



## Info Rx

# Sexuality

Healthy sexuality is an important part of child and teen development. Talking openly about sexuality with children and youth helps them to understand their body, emotions and relationships and develop decision-making skills. These resources have been chosen to address ages and stages – younger children, puberty, adolescence and parenting.

**Borrow these books from the FCRC or check your local library!**

### **Talk to Me First: Everything You Need to Know to Become Your Kids' "Go-To" Person about Sex**

*Deborah Roffman*

Kids of all ages are bombarded with age-sensitive material wherever they turn; Roffman utilizes her experience as a sex educator to offer parents strategies to talk to their kid about sexuality.

### **Talk Sex Today: What Kids Need to Know and How Adults Can Teach Them**

*Saleema Noon and Meg Hickling*

Hickling and Noon provide parents with the information they need to talk to their children about sex at any age by addressing the physical, intellectual, emotional, and spiritual aspects of sexuality.

### **For Goodness Sex: Changing the Way We Talk to Teens About Sexuality, Values, and Health**

*Al Vernacchio*

Vernacchio provides tools and insight for adults to talk to youth positively about sex and develop healthy values and safe habits.

### **Girls & Sex: Navigating the Complicated New Landscape**

*Peggy Orenstein*

Girls face a lot of pressure in today's society. This book helps parents and their young adult daughter navigate the complicated world of sexuality.



## **Doing It Right: Making Smart, Safe, and Satisfying Choices about Sex**

*Bronwen Pardes*

This frank and open guidebook has information for teens about many aspects of sex and sexuality.

## **S.E.X.: The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties**

*Heather Corinna*

Teens and young adults deal with many changes in their life. Corinna provides guidance and information in this non-judgmental guide.

## **Sex is a Funny Word: A Book about Bodies, Feelings, and YOU**

*Cory Silverberg*

For children ages 8 to 10, this inclusive comic book has information about bodies, gender, and sexuality.

## **What Makes a Baby**

*Cory Silverberg*

Young children can learn about conception, gestation, and birth in this picture book that works for all family structures, ways of family creation, and parents' gender identity.

## **And Tango Makes Three**

*Justin Richardson and Peter Parnell*

Based on the true story of two penguins from the Central Park Zoo, And Tango Makes Three is the story of two male penguins who hatch an egg together.

*Need more information?*

## **Child Health Information Specialist**

 403-955-7745  [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca)

 [fcrs.ahs.ca/rx/sexuality/](http://fcrs.ahs.ca/rx/sexuality/)

### **Family & Community Resource Centre**

2<sup>nd</sup> Floor, Alberta Children's Hospital  
28 Oki Drive NW, Calgary, AB, T3B 6A8

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