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# Sexual Health Education Resources

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Tools for Teaching Comprehensive Human Sexuality Education  
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 Sex?  
 Sexuality for All Abilities  
 Teaching Safer Sex  
 International technical guidance on sexuality education  
 Great Relationships and Sex Education  
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 Tools for Teaching Comprehensive Human Sexuality Education, Enhanced Edition  
 Beyond the Basics  
 The Focus on the Family® Guide to Talking with Your Kids about Sex  
 Sex Ed  
 Sexuality Education  
 Evidence-based Approaches to Sexuality Education  
 The Blue Book  
 For Goodness Sex  
 Intimate Relationships and Sexual Health  
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 Let's Talk about Sex  
 Evidence-based Approaches to Sexuality Education  
 HECAT  
 Parents and Sex Education  
 Let's Hear it for the Boys!  
 Parents and Sex Education

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**SINGLETON KRAMER**

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**Tools for Teaching**

**Comprehensive Human  
 Sexuality Education**  
 Routledge

Introduces human sexuality, describes the changes brought about by puberty, and discusses sexual abuse, sexually transmitted diseases, AIDS, and pregnancy.

### **Sexual Health**

#### **Education Component**

Springer Publishing Company

"A truly vital and nuanced guide that is as empowering as it is educational." —School Library Journal (starred review) You deserve clear, accurate information about sexual consent! Let this honest and empowering book be your go-to guide. Let's get real: Sex is complicated. Like, really complicated. And as a teen, you need trusted resources to help you navigate sexual issues without shame, guilt, or judgment. But if you're like many teens, you may not have someone in your life that you can talk to openly about complicated sexual situations, and what consent really means—and this information is crucial for your health, safety, and happiness. Real Talk About Sex and Consent is a comprehensive guide with essential information about setting boundaries, coercion, reciprocity, and communication. You'll also find hard facts about

sex and trauma, the effects of pornography and cultural expectations, and much more. With this book, you'll learn how to make sexual decisions that honor your sense of values and cultivate rewarding and emotionally supportive relationships throughout your life. This book goes past simple definitions of sex and consent and explores the hidden pressures, misrepresented expectations, and realities of sex—and what to do about it all. It's time to get informed and take control of your sexual self. This book will give you the tools you need to make decisions that are right for you.

#### Talk Sex Today

CreateSpace

Sexuality Education: Theory and Practice, Fourth Edition is designed to prepare future sexuality educators and administrators, as well as seasoned teachers about sexuality and also aims to clarify the false assumptions related to sexuality education. This one-of-a-kind resource provides comprehensive coverage of information and issues related to sexuality education and the skills needed to prepare sexuality

educators.

*Sex Smart* American Psychological Association This special centenary edition of *The Discovery of Insulin* celebrates a path-breaking medical discovery that has changed lives around the world.

### **Canadian Guidelines for Sexual Health**

**Education** Sasquatch Books

For LGBTQ people and their supporters, Pride events are an opportunity to honor the past, protest injustice, and celebrate a diverse and vibrant community. The high point of Pride, the Pride Parade, is spectacular and colorful. But there is a whole lot more to Pride than rainbow flags and amazing outfits. How did Pride come to be? And what does Pride mean to the people who celebrate it?

#### The Contraception

Education SHARE Pack

University of Toronto Press

Originally published in 1989. This book describes a variety of ways to plan and implement sexuality education and provides in-depth information on resources available. Each contributor describes one aspect of the practice of sexuality education: its goals, theory, planning

and development, implementation, evaluation, teacher-training, or the role of community agencies. Articles in each section offer practical and useful guidelines for conducting sexuality education and also serve as a sound introduction to the subject. Annotated bibliographies appear at the end of each section. National Children's Bureau

