

Resources

Required Materials for the Parent Program

The following materials are needed for teaching the Our Whole Lives program at home, without a congregational, school, or community setting.

American Social Health Association. *Be an Askable Parent: How to Talk with Your Child About Sexuality*. Research Triangle Park, NC: American Social Health Association, 2017.

This easy-to-read booklet details the ABCs of sexuality communication (Be Askable, Build Bridges, Continue to Learn), gives examples of typical situations and teachable moments, and outlines the stages of sexual development from birth to age 16. To order, contact the American Social Health Association, PO Box 13827, Research Triangle Park, NC 27709; 919-361-8400 or online at ashapublications.org/index.php/product/be-an-askable-parent-2/.

For Our Whole Lives for Grades K–1

Brown, Laurie Krasny. *What's the Big Secret? Talking about Sex with Girls and Boys*. Boston: Little, Brown and Company, 2000.

A gentle introduction to the anatomical differences—and similarities—between girls and boys, *What's the Big Secret?* is illustrated with colorful cartoon figures and anatomical drawings and covers such topics as the importance of using correct terminology, sexual curiosity, and the need for privacy. We used pages 4–19 in Session 2, Our Wonderful Bodies, Part 2, to answer the question “What is inside our bodies?” This introduction to male and female genital differences, gender constancy, and sex-role stereotyping encourages gender equity and justice. To make this classic children’s book more inclusive, consider replacing many of the references to “boys and girls” to “children,” when it makes sense to do so. On page 10, omit the first sentence and change the rest to “Most boy bodies have a penis, scrotum, and testicles.” On page 11, change the text to “Most girl bodies have a vulva, clitoris, and vagina. These body parts on boys and girls are called genitals. Some are outside and some are inside; they are all equally important. And it’s important to know that some boys have a vulva, clitoris, and vagina, while some girls have a penis, scrotum, and testicles. The only way to tell whether someone is a boy or a girl is to ask.”

For Our Whole Lives for Grades 4–6

Harris, Robie. *It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health*. Illustrated by Michael Emberley. Cambridge, MA: Candlewick Press, 2014.

This book provides accurate, up-to-date information for tweens and teens regarding such topics as puberty, reproduction, contraception, STIs, Internet safety, and more. It's beautifully illustrated with diverse body types and normalizes different reactions to the information with sidebars from the bird and bee characters.

Additional Resources

The following resources are recommended for further reading and enrichment for young and puberty-age children, parents and families, and professionals.

For Parents

“Parenting Tips: A Tool for Talking about Sex, Introduction from Planned Parenthood of Southwestern Oregon” (available at plannedparenthood.org/planned-parenthood-southwestern-oregon/local-training-education/programs-resources-parents-caregivers)

“Talking to Kids about Sex and Sexuality from Planned Parenthood Federation of America” (available at plannedparenthood.org/parents/talking-to-kids-about-sex-and-sexuality)

For Young Children (Our Whole Lives for Grades K–1)

Early Childhood Sexuality Education Task Force. *Right from the Start: Guidelines for Sexuality Issues, Birth to Five Years*. New York: Sexuality Information and Education Council of the United States (SIECUS), 1995. Available online at siecus.org/pubs/rightfromthestart.pdf.

Frasier, Debra. *On the Day You Were Born*. New York: Harcourt Brace, 2007.

This beautifully illustrated book uses simple language to express welcome to each member of humanity and encourages celebrating birth and conversation about each person's story.

Freeman, Lory. *It's MY Body: A Book to Teach Young Children How to Resist Uncomfortable Touch*. Seattle, WA: Parenting Press, 1984.

This is a classic book for preschoolers about bodies, boundaries, and safe touch.

Girard, Linda Walvoord. *You Were Born on Your Very First Birthday*. Illustrated by Christa Keiffer. Morton Grove, IL: Albert Whitman & Company, 1992.

Clear illustrations show the fetus and the umbilical cord in this loving look at pregnancy and birth, told from the infant's point of view.

Gordon, Sol, and Judith Gordon. *Did the Sun Shine Before You Were Born? A Sexuality Education Primer*. Amherst, NY: Prometheus Books, 1992.

