

***PENNFIELD SCHOOL DISTRICT (K-12) PARENT RESOURCE LIBRARY  
FOR HUMAN SEXUALITY EDUCATION***

*High School Media Center  
8299 Pennfield Road  
Battle Creek, MI 49017*

<b><u>Title</u></b>	<b><u>Author</u></b>
<b><u>A Fine Young Man: What Parents, Mentors, and Educators Can do to Shape Adolescent Boys into Exceptional Men</u></b>	Michael Gurian
Building on his first guide, <u>The Wonder of Boys</u> , focuses on the development of an adolescent male. He writes about the need of parents and elders in the lives of young men even though they might appear to be self-sufficient. (2 copies)	
<b><u>Body Talk: Straight Facts of Fitness, Nutrition, &amp; Feeling Great about Yourself</u></b>	Ann Douglas & Julie Douglas
<u>Body Talk</u> offers straightforward information on health for a younger female audience. The subjects covered in this title range from aspects of life during adolescence to explaining the development of young adulthood for girls.	
<b><u>Chicken Soup for the Parent's Soul</u></b>	J.Canfield, M.V. Hansen, K.Kirkberger, and R. Aaron
Developed to appeal to all types of parents, this Chicken Soup edition contains stories from celebrities and other parents, on topics such as special moments, a mother's love, and overcoming obstacles that come with raising a child. By sharing experiences, this book offers inspiration and guidance through some of the most influential times. (2 copies)	
<b><u>Chicken Soup for the Teenage Soul on Love &amp; Friendship</u></b>	J. Canfield, M.V. Hansen, K. Kirkberger
Love and friendship are top priorities for nearly everyone, but especially teenagers. The stories in this book are about relationships and the lessons we learn from them.	
<b><u>Cyberbullying and Cyberthreats</u></b>	Nancy E. Willard
This book address real-life online risks students face as they embrace the Internet and other digital technologies.	

<b><u>Title</u></b>	<b><u>Author</u></b>
<b><u>Cyber-Safe Kids, Cyber-Savvy Teens</u></b>	Nancy E. Willard
This book provides need-to-know information about online dangers, and the author gives practical parenting strategies necessary to help children and teens learn to use the Internet safely and responsibly.	
<b><u>Fifty two Ways to Protect your Teen</u></b>	Susie Vanderlip, CSP
This book shows teens and adults how to let down their guard and practice listening and responding, even in the toughest of situations.	
<b><u>From Diapers to Dating: A Parent’s Guide to Raising Sexually Healthy Children (2<sup>nd</sup> Ed.)</u></b>	Debra W. Haffner
This book provides assistance to parents with children becoming curious about sexuality to help them through each stage of sexual education. It helps the reader decide what values are important and how to teach those values appropriately.	
<b><u>Girl Stuff: A Survival Guide to Growing Up</u></b>	Margaret Blackstone & Elissa Haden
This guide for girls explains both the physical and psychological aspects of growing up. It covers everything from body and hormonal changes, to self-protection, to the emotions one might experience as an adolescent. <b>(2 copies)</b>	
<b><u>Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too! (2<sup>nd</sup> Ed.)</u></b>	Kathy J. Kater
With objectives, background research, and discussion questions, this book will help parents teach their children to develop an identity based on inner strengths not appearance, understand normal weight gain during puberty, respect genetic diversity of body size and shape, and develop incentives for healthy eating habits and active lifestyles.	
<b><u>Intuitive Eating: A Revolutionary Program that Works,</u></b> Revised and Updated	Evelyn Tribole, M.S., R.D., & Elyse Resch M.S., R.D., F.A.D.A
This guide presents a nutrition program that focuses on nurturing rather than starving the body as a way to lose weight and lead a healthy lifestyle. This dieting program focuses on rediscovering the joys of eating and rebuilding body image.	
<b><u>It’s Better to Build Boys than Mend Men</u></b>	S. Truett Cathy
Filled with stories illustrating principles such as discipline, trust, generosity, and peer pressure, this book lays out a simple model for adults attempting to reach out to youth. It challenges the reader to allow God to work through each person to change the life of a child.	

