, and advocate for themselves and others.

We value your input! Contact us at vanessa@health-connected.org if you have suggestions of books, videos, or other resources we should add to our list!