

## Helpful Resources for You AND Your Middle School Student

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 middle schoolers

*You Know, Sex: Bodies, Gender, Puberty, and Other Things* by Cory Silverberg  
*Be Confident in Who You Are: Middle School Confidential Series* by Annie Fox  
*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 \*  
*Dr Gayle's Page: Facts and Fiction on Girl's Sexual Health* by Dr Gayle Blakely  
*Dating Smarts: What every teen needs to know to date, relate, or wait!* by Amy Lang  
*Gender Identity Workbook for Teens* by Andrew Maxwell Trisha  
*Autism-Asperger's and Sexuality: Puberty and Beyond* by Jerry & Mary Newport

### Books for parents/guardians AND kids

*30 Days of Sex Talks For Ages 12+: Empowering your child with knowledge of sexual intimacy* by Diana Alexander  
*How to Talk to Your Kids about Pornography* by Dina Alexander  
*Teaching Children With Down Syndrome About Their Bodies, Boundaries, and Sexuality: A Guide For Parents and Professionals* by Terri Couwenhoven

### Books for parents, guardians, and trusted adults

*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, Teens, & Everything in Between* by Shafia Zaloom  
*Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders* by Davida Hartman  
*Safety and Consent for Kids And Teens With Autism or Special Needs* by Debra Jacobs  
*Unconditional: A Guide to Supporting Your LGBTQ Child* by Telaina Eriksen

## Health Care Apps

[helloclue.com/period-tracker-app](https://helloclue.com/period-tracker-app) A menstrual cycle tracker

[myplanapp.org](https://myplanapp.org) A free app to help with safety decisions regarding intimate relationship abuse.

[circleof6app.com](https://circleof6app.com) Personal safety network to help prevent violence before it happens.

[apps.apple.com/us/app/they2ze](https://apps.apple.com/us/app/they2ze) Trans-inclusive health resources.

## Teen-Friendly Websites

[iwannaknow.org/teens/sexualhealth.html](https://iwannaknow.org/teens/sexualhealth.html) Facts, support, and resources by the American Sexual Health Association.

[sexetc.org](https://sexetc.org) Sexual health education for teens by teens.

[teensource.org](https://teensource.org) Info on LGBTQ+ identities, consent, relationships, and nearby clinics.

[powertodecide.org/teen-talk](https://powertodecide.org/teen-talk) Teen pregnancy prevention and education.

[amaze.org](https://amaze.org) Short animated videos on a range of sexual health subjects.

[loveisrespect.org](https://loveisrespect.org) Intimate partner violence prevention education and support.

[teenhealthrights.org](https://teenhealthrights.org) Legal information for teens on sex, pregnancy, and parenting.

[iamjasminestrong.com/resources](https://iamjasminestrong.com/resources) Empowering young people to identify Human Trafficking, and advocate for themselves and others.

## Websites to Build Sexual Health I.Q. for Trusted Adults

[lets-talk.how](https://lets-talk.how) Information to help build knowledge and confidence to engage teens in conversations about sexual health.

[cdc.gov/sexualhealth/](https://cdc.gov/sexualhealth/) Learn more about adolescent health, STIs, and more.

[plannedparenthood.org/learn/parents](https://plannedparenthood.org/learn/parents) Resources, and tips on communicating with your kids.

[genderspectrum.org/](https://genderspectrum.org/) Resources and support groups for LGBTQ+ youth and their families.

[advocatesforyouth.org/resources-tools/parents](https://advocatesforyouth.org/resources-tools/parents) Champions of sexual health, rights, and justice for youth.

[familyequality.org](https://familyequality.org) Advancing legal and lived equality for LGBTQ families.

[parentcenterhub.org/sexed](https://parentcenterhub.org/sexed) Support and sexual health education for young people with disabilities and their families.

[sexpositivefamilies.com](https://sexpositivefamilies.com) Inclusive education, coaching and resources to raise sexually healthy children.

[connectsafely.org](https://connectsafely.org) News and advice on gaming and online safety.

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