<b><u>Title</u></b>	<b><u>Author</u></b>
<b><u>Letters from Dad: Unlock the Secret to Leaving a Lasting Legacy for Your Children and Grandchildren</u></b>	Greg Vaughn & Fred Holmes
<p>Letters from Dad helps fathers and grandfathers leave something of value and love to the ones they'll leave behind. Vaughn illustrates the importance of writing to loved ones so that they will have something special to which to remember them.</p>	
<b><u>Making Weight: Men's Conflict with Food, Weight, Shape, and Appearance</u></b>	A. Adnersen, M.D., L. Cohn, M.A.T., & T. Holbrook M.D.
<p>This book describes some of the weight-related problems that plague modern men, explores the differences between men and women as they relate to weight, explores the attraction between sexes, looks at concerns about appearance, discusses biology and genetics, and offers recommendations for healthy living.</p>	
<b><u>"Mom, I Feel Fat!": Becoming Your Daughter's Ally in Developing a Healthy Body Image</u></b>	Sharon A. Hersh
<p>In this guide for mothers, Hersh covers the importance of helping a child to develop a healthy body image and how to get through the tough spots of body image in adolescence. She writes about the mental health of teens and the development of eating disorders.</p>	
<b><u>More Speaking of Sex: What Your Children Need to Know and When They Need to Know it</u></b>	Meg Hickling
<p>Hickling's book helps parents coast through the stages of sexual education with children. It discusses the steps that children make to becoming sexually aware and teaches parents how to help them through it.</p>	
<b><u>'My Body, My Self' for Boys: A Workbook for Preteens and Teens</u></b>	Lynda Madaras & Area Madaras
<p>A fact-filled and fun workbook created especially for 8-15 year old boys as the companion to <u>The "What's Happening To My Body?" Book for Boys</u>. Packed with drawings, cartoons, games, checklists, quizzes, and innovative exercises, this helpful workbook includes special sections on the body, body image, height, weight, growing size and shape, hair, voice changes, perspiration, pimples, reproductive organs, sexuality, emotional problems of puberty, diet, and health.</p>	
<b><u>'My Body, My Self' for Girls: A Workbook for Preteens and Teens</u></b>	Lynda Madaras & Area Madaras
<p>Fact-filled and fun-filled, this journal/activity book includes letters from kids to answer the questions girls age 9-15 have about growing up. Illustrated with drawings, cartoons, and photos, this workbook includes quizzes, exercises, and checklists. It also discusses suggestions for keeping a diary, illustrations and diagrams for the developing female, and personal anecdotes about different feelings girls have about physical changes.</p>	

<b><u>Title</u></b>	<b><u>Author</u></b>
<b><u>MySpace Unraveled</u></b>	Larry Magid and Anne Collier
This book explores how teens are using MySpace and other social networks and shows step by step how to use MySpace safely.	
<b><u>Real Kids Come in All Sizes: 10 Essential Lessons to Build Your Child's Body Esteem</u></b>	Kathy Kater
This practical guide teaches parents how to help children maintain self-esteem in the way they look and make healthy choices a routine part of their lives. Lessons include eating well and staying active, accepting size diversity in everyone, being comfortable with developing bodies, and resisting the damaging messages of society. <b>(2copies)</b>	
<b><u>Respect, Self, Value, People: Middle School Student Lesson and Activity Guide</u></b>	Tamara Pryor Ph. D. and Jana Konek
In this workbook, young teens will work at developing important characteristics and developing different parts of themselves emotionally. Chapters focus on self-esteem identity, competency, body image, emotions, and role models. This step-by-step guide is perfect for developing a well-rounded teenager.	
<b><u>Seven Things Your Teenager Won't Tell You: And How to Talk About Them Anyway</u></b>	Jennifer Marshall Lippincott & Robin M. Deutsch, Ph. D
<u>Seven Things Your Teenager Won't Tell You</u> provides insights to show parents how to identify the seven features of adolescent thinking through language and behavior. This book provides not only the understanding that is essential to effective and supportive communication, but also helpful examples of how to put that understanding into practice. <b>(2 copies)</b>	
<b><u>Sex Education: Rights and Responsibilities in Michigan Law</u></b>	Michigan Family Forum
A guide for parents, school boards, and educators regarding a proper balance between rights and responsibilities when it comes to the development and revision of local district's sex education programs....(10 copies)	
<b><u>Sexuality: Your Sons and Daughters With Intellectual Disabilities</u></b>	Karen Melberg Schwier & Dave Hingsburger
This book teaches parents how to interact with their children in a way that increases self-esteem, encourages appropriate behavior, empowers them to recognize and respond to abuse, and enables them to develop life long relationships. Parents share with the reader the joys and challenges of raising a child with an intellectual disability by offering helpful advise and practical strategies.	
<b><u>Shapesville</u></b>	Andy Mills & Becky Osburn
In the small town of Shapesville, five friends: red rectangle Robbie, yellow circle Cindy, blue square Sam, orange diamond Daisy, and green triangle Tracy, discuss what makes each of them unique. With simple rhying and bright illustrations, the characters show that it's not the size or shape of a person that is important, but heart that makes the difference.	

