

Berenstain, Stan & Jan

HOW TO TEACH CHILDREN ABOUT SEX WITHOUT MAKING A COMPLETE FOOL OF YOURSELF

Ballantine Books, 1970

Humorous, but truthful, account of "family life education", this book will provide parents with a light hearted approach to teaching children the facts of life.

Moss, Kate & Blaha, Robbie

INTRODUCTION TO SEXUALITY EDUCATION FOR INDIVIDUALS WHO ARE DEAF-BLIND AND SIGNIFICANTLY DEVELOPMENTALLY DELAYED

DB-Link (The National Info Clearinghouse on Children who are Deaf), 2001

This guide includes chapters on sex education, modesty, appropriate touch and boundaries, menstruation, health care & abuse. Interventions and resources for each chapter are also included.

Brill, Stephanie & Pepper, Rachel

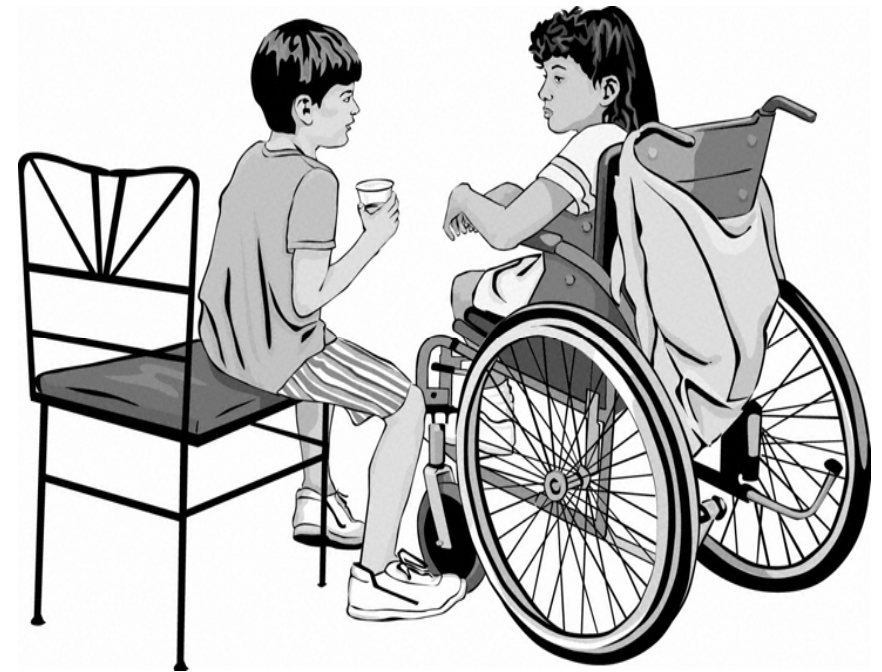
THE TRANSGENDER CHILD: A HANDBOOK FOR FAMILIES AND PROFESSIONALS

Cleis Press, 2008

What do you do when your son wants to wear a dress to school? Your daughter's first sentence is that she is a boy? This is the "must read" guide for families, answering developmental, legal, medical and school issues for raising their children who are transgendered.

NH Family Voices

Books On Sexuality with Respect to Disabilities



NH Family Voices

(603) 271-4525 or toll free in NH

1-800-852-3345 Ext. 4525

www.nhfv.org

NH Family Voices has available the following books in the lending library. Books for children and adolescents are marked with a ♥.

NOTE: Although some of these books are recommended for children and adolescents, we recommend that parents look over the material before giving to their child.

Books are sent through the mail with return postage. Call NH Family Voices at 1-800-852-3345 X 4525 or 271-4525

♥ Madaras, Lynda

THE WHAT'S HAPPENING TO MY BODY? BOOK FOR GIRLS

Newmarket Press, 1988

Written in a comfortable, non-judgmental tone suitable for nine to fifteen year olds. This book covers the body's changing size, shape and all aspects of puberty.

