

Some Joyful Sexuality Education Resources (Not complete! Please add to this!)

World Health Org. definition of sexual health - http://www.who.int/topics/sexual_health/en/

Sexual health - Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.

Websites

For parents

American Library Association Rainbow List - LGBTQ-inclusive books for kids, updated every January - <http://glbtrt.ala.org/rainbowbooks/>

Mayo Clinic on how to talk to kids about sex (scroll down to the bottom) –

<http://www.mayoclinic.com/health/sexual-health/MY01464/TAB=InDepth>

Planned Parenthood's Tools for Parents – <http://www.plannedparenthood.org/parents/>

For teens

Scarleteen – <http://www.scarleteen.com/>

Plain language, medically accurate sex info for teens.

Midwest Teenage Sex Show – <http://midwestteensexshow.com/>

Short, funny, accurate videos in everyday language.

Teen Wire - <http://www.plannedparenthood.org/info-for-teens/>

Planned Parenthood's teen sex ed site

Nonprofits and advocacy groups

Advocates for Youth – <http://www.advocatesforyouth.org/>

Includes a Parents' Sex Ed Center, and info on everything from youth leadership to policy information to sex education lesson plans.

Coalition for Positive Sexuality - <http://www.positive.org/Home/index.html>

Teen-focused healthy sexuality info. Includes Spanish translation.

Guttmacher Institute - <http://www.guttmacher.org/>

Global data on reproductive and sexual health.

Health Initiatives for Youth - <http://www.hify.org/>

Incredible resources here! California-focused, but their publications are great models and include great general info.

Native Youth Sexual Health Network - <http://www.nativeyouthsexualhealth.com/>

Planned Parenthood – <http://www.plannedparenthood.org>

Sexuality Information and Education Council of the US (SIECUS) - <http://www.siecus.org/>

An excellent source of research, geared toward the overall picture and policy making.

Books

For Little Kids

Harris, Robie. *It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families, and Friends*. For age 4 and up.

Harris, Robie. *It's So Amazing!: A Book About Eggs, Sperm, Birth, Babies, and Families*. For age 7 and up.

Harris, Robie. *It's Perfectly Normal: Changing Bodies, Growing Up, and Sexual Health*. For age 10 and up.

For Teens and Up

Blank, Hanne. *Big Big Love, Revised: A Sex and Relationships Guide for People of Size (And Those Who Love Them)*. Celestial Arts, 2011.

Boston Women's Health Collective - *Our Bodies, Ourselves: A New Edition for a New Era*. Touchstone, 2011. **There is a Spanish language version. There's also a version for pregnancy and one for menopause.

Corinna, Heather. *S.E.X.: The All-You-Need-to-Know Progressive Sexuality Guide to Get You Through High School and College*. Da Capo, 2007.

Gravelle, Karen, et al. *What's Going On Down There? Answers to Questions Boys Find Hard to Ask*. Walker Childrens, 1998.

Hasler, Nikol. *Sex: A Book for Teens: An Uncensored Guide to Your Body, Sex, and Safety*. Zest Books, 2010. **Explicitly explores queer and gender identity issues!

Kaufmann, Miriam, Silverberg, Cory, and Odette, Fran. *The Ultimate Guide to Sex and Disability: For All of Us Who Live With Disabilities, Chronic Pain, and Illness*. Cleis Press, 2007.

Winks, Cathy, and Semens, Anne. *The Good Vibrations Guide to Sex*.

Resources for advocacy

<http://www.CommunityActionKit.org/> - SIECUS' kit is designed to be used in any community

<http://www.plannedparenthoodaction.org/> - PP's advocacy arm has good current info about the federal level. Sign up for their email alerts!

<http://www.surgeongeneral.gov/library/sexualhealth/call.htm> - *The Surgeon General's Call to Action to Promote Sexual Health and Responsible Sexual Behavior* isn't a practical guide to getting good sex ed in your kid's school, but it is a good foundation document and paradigm shifter.

Levine, Judith. *Harmful to Minors: The Perils of Protecting Children from Sex*. University of Minnesota Press, 2002.

Luker, Kristin. *When Sex Goes to School: Warring Views on Sex and Sex Education Since the Sixties*. W.W. Norton, 2006.

**Most advocacy about sex education happens at the state and local level. Check with your state Planned Parenthood to find out what your state laws regarding sex education allow and how you can get involved.

Curricula and lessons

<http://www.SexEdLibrary.org/> - SIECUS collects effective and accurate lesson plans

<http://www.thenationalcampaign.org/resources/programs.aspx> - the National Campaign to Prevent Teen and Unplanned Pregnancy has a searchable database of programs. You can search by desired outcome, program setting, targeted age group, targeted race/ethnicity, eligibility for federal funding, etc.

<http://www.uua.org/re/owl/> - The Unitarian Universalist Association has a great sex ed curriculum called Our Whole Lives. Well worth checking out!