

RESOURCES FOR USE WHEN OUR WHOLE LIVES PROGRAMS ARE ON HOLD

BOOKS

Grades K-1

Neither by Airlie Anderson

Uncle Willy's Tickles by Marcie Aboff

A Family Is A Family Is a Family by Sara O'Leary

Nine Months: Before a Baby is Born by Miranda Paul

What Makes a Baby, by Cory Silverberg

These are My Eyes, This is My Nose, This is My Vulva, These are My Toes, by Lexx Brown James

Grades 4-6

It's Perfectly Normal, Robie Harris

Sex is a Funny Word, Cory Silverberg

Nonnie Talks About..., a book series for grades 3-8, by Mary Jo Podgurski (topics include trauma, grief, death, puberty, race, child abuse prevention, consent, pregnancy and birth, gender, and sex)

Grades 7-9

(The developmental stage of an individual may make books listed for either or both grades 7-9 and 10-12 of interest)

GLBTQ: The survival guide for gay lesbian, bisexual, transgender and questioning teens, by Kelly Huegel

My New Gender Workbook, by Kate Bornstein

Sexual Etiquette 101 & More, by Robert Hatcher, Sharon Rachel & Christian Thrasher

The Teenage Body Book, by Kathy McCoy & Charles Wibbelsman

Wait, What? A comic book guide to relationships, bodies, and growing up, by Heather Corinna & Isabella Rotman

Grades 10-12

(The developmental stage of an individual may make books listed for either or both grades 10-12 and Young Adult of interest)

Beyond Magenta: Transgender Teens Speak Out, by Susan Kuklin

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

Young Adults

Girlsex 101, by Allison Moon & KD Diamond (gender-inclusive for anyone with a vulva or partnered with someone with a vulva)

Guide to Getting It On, Paul Joannides

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

Adults and Older Adults

The Sex & Pleasure Book: Good Vibrations Guide to Great Sex for Everyone, by Carol Queen, Ph.D. and Shar Rednour

Guide to Getting It On, Paul Joannides
Naked at Our Age: Talking Out Loud About Senior Sex, by Joan Price
Our Bodies, Ourselves: Menopause, by the Boston women's Health Book Collective
The Joy of Gay Sex, Revised & Expanded Third Edition, by Charles Silverstein and Felice Picano

Parents and Caregivers

Sex Ed is in Session, by Mary Jo Podgurski
For Goodness Sex, by Al Vernacchio
There's No Place Like Home...for Sex Education, by Mary Gossart

Web Resources

Great Conversations <https://bit.ly/3fzQcso>

Classes for preteens, teens and their families on puberty, sexuality, communication, decision-making and other important topics surrounding adolescents. Supports parents as primary sexuality educators and offers additional resources to initiate and maintain these important conversations about growing up.

Amaze.org <https://amaze.org>

Brief, animated, entertaining videos for young adolescents about puberty, reproduction, relationships, sex and sexuality.

Justice and Peace Consulting <https://bit.ly/2zpXiiU>

Book recommendations from sexuality education consultant, OWL Trainer, and justice consultant CB Beal.

Unitarian Universalist Association, COVID-19 Response for Families

Resources for Talking with Children: <https://bit.ly/3fAbSEK>

United Church of Christ, Health & Wholeness in the Midst of COVID-19 <https://bit.ly/3ctlf7e>

Information on possible effects of COVID-19 on people who use drugs, people with mental health challenges, people with disabilities, and domestic violence survivors.