

Helpful Resources for You AND Your Pre-Teen

Lets-talk.how is Health Connected's website for parents and trusted adults. 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 Children (10 years and under)

Let's Talk About Body Boundaries, Consent, and Respect By Jayneen Sanders

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)

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

Everything You Always Wanted to Know About Puberty- and Shouldn't Be Googling: For Curious Boys by Morris Katz and Amelia Pinney

Celebrate Your Body (and Its Changes Too!) The Ultimate Puberty Book for Girls by Sonya Renee Taylor and Bianca I. Laureano

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

Books for Parents, Guardians, and Trusted Adults

Talk to Me First by Deborah Roffman

Sex Positive Talks To Have With Kids by Melissa Pintor Carnagey

Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders by Davida Hartman

How to Talk to Kids about Pornography by Dina Alexander

Websites for Trusted Adults AND Children

www.amaze.org/?topic=puberty Short animated videos on a range of puberty and sexual health related topics.

www.queerkidstuff.com An original YouTube series hosted by Lindsay Amer that explores intersectional and LGBTQ+ topics.

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

healthychildren.org Health information for kids of all ages from the American Academy of Pediatrics.

everybodycurious.com An entertaining and educational YouTube series about sexuality and healthy relationships for youth, ages 9-12.

teacherspayteachers.com Social Stories and Resources for teaching children with special needs about puberty.

Websites for Trusted Adults

lets-talk.how Information to help build knowledge and confidence to engage young people in conversations about sexual health.

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

genderspectrum.org Resources and support groups for LGBTQ+ youth and their families.

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

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

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

parentcenterhub.org/sexed Support and sexual health education for young people with disabilities and their families.

sexpositivefamilies.com Inclusive education, coaching and resources to raise sexually healthy children.

connectsafely.org News and advice on gaming and online safety.

www.common sense media.org Supporting families as they navigate the challenges and possibilities of the raising kids in the digital age.

kidshealth.org Nemours Children's Health information and advice.

www.ashasexualhealth.org American Sexual Health Associate (ASHA) offers parents tips to gain comfort in discussing sexual health with youth.

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