Helpful Resources for You AND Your Pre-Teen

Below are some of our favorite books, websites, videos and more, that offer helpful bits of information to support **adolescents and their families** as young people **enter puberty.** Before sharing these with your teen, we encourage you to preview each, to make sure it's a match with your family's values!

Books for Younger Kids (10 years and under)

The Care & Keeping of You (Vol 1) by Valorie Lee Schaefer (ages 7-10)
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)
Amazing You by Dr. Gail Saltz (ages 3-7)
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)

***How Babies and Families are Made* (There is more than one way!)** by Patricia Schaffer & Suzanne Corbett
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 by Karen Gravelle
What's the Big Secret? Talking about Sex with Girls and Boys by Laurie Krasny Brown & Marc Brown
What's Going on Down There? by Karen Gravelle
What's Happening to Me? by Peter Mayle

Books for Parents

Cinderella Ate My Daughter by Peggy Orenstein
Girls and Sex by Peggy Orenstein
Talk to Me First by Debra 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

Websites for Parents and Kids

www.amaze.org Great youth-oriented videos about everything puberty-related!
www.menstrupedia.com/articles/puberty/whats-puberty Hygiene, menstruation, puberty changes and more!

Updated 2/2017

Websites Just for Parents

Advocates for Youth Comprehensive information on advocacy and education
www.advocatesforyouth.org/helping-parents-and-children-talk-psec
Essential Access Health Research, news, advocacy and education
www.essentialaccess.org/advocacy/health-info/parents
Healthy Children (American Academy of Pediatrics) Health information for kids of all ages
www.healthychildren.org
Sexuality Information & Education Center of the U.S. Information on STIs, pregnancy prevention and the latest policy developments at www.siecus.org
Talk with Your Kids Increasing family communication about sexual development
www.Talkwithyourkids.org

Websites to Build Parents' Sexual Health I.Q.

Centers for Disease Control Learn more about adolescent health, STIs and more
www.cdc.gov/std/
Center for Young Women's Health Info on healthy nutrition, puberty and body image
youngwomenshealth.org/parents/
Center for Young Men's Health Guide for mental, physical, and emotional health
http://youngmenshealthsite.org/guides/puberty/
Palo Alto Medical Foundation
www.pamf.org/preteen
Planned Parenthood Resources, information and tips on communicating with your kids
https://www.plannedparenthood.org/parents
Teen Source Relationships, clinics, and birth control
www.teensource.org

For teens and parents: LGBTQ+ issues, safety, and unsafe relationships

Family Equality Council Ensuring all families are represented and respected
www.familyequality.org
Health Teen Network Additional health resources for our diverse communities
http://www.healthyteennetwork.org/resources/diverse-youth
Lavender Youth Recreation & Info Center Center for LGBTQ+ youth
www.lyric.org
Palo Alto Medical Foundation Education about pregnancy, STIs, and general health
http://www.pamf.org/preteen/growingup/safety/
"That's Not Cool.com" Working to decrease online teen dating violence
https://thatsnotcool.com/

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

Updated 2/2017