



## TALKING TIPS FOR PARENTS

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- It's never too early or too late to start talking
- Initiate the conversation
- Use everyday moments to bring up topics
- Talk about the positive things you want for your child
- Share your values
- Listen to what your child is saying
- Don't be afraid to laugh
- Be an "askable adult"
- Stay informed about what is being taught at schools, and what is happening in the media
- Talk about it again and again

## BOOKS FOR PARENTS

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*Changing Bodies, Changing Lives*  
Ruth Bell

*From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Youth*  
Debra Haffner

*Sex & Sensibility, The Thinking Parent's guide to Talking Sense About Sex*  
Deborah M Roffman

*Breaking the Hush Factor: Ten Rules for Talking with Teenagers about Sex*  
Dr. Karen Rayne

## BOOKS FOR YOUNG PEOPLE ABOUT PUBERTY AND SEX

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*Sex Is A Funny Word*  
Cory Silverburg

*It's Perfectly Normal: Changing Bodies, Sex and Sexual Health*  
Robie H. Harris

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

*Changing Bodies, Changing Lives: Expanded Third Edition: A Book for Teens on Sex and Relationships*  
Ruth Bell

## ONLINE RESOURCES

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Talking tips and new research about having difficult conversations  
[childrennow.org/parenting-resources](http://childrennow.org/parenting-resources)

Information and resources about media (apps, tv, internet, etc.) for parents  
[cmch.tv/parents/askthemediatrician](http://cmch.tv/parents/askthemediatrician)

Timeline, tips, and resources for talking with your kids. Also available in Spanish  
[talkwithyourkids.org](http://talkwithyourkids.org)

Information about bodies and puberty for kids  
[kidshealth.org](http://kidshealth.org)

A website by teens and for teens with sex ed information  
[sexetc.org](http://sexetc.org)

Inclusive, comprehensive, supportive sexuality and relationship info for teens and young adults  
[scarleteen.com](http://scarleteen.com)