Recommended in Session 7, Birth of a Baby, to impart accurate information about conception and support open communication about sexuality. With an emphasis on family living, this book explains the facts about sex, reproduction, and the birth process in clear, concise language. It includes descriptions of all kinds of families and charcoal illustrations of children and families of different races.

Hammerseng, Kathryn. *Telling Isn't Tattling*. Seattle, WA: Parenting Press, 1995.

Recommended in Session 3, Healthy Bodies, Safe Bodies. This book helps young children and parents/caregivers to distinguish between tattling on someone and seeking needed adult help with a situation, such as a boundary violation or unwanted touch.

Harris, Robie. *Happy Birth Day!* Illustrated by Michael Emberley. Cambridge, MA: Candlewick Press, 2002.

Recommended in Session 6, Babies and Families; Session 7, Birth of a Baby; and Session 8, Celebrations!, to support children's sense of self within their families, communicate the joy that babies bring, and begin discussion about the birth process. *Happy Birth Day!* describes a baby girl's first day in the world. The warm, first-person text and naturalistic illustrations convey the love and joy parents feel at the birth of a child.

Hindman, Jan. *A Very Touching Book . . . for Little People and for Big People*. Lincoln City, OR: Alexandria Associates, 1998.

Recommended in Session 3, Healthy Bodies, Safe Bodies. Illustrated with colorful cartoons, this book talks lovingly about good touching, bad touching, secret touching, and touching that makes us feel both "good and bad." Through a series of riddles (potentially confusing touch situations for children to think about), the book reinforces the idea that our bodies are special and private and that uninvited touching will stop if you tell someone.

Ingoglia, Gina. *Look Inside Your Body*. New York: Grosset & Dunlap, Inc., 1998.

Recommended in Session 1, Our Wonderful Bodies, Part 1; and Session 2, Our Wonderful Bodies, Part 2. This book introduces young children to the ways in which the human body works. Peeking through pages filled with intriguing die-cut holes, children can learn what happens to the food they eat, why they have bones and muscles, what makes boys and girls different, and how all the organs work together.

Jenness, Aylette. *Families: A Celebration of Diversity, Commitment, and Love*. Boston: Houghton Mifflin Company, 1993 (out of print).

Recommended in Session 4, Families, and Session 5, Families and Feelings. This book depicts a variety of family configurations and affirms all kinds of caring families and homes. The message is that no one kind of family is better than another and a family is a place where people love, care for, and share with one another.

Jimenez, Karleen Pendleton. *Are You a Boy or a Girl?* Toronto: Green Dragon Press, 2000.

With engaging illustrations, this book enters the timeless children's debate over what makes a boy a boy and a girl a girl and opens up the conversation. It is a story of a child thinking through who she is and learning through her mother's love how to be both strong and soft, embracing many new ways to express herself.

Joose, Barbara. *I Love You the Purplest*. San Francisco: Chronicle Books, 1996.

Recommended in Session 4, Families, and Session 5, Families and Feelings. In this story, a mother answers one of the timeless questions siblings ask their parents, "Who do you love the best?" The mother responds to her two boys wisely, creatively, and so lovingly that each accepts that she loves him uniquely and completely.

Knight, Margy Burns. *Welcoming Babies*. Gardiner, ME: Tilbury House Publications, 2003.

Recommended in Session 8, Celebrations!, to convey the joy that new life brings and to support family diversity. *Welcoming Babies* shows how newborns are celebrated around the world in a variety of cultures and religions. The simple text, enhanced with color illustrations, describes each culture's welcoming tradition.

Koehler, Phoebe. *The Day We Met You*. New York: Alladin Paperbacks, 1997.

Recommended in Session 4, Families, and Session 5, Babies and Families, and to explain the adoption experience to young children. *The Day We Met You* is a mom and dad's account of the exciting day when they adopted their baby.

Kroll, Virginia. *Beginnings: How Families Come to Be*. Morton Grove, IL: Albert Whitman & Co., 1994.