♥ Madaras, Lynda

THE WHAT'S HAPPENING TO MY BODY? BOOK FOR BOYS

Newmarket Press, 2007

Written in a comfortable, non-judgmental tone suitable for nine to fifteen year olds. This book covers the body's changing size, shape and all aspects of puberty.

♥ Girard, Linda Walvoord

MY BODY IS PRIVATE

Albert Whitman and Company, 1984

This book helps to explain to children the difference between proper and improper touching. This is done by telling a story in which a little girl named Julie goes through many experiences of touching and identifies those that are good and those that are bad. Ages 6-10.

♥ Gravelle, Karen

WHAT'S GOING ON DOWN THERE? ANSWERS TO QUESTIONS BOYS FIND HARD TO ANSWER

Walker and Company, 1998

Answers questions about puberty for boys. Also has a section on puberty for girls to help boys understand what they are going through as well.

JANET'S GOT HER PERIOD

Bluestone, Media, 1991

A video and instruction book featuring a young woman with Down Syndrome. Explains a method of teaching self care and hygiene when having a period.

Schwier, Karen Melberg

COUPLES WITH INTELLECTUAL DISABILITIES TALK ABOUT LIVING AND LOVING

Woodbine House, Inc., 1994

Provides first hand accounts from people with disabilities on how they found companionship and love. This book will open the hearts and minds of parents, caregivers and advocates and help them break down the barriers that keep people with disabilities isolated and lonely.

Shea, Victoria PhD & Gordon, Betty PhD

GROWING UP: A SOCIAL AND SEXUAL EDUCATION PICTURE BOOK FOR YOUNG PEOPLE WITH MENTAL RETARDATION

Clinical Center for the Study of Development and Learning, 1984, 1991

For parents and teachers to read to children or students, this book gives basic information intended to give students a clearer understanding of their developing bodies, appropriate social behavior and ways of protecting their personal safety. Clear illustrations that make discussion easy.

PATIENT/PARENT SUPPORT KIT: FOR PRECOCIOUS PUBERTY

TAP Pharmaceuticals, 1999

Kit includes a reassuring book for children, a "Terry too soon" doll, and a pamphlet for parents.

A FAMILY GUIDE TO CENTRAL PRECOCIOUS PUBERTY

TAP Pharmaceuticals, 1999

Three families, whose children are at different stages of diagnosis and treatment, share concerns, questions, and provide encouragement.

Kempton, Winifred MSS; Bass, Medora S. MA and Gordon, Sol PhD
LOVE, SEX AND BIRTH CONTROL FOR MENTALLY HANDICAPPED PEOPLE: A GUIDE FOR PARENTS

Planned Parenthood Southeastern Pennsylvania, 1985

Advise on how parents can prepare their young person with mental retardation for adulthood, teach them to be able to respond appropriately to love and affection and how to be capable of responsible sexual expression.

Melberg Schwier, Karen & Hingsburger, Dave
SEXUALITY- YOUR SONS AND DAUGHTERS WITH INTELLECTUAL DISABILITIES

Paul H Brookes Publishing Co, 2000

Shared experiences by parents on raising a child with intellectual disabilities and their coming into their own sexuality.

Meadours, Joe

HEALTHY RELATIONSHIPS AND SAFE SEX: TIPS FOR SELF ADVOCATES

Joe Meadours, 2006

Written by a self advocate with a developmental mental disability, this book provides a nice overview of how to have a healthy relationship, how to be safe. Often refers individual to discuss matters with physician as well.



♥ Gravelle, Karen & Jennifer

THE PERIOD BOOK - EVERYTHING YOU DON'T WANT TO ASK (BUT NEED TO KNOW)

Walker and Company, 1997

Down to earth and practical book that answers any questions you can think of. How it feels, how to choose pads, tampons, and how to talk to your parents about it! Fun cartoons and easily understood material.



♥ Jukes, Marvis

IT'S A GIRL THING: HOW TO STAY HEALTHY, SAFE AND IN CHARGE

Alfred A Knopf, Inc., 1996

A book for every preteen girl, about her changing body and life. A funny, genuine, straight forward book that will answer questions about puberty, sexuality and just plain girl things.

