



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.

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.

This list was created by caring Families & Professionals

These resources are available to borrow from:

Family & Community Resource Centre

Alberta Children's Hospital
2888 Shaganappi Trail NW, Calgary, AB

Or check your local library for these resources.

For a list of recommended websites and contributors visit:

frc.ahs.ca/health-information/library/information-prescriptions/sexuality

For more information contact the Child Health Information Specialist
at 403-955-7745 or childhealthinfo@ahs.ca

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