Recommended in Session 4, Families, and Session 5, Families and Feelings. This book introduces children to six different family compositions and discusses how these families developed, covering birth families and various kinds of adoptive families.

Mayle, Peter. *Where Did I Come From? The Facts of Life Without Any Nonsense and with Illustrations*. Secaucus, NJ: Lyle Stuart, 2000.

Recommended in Session 6, Babies and Families, and Session 7, Birth of a Baby, to impart accurate information and support open communication about sexuality. Using cartoon figures and humorous but dense text, *Where Did I Come From?* explains anatomy, intercourse, orgasm, fertilization, pregnancy, and birth. Children may not understand the analogies; it may be preferable to show the illustrations and paraphrase the text or read selectively.

Merrifield, Margaret. *Come Sit by Me*. Markham, Ontario: Fitzhenry and Whiteside, 1998.

Set in a typical pre-K or kindergarten classroom, this story depicts the ostracism that children and adults with HIV/AIDS often face. The back pages have useful facts about the disease.

Newman, Leslea. *Heather Has Two Mommies*. Los Angeles: Alyson Publications, 2000.

This is a fairly complex story of a lesbian couple who fall in love, live together, and decide to have a child through alternative insemination. The text is more appropriate for older children beginning to question how a child can be born “without a father,” but the story could be paraphrased for younger children who can enjoy the black-and-white illustrations showing the caring relationship between parents and child and the diverse racial and ethnic groups that are pictured.

Nilsson, Lennart, and Lena Katarina Swanberg. *How Was I Born? A Child's Journey Through the Miracle of Birth*. New York: Dell Publishing, 1996.

Recommended in Session 6, Babies and Families, and Session 7, Birth of a Baby, this book conveys accurate information about pregnancy and the wonder of human life. In this revised edition of the classic best-seller on life before birth, *A Child Is Born*, two children await the birth of their baby brother. Breathtaking color photographs of fetal development accompany photos of the children's daily lives. Younger children may be satisfied with the italicized text told from the sister's point of view. The non-italicized explanations of fetal development can be read to or by an older child.

Payne, Lauren Murphy. *Just Because I Am: A Child's Book of Affirmation*. Minneapolis: Free Spirit Publishing, 1994.

Recommended for the Parent/Child Orientation Program and throughout Our Whole Lives: Sexuality Education for Grades K–1 to nurture and strengthen children's faith in themselves. This book builds self-esteem and self-empowerment with simple, warm affirmations and colorful, gentle illustrations.

Schoen, Mark. *Bellybuttons Are Navels*. Charleston, SC: Booksurge Publishing, 2008.

Recommended in Session 1, Our Wonderful Bodies, Part 1, to discuss accurate terms for female and male genitals and foster comfort in talking openly about the human body. While taking a bath together, a brother and sister talk about their physical similarities and differences and name their body parts, including genitals. The text is simple and straightforward.

Silverberg, Cory. *What Makes a Baby*. Salem, OR: Triangle Square, 2013.

Recommended in Session 6, Babies and Families; Session 7, Birth of a Baby; and Session 8, Celebrations!, to support children's self-esteem and celebrate the joy that new life brings. This is a very inclusive book about what it takes to make a baby (an egg, a sperm, and a uterus). It encourages readers to discuss how an egg, sperm, and uterus came together to create them. Also available in Spanish.

Simon, Norma. *All Kinds of Families*. Morton Grove, IL: Albert Whitman & Company, 1976.

Recommended in Session 4, Families, and Session 5, Families and Feelings, for validating each child's family configuration, affirming the central role of the family, and arriving at an inclusive definition of family. Text and illustrations focus on what a family is and how families can come in many different forms and life-styles. The message is that family members love each other.

Stinson, Kathy. *Bare Naked Book*. Buffalo, NY: Firefly Books, 1988.

Recommended in Session 1, Our Wonderful Bodies, Part 1. This is an excellent introduction to parts of the body from head to toe, including the genitals. Realistic illustrations highlight a specific part of the body on each page and depict family members going about their daily activities. Captions reinforce correct terminology.

