

Resources for Parents: Student Sexual Development

Excellent tips and free books are available online to help parents talk with their child about sexuality and about sex. The following resources were identified by an interdisciplinary group of professionals. Inclusion here does not signify endorsement of the information or the organizations by the New Jersey Department of Education.

When a parent wants to know...is my child normal?

Resources for Parents: Growth and Development at <http://kidshealth.org/parent/growth/>

KidsHealth from Nemours Foundation provides health information for parents of pre-teens and teens including information on sexual development.

Parenting at <http://www.aap.org/healthtopics/parenting.cfm>

The American Academy of Pediatrics provides text and short audio files called *A Minute for Kids* with information for parents on normal developmental fears, dating and teen pregnancy.

When a parent wants to know...what is the single most effective way to prevent problems?

Monitoring Your Teen's Activities: What Parents and Families Should Know

At <http://www.cdc.gov/healthyouth/adolescenthealth/monitoring.htm>

The Centers for Disease Control and Prevention, Division of Adolescent and School Health provides a four-page guide for parents on how to effectively monitor children and teens, and why it matters so much.

When a parent wants to know...how do I talk with my child about sexuality?

For Parents at <http://www.thenationalcampaign.org/parents/default.aspx>

The National Campaign to Prevent Teen and Unplanned Pregnancy provides booklets for download including tips and information on what teens want to know.

How to Talk with Your Children about Sex at <http://www.plannedparenthood.org/parents/how-talk-your-child-about-sex-4422.htm>

Planned Parenthood Federation of America provides short videos and text including tips, teachable moments, simple steps for responding to questions and information about children's developmental needs at various stages.

Conversation Generation at <http://www.hhs.gov/ash/oah/resources-and-publications/info/parents/>

The Office of Adolescent Health of the U.S. Department of Health and Human Services provides information on many aspects of teen health, including ideas for parents on how to talk with their child about sex .

Parent's Sex Education Center at <http://www.advocatesforyouth.org/parents-sex-ed-center-home?task=view>

Advocates for Youth provides sections on growth and development, advice from parenting experts and how to get conversations started. Material also includes tips on how to talk with your child's teacher about a sexual issue and tips for talking about sexuality with your child who has developmental disabilities.

Talking with Kids About Tough Issues at http://www.childrennow.org/index.php/learn/talking_with_kids/

Kaiser Family Foundation and Children Now provide a booklet in English and Spanish with tips for talking about tough issues including sex, HIV/AIDS, violence and drugs.

Talking to Your Kids at <http://www.ashastd.org/parents.html> and companion site: <http://www.iwannaknow.org>

The American Social Health Association provides tips for being an askable parent and for preparing for conversations about sexuality. Includes advice on how to support a gay, lesbian or bi-sexual teen. The *I Wanna Know* site, designed for teens, includes information that can be helpful to parents.

Coming Out Help for Family and Friends at <http://community.pflag.org>

Parents, Families and Friends of Lesbians and Gays (PFLAG) provides text and links to other sites including things to do and not do in communicating with a lesbian, gay, bi-sexual, transgender or questioning child.

There's No Place Like Home...For Sex Education at <http://www.noplacelikehome.org>

Planned Parenthood of Southwestern Oregon provides suggestions organized by grade level.