TTMS, TTHS 2017

Helpful Resources for You AND Your Teen

Below are some of our favorite books, websites, videos and more, that offer helpful bits of information to support **teens and their families** as young people navigate **adolescence.** Before sharing these with your child, we encourage you to preview each, 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 Anne Fox
Dating Smarts—What Every Teen Needs to Date, Relate or Wait by Amy Lang
Girl Stuff: A Survival Guide to Growing Up by Margaret Blackstone
It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health by Robie Harris
Sex is a Funny Word: A Book About Bodies, Feelings and You by Cory Silverberg and Fiona Smyth
The Boy's Body Book: Everything You Need to Know for Growing Up YOU (Boys World Book) by Kelli Dunham
The Period Book by Karen Gravelle
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
S.e.x: The All You Need to Know Progressive Sexuality Guide to Get You Through High School and College by Heather Corinna
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

Cinderella Ate My Daughter by Peggy Orenstein
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 to Your Kids About Sex: Help your Children Develop a Positive, Healthy Attitude toward Sex and Relationships by John Chirban
How to Talk with Your Teen about Love, Relationships, and S-E-X by Amy G. Miron and Charles D. Miron
Talk to Me First by Debra Roffman
Thinking Parent's Guide to Talking Sense about Sex by Deborah Roffman
What to Do for your Teen's Health by Gloria Mayer, R.N. and Ann Kuklierus, R.N.

Teen-Friendly Websites

www.amaze.org Great youth-oriented videos about everything puberty-related!

*available in Spanish and English

Updated 3/2017

Bedsider.org Get sexual health questions answered, learn about STIs, contraceptives, & more
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

Parents: Talking with Your Kids about Sexuality

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 Information on everything from puberty to sexual saftey
www.pamf.org/teen
Planned Parenthood Resources, information and tips on communicating with your kids
https://www.plannedparenthood.org/parents

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
"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!

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