For Puberty-Age Children (Our Whole Lives for Grades 4–6)

Bailey, Jacqui. *Sex, Puberty, and All That Stuff: A Guide to Growing Up*. Hauppauge, NY: Barron's Educational Series, 2016.

In teen-friendly language, Jacqui Bailey discusses everything from sexual anatomy and puberty to social issues including crushes, dating, controlling parents, kissing, sexual feelings, sexual activity, contraception, pregnancy, sexually transmitted infections, social media, online safety, body image, sexual orientation, and gender identity.

Harris, Robie. *It's So Amazing: A Book About Eggs, Sperm, Birth, Babies, and Families*. Illustrated by Michael Emberley. Cambridge, MA: Candlewick Press, 2004.

This book provides clear, accurate information for children about sex and sexuality. Illustrated in comic-book style, it includes many questions children commonly have about how babies are made, bodies, and more.

Metzger, Julie, and Rob Lehman. *Will Puberty Last My Whole Life?* Seattle, WA: Sasquatch Books, 2012.

This book offers honest, accurate, reassuring answers to questions from different genders about bodies, puberty, acne, bras, feelings, sex, friends, and more.

Silverberg, Cory, and Fiona Smyth. *Sex Is a Funny Word*. Salem, OR: Triangle Square, 2015.

Children in grades 2–6 will enjoy this fun book with inclusive drawings that normalize all kinds of bodies, genders, and relationships. The colorful cartoon children explore what the word *sex* means through conversations with their teachers, friends, and family members. The book encourages children to think for themselves and discuss the book with trusted adults. The text does not address sexual intercourse but does address concepts that build a foundation for more challenging topics as children mature.

For Those with Female Anatomy or Who Identify as Girls

Gravelle, Karen, and Jennifer Gravelle. *The Period Book: Everything You Don't Want to Ask (But Need to Know)*. New York: Walker Publishing, 2006.

Written by an aunt and her 15-year-old niece, this conversational, practical little book answers frequently asked questions like, "What does it feel like to wear a pad?" and "What if I get my period at school?" *The Period Book* addresses the physical, emotional, and social changes that come with having a period, as well as skin changes, mood swings, and new expectations from friends and family.

Loulan, JoAnn, and Bonnie Worthen. *Period: A Girl's Guide*. Volcano, CA: Volcano Press, 2001.

The authors address puberty and menstruation from a positive perspective. The book includes diagrams of the inside and outside of the body to illustrate what happens during menstruation, as well as a parent's guide to beginning conversations about puberty.

Madaras, Lynda, Area Madaras, and Maria Herman Giddens. *What's Happening to My Body? Book for Girls*. New York: Newmarket Press, 2007.

For ages 10 and up, this guide addresses the female body's changing size and shape, the growth spurt, breast development, reproductive organs, menstrual cycle, body hair, diet and exercise, romantic and sexual feelings, and puberty in males. It also includes information on anorexia and bulimia, sexually transmitted infections, AIDS, and birth control, as well as illustrations and an introduction for parents.

Madaras, Lynda, and Area Madaras. *My Body, My Self for Girls: The "What's Happening to My Body?" Workbook*. New York: Newmarket Press, 2007.

This journal includes information, quizzes, checklists, games, and more to help girls understand changes occurring with their bodies and emotions during puberty.

Madison, Lynda. *The Feelings Book (Revised): The Care and Keeping of Your Emotions*. Middleton, WI: American Girl Publishing, 2013.

This book provides information for girls about how to understand and deal with emotions during puberty in healthy and creative ways.

Metzger, Julie. *This Is Me—A Girl's Journal*. Seattle, WA: Sasquatch, 2014.

This guided journal is geared toward preteen girls. It includes advice, quotes, and useful information, in addition to thoughtful questions and encouraging messages.

Natterson, Cara. *The Care and Keeping of You 2: The Body Book for Older Girls*. Middleton, WI: American Girl Publishing, 2013.

Geared for girls ages 10 and up, this book answers questions about the emotional and physical changes of growing up.

Schaefer, Valorie. *The Care and Keeping of You 1: The Body Book for Younger Girls, Revised*. Middleton, WI: American Girl Publishing, 2012.

