
Suggested

Reading/

Resources

Sexuality Education: for Parents with Pre-Teens and Teens

Books

Many of these books are available through your local public library system.

Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens. Debra Haffner, 2001.

Familyhood: Nurturing the Values that Matter. Dr. Lee Salk, 1992.

From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children. Debra Haffner, 2000.

How to Father a Successful Daughter. Nicky Marone, 1988 (revised 1998).

How to Talk to Teens About Really Important Things – Specific Questions and Answers and Useful Things to Say. Charles E. Schaefer, Ph.D. and Theresa Fay diGeronimo, M.Ed., 1999.

Raising Boys: Why Boys Are Different – and How to Help Them Become Happy and Well Balanced Men. Steve Biddulph, 1998.

The Real Truth About Teens & Sex – from hooking up to friends with benefits – what teens are thinking, doing, and talking about, and how to help them make smart choices. Sabrina Weill, 2005.

Reviving Ophelia: Saving the Selves of Adolescent Girls. Mary Pipher, 1994.

Venus in Blue Jeans: Why Mothers and Daughters Need to Talk About Sex. Nathalie Bartle, Ed.D. with Susan Lieberman, Ph.D., 1998.

When Girls Feel Fat: Helping Girls Through Adolescence. Sandra Susan Friedman, 2000.

Pamphlets

Copies available from Sexuality Education Resource Centre; quantities limited.

Ten ridiculous ideas that could make a grandparent out of you. Planned Parenthood Oklahoma

Wanna Screw . . . With Your Life? The S Team, SERC Brandon

Videos

Available through the Winnipeg Public Library system and SERC.

Talking About Sex: A Guide for Families. Planned Parenthood Federation of America.

Websites

Canadian Federation for Sexual Health: www.cfsh.ca

Families Are Talking (SIECUS): www.familiesaretalking.org

Internet Safety (under Departments click on Police, then Internet Safety):
www.winnipeg.ca/interhom/

Kids Health: www.kidshealth.org

Sexuality Education Resource Centre Manitoba: www.serc.mb.ca

SIECCAN (Sexuality Information and Education Council of Canada): www.sieccan.org

Talking With Kids: www.talkingwithkids.org/local.html