♥ Siegel, Peggy C.

CHANGES IN YOU: FOR BOYS

Family Life Education Associates, 1991, 1994

A clearly illustrated, simply worded explanation of the body changes during puberty. Presented in a very positive manner that provides information to help young boys feel good about themselves and stay happy, safe and healthy.

♥ Siegel, Peggy C.

CHANGES IN YOU: FOR GIRLS

Family life Education Associates, 1991, 1994

A beautifully illustrated, simply worded, explanation of the body changes during puberty. Presented in a very positive manner that provides young girls with information to help understand and appreciate themselves and stay healthy, safe and happy.

♥ Freeman, Lori

LOVING TOUCHES - A BOOK FOR CHILDREN ABOUT POSITIVE, CARING KINDS OF TOUCHES

Parenting Press, 1986

Informs children about appropriate kinds of touching. Shows children ways to ask for and receive loving touches and teaches respect for one's own and other's bodies. Children 6-12

♥Freeman, Lory

IT'S MY BODY

Parenting Press, Inc., 1982, 1994

Teaches how to resist uncomfortable touch. It is important for parents & teachers to foster independence in young children by teaching effective means for coping with situations. Provides children an assertive stance for control of their own bodies.

♥ Aboff, Marie

UNCLE WILLY'S TICKLES

Magination Press, 1996

A young boy does not like the way his uncle keeps tickling him and with his mother's reassurance, he has the courage to ask him to stop. Includes notes for parents on how to use the story in discussing "good and bad touch".

Randall-David, Elizabeth PhD

GET REAL! AND BE SAFE!

National Hemophilia Foundation, 1991

This publication provides information pertaining to sex and AIDS. It's full of information and ideas about how you can deal with HIV and in a way that is okay. Presented in a magazine format that is easy to read and humorous.

BECOMING AN ASKABLE PARENT: HOW TO TALK TO YOUR CHILD ABOUT SEXUALITY

American Social Health Association, 1994

This booklet is about the ways you can teach you child about sexuality.

Harris, Robie H.

IT'S PERFECTLY NORMAL: CHANGING BODIES, GROWING UP, SEX & SEXUAL HEALTH

Candlewick Press, 1994, 1996

Provides accurate, unbiased answers to nearly every conceivable question, from conception and puberty to birth control and AIDS. Offers young people the real information they need to make responsible decisions and to stay healthy. Informative and interesting.

Enright, Rick, BA, MSW

CAUTION - DO NOT OPEN UNTIL PUBERTY: AN INTRODUCTION TO SEXUALITY FOR YOUNG ADULT WITH DISABILITIES

Carter's Printing of London, LTD., Devijer House, 1995

This book is an attempt to break the "Conspiracy of silence" which seems to prevent an open discussion of sexuality with disabled adolescents and their families.

Fegan, Lydia MA; Rauch, Anne BA and McCarthy, Wendy

SEXUALITY AND PEOPLE WITH INTELLECTUAL DISABILITIES

Paul H. Brookes Publishing Co. Inc., 1993

This refreshing direct resource provides practical suggestions on issues related to sexuality and people with intellectual disabilities. Equips parents and caregivers with candid accurate information about all aspects of sexual development.

Maksym, Diane Ed

SHARED FEELINGS, A PARENTS GUIDE TO SEXUALITY EDUCATION FOR CHILDREN, ADOLESCENTS AND ADULTS WHO HAVE A MENTAL HANDICAP

The G. Allan Toeher Institute, 1990

A parents guide on the developing sexuality and issues faced when a child begins puberty. Many anecdotal writings that bring the issues into reality.

Gillooly, Jessica B. PhD.

BEFORE SHE GETS HER PERIOD - TALKING WITH YOUR DAUGHTER ABOUT MENSTRUATION

Perspective Publishing, 1998

This will help parents talk about body changes, pads, tampons, cramps, mood swings and what to do when it begins at school. Exercises and activities get parents talking with their daughters and there are tips on exactly what to say.