Geared for girls ages 8 and up, this book deals in an age-appropriate way with body changes associated with the onset of puberty, such as acne, bras, body odor, and so on.

For Those with Male Anatomy Who Identify as Boys

American Medical Association. Middleman, Amy, ed. *Boy's Guide to Becoming a Teen: Getting Used to Life in Your Changing Body*, edited by Amy Middleman. San Francisco: Jossey-Bass, 2006.

This book answers common questions about health for boys, including information about nutrition, body image, skin care, relationships, and reproduction.

Gravelle, Karen. *What's Going on Down There? Answers to Questions Boys Find Hard to Ask*. New York: Bloomsbury USA, 2017.

This is an illustrated book with sensitive information for people with boys' bodies about male puberty. It also includes information about female puberty and has been updated with information regarding body image and social media.

Madaras, Lynda, and Area Madaras. *My Body, My Self for Boys: The "What's Happening to My Body?" Workbook*. New York: Newmarket Press, 2007.

For ages 10 and up, this book provides information about the male body's changing size and shape, diet and exercise, the growth spurt, reproductive organs, body hair, voice changes, romantic and sexual feelings, and puberty in female bodies. It also includes information on steroid abuse, acne treatment, sexually transmitted infections, AIDS, and contraception, as well as illustrations and an introduction for parents.

For Parents, Caregivers, and Families

Bass, Ellen, and Kate Kaufman. *Free Your Mind: The Book for Gay, Lesbian, and Bisexual Youth—and Their Allies*. New York: HarperCollins, 1996.

This resource for LGB youth, families, and allies includes information regarding coming out, resources, and support, in addition to staying sexually healthy.

Boenke, Mary, ed. *Trans Forming Families: Real Stories About Transgendered Loved Ones*. 2nd edition. New Castle, DE: Oak Knoll Press, 2003.

This resource is full of information about many types of trans identities for those wishing to understand more about people who identify as transgender. Includes a section for spouses/partners whose partner/spouse has transitioned.

Deak, J., and T. Barker. *Girls Will Be Girls: Raising Confident and Courageous Daughters*. New York: Hyperion, 2003.

This book includes brain research to identify ways for parents to help encourage girls in healthy emotional and physical development.

Gossart, Mary. *There's No Place Like Home . . . for Sex Education*. Eugene, OR: Planned Parenthood of SW Oregon, 2015.

This is an age-by-age guide to typical questions and possible parental responses to children and teens regarding sexuality.

Kastner, Laura, and Jennifer Wyatt. *Getting to Calm: Cool-headed Strategies for Parenting Tweens and Teens*. Seattle, WA: Parent Map, 2009.

This book informed by brain research offers strategies for setting limits and remaining loving in relationships with teens.

Roffman, Deborah. *Talk to Me First: Everything You Need to Know to Become Your Kids' Go-to Person about Sex*. New York: Perseus Publishing, 2012.

Parents can partner with schools to offset media and advertising message about sexuality by employing sexuality educator Deborah Roffman's advice to focus on affirmation, information, clarity about values, setting limits, and anticipatory guidance.

Vernacchio, Al. *For Goodness Sex: Changing the Way We Talk to Teens About Sexuality, Values, and Health*. New York: Harper Wave, 2014.

With experience honed in high school classrooms over two decades, Vernacchio addresses the fact that adolescents and teens know more about sexuality than their parents think they do, yet less than they really know. This book offers parents a progressive and realistic way to have important conversations.

Haffner, Debra. *From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children, from Infancy to Middle School*. New York: Newmarket Press, 2008.

This parenting guide helps parents identify and share their sexuality values with their children through values exercises, tips for discussing difficult topics, and ways to recognize teachable moments (entry points into conversations).

SIECUS. National Guidelines Task Force. *Guidelines for Comprehensive Sexuality Education, Kindergarten–12th Grade*. New York: Sexuality Information and Education Council of the United States (SIECUS), 2004. Available online at siecus.org/pubs/guidelines/guidelines.pdf.