**Speaking of Sex: What Your Children Need to Know and When They Need To Know It**

Meg Hickling, R.N.

Expanding on her previous title More Speaking of Sex, the author discusses the stages of sexual development in more depth. Hickling provides guidance for the parent who is seeking out help in discussing sexual education with children.

**Title**

**Author**

**Ten Talks Parents Must Have With Their Children about Sex and Character**

Pepper Schwartz & Dominic Capello

This book offers helpful information about early conversations that parents need to have with their children. The authors stress the importance of starting small talks while the child is in preschool before learning about it from other children in kindergarten. **(3 copies)**

**The Body Image Workbook: An 8-Step Program for Learning to Like Your Looks**

Thomas F. Cash Ph. D

This book offers help to those who are dissatisfied with their appearance. Included are worksheets that explore the reader's opinion of their image. Each chapter forces the reader to reevaluate ideas about appearance.

**The Care & Keeping of Me: The Body Book Journal**

American Girl

A companion to The Care & Keeping of You, the Body Book Journal is a spiral-bound workbook for girls to keep track of their health. It includes worksheets and mini-quizzes to help girls understand their body and help develop their personality. **(2 copies)**

**The Care & Keeping of You: The Body Book for Girls**

American Girl

Directed at preteen girls, this guide provides help in dealing with everything from pimples to braces; the main focus is to help girls develop into woman without feeling awkward. **(3 copies)**

**The Difference A Father Makes: Calling Out the Magnificent Destiny in Your Children**

Tandy McGlasson, ed.

The Difference A Father Makes uses humor and inspiration to provide methods on maximizing the experiences as a father. It illustrates the importance of a father in raising a child.

**The "What's Happening to My Body?" Book for Boys: A Growing Up Guide for Preteens and Teens**

Linda Madaras & Area Madaras

As a result of many reader letters, this popular title has been revised to include more details about boys and puberty. The third edition of Madara's book discusses everything from the growth of body hair to vocal changes. **(2 copies)**

**The "What's Happening to My Body?" Book for Girls: A Growing Up Guide for Preteens**

Linda Madaras & Area Madaras

## and Teens

The female version of their book for boys, the Madaras cover the same topic of puberty for girls who are skeptical about the process. Including information about menstruation, pimples, body hair, and emotional changes among other topics, this guide will be of assistance to girls and parents.

### Title

### Author

**The Wonder of Boys: What Parents, Mentors, and Educators Can Do to Shape Boys into Exceptional Young Men**

Michael Gurian

Gurian insists that the difference between boys and girls need to be accounted for and encouraged in order to raise healthy, happy boys. He discusses the competitive, aggressive, and risk-taking nature of the male species. He claims that it is the duty of parents to manage, and not change, the way boys behave. **(2 copies)**

**The Wonder of Girls: Understanding the Hidden Nature of Our Daughters**

Michael Gurian

Therapist and father of two sons, Gurian explores the unique aspects of girls' emotional, social and physical development by examining how biology impacts behavior.

**What a Difference a Daddy Makes: The Indelible Imprint a Dad Leaves on His Daughter's Life**

Dr. Kevin Leman

This book provides moving and humorous stories about the author's experiences as a father, combined with the latest research on the importance of an involved father in the life of his daughter.

**“What’s Happening to Me?” An Illustrated Guide to Puberty**

Peter Mayle

This informative guide covers the basics of emotional and physical development through the different aspects of puberty. Paired with general illustrations, it is interactive and fun without giving too much detail about topics at a higher maturity level. **(3 copies)**

## **VIDEOS:**

1. Sex Spelled Out for Parents – Volume One - An Overview, 27 minutes and a viewer's guide booklet.
2. Sex Spelled Out for Parents – Volume Three- Primaries, ages 5-8, 27 minutes and a viewer's guide booklet.
3. Sex Spelled Out for Parents – Volume Four – Intermediates, ages 8-14, 27 minutes and a viewer's guide booklet.
4. The In Crowd and Social Cruelty – ABC News Special, 2/15/02, covers bullying, peer pressure, and the longing to “fit in” among youth in our society. **(2 copies)**
5. Dangers Web – NBC Dateline with Stone Phillips, 9/24/04, covers a sting that was done and reveals dangerous Internet sexual predators. Beware of what your children may become involved with when surfing the web.
6. Date Rape – Educational Video Network, Inc. , Texas
7. Let's Get Real – About Teen Sex and the Law – What you don't know CAN hurt you, Oakland Co. and Oakland School
8. Life's Greatest Miracle – Video about from conception to birth – PBS Home Video

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