This is the first book to provide a multidisciplinary and global overview of evidence-based sexuality education (SE) programs and practices. Readers are introduced to the fundamentals of creating effective programs to prepare them to design new or implement existing programs that promote healthy sexual attitudes and relationships. Noted contributors from various disciplines critically evaluate evidence-based programs from around the globe and through the lifespan. Examples and discussion questions encourage application of the material. Guidance for those who wish to design, implement, and evaluate SE programs in various social contexts is provided. Each chapter follows a consistent

structure so readers can easily compare programs: Learning Goals; Introduction; Conclusion; Key Points; Discussion Questions; and Additional Resources. The editor taught human sexuality and family life education courses for years. This book reviews the key information that his students needed to become competent professionals. Highlights of the book's coverage include: Interdisciplinary, comprehensive summary of evidence-based SE programs in one volume. Prepares readers for professional practice as a Certified Family Life Educator (CFLE) or sex educator by highlighting the fundamentals of developing and implementing SE programs. Exposes readers to evidence-based SE programs from various social contexts including families, schools, communities, and religious institutions. Considers the developmental context of SE across the lifespan along with programs for LGBT individuals and persons with disabilities. Critically reviews SE programs from around the world including the US, Europe, Asia, Africa, Latin America, and other

developing countries. The book opens with an historical overview. Part I focus on general frameworks of sexuality education including UNESCO's International Technical Guidelines. How to develop, deliver, and implement evidence based SE programs, including ethical concerns, are explored in Part II. Part III exposes readers to evidence-based programs in various social contexts--families, schools, communities, and religious institutions. Part IV considers the developmental context of SE from early childhood through adolescence and adulthood along with programs for LGBT individuals and persons with disabilities. Part V examines diverse global contexts from the US, Latin America, Europe, Asia, Africa, and other developing countries. The book concludes with future trends and directions. Ideal for graduate or advanced undergraduate courses in sex education, sexual health, human sexuality, sex or marriage counseling, intimate relationships, family life education, or home, school, and community services taught in human development and family

studies, psychology, social work, health education, nursing, education, and religion, and in seminaries and family clinics, the book also serves as a resource for practitioners, counselors, researchers, clergy members, and policy makers interested in evidence based SE programs, or those seeking to become CFLEs or sexuality educators.

**Sex?** Scarecrow Press  
Not sure what – or how much – information to share with children and teens regarding sex and sexual health? Do you fear what they might ask? Or how to respond to their questions? Or whether you even know the “answers” yourself? Saleema Noon knows all about these fears and concerns. An expert in sexual health education and stepparent to two teenage daughters herself, she understands the challenges adults face when addressing sensitive topics with their kids. In *Talk Sex Today*, Noon delivers an intelligent and sensible blend of current, inclusive, and practical information for children and teens – and the adults who love them. Noon builds on the foundational work of iconic sexual health educator Meg

Hickling and her bestselling *Speaking of Sex* books to offer adults a break-through guide on teaching “body science.” Together, with a combined 40 years of experience, Noon and Hickling broach a host of topics including: gender identity and stereotypes sexual diversity sexual consent bullying and harassment fostering healthy body image internet safety managing media influence pornography sexual decision-making teaching sexual health to children and teens with special needs Not afraid of controversy and firm in her belief that knowledge is power, Noon’s broadly inclusive approach shines with the affirmation that every person – regardless of race, religion, age, ability, gender identity, gender expression and sexual attraction – deserves respect and the information that will keep them safe. This is the ultimate guide to teaching children about sexual health and is ideal for educators and parents alike.

*Sexuality for All Abilities*  
Jones & Bartlett Learning  
Am I attractive? Am I ‘normal’? Do I want to be? What is this sex stuff really all about? When is

the right time to start? How will I know if my relationship is good for me? Can I have fun safely? Will it still be fun? Written specifically for young people aged 15+, *The Blue Book* is not only a guide to exploring sexuality and sexual feelings, it is also a trustworthy fact-checking and fact-finding resource. With sections on our bodies and how they work, on safer sex and relationships, it is a must-have book for any teenager setting out on the exciting, challenging and sometimes confusing journey towards adulthood. Published by Zubaan.

*Teaching Safer Sex*  
Routledge  
*Sex Made Easy* is a punch, direct, and no-nonsense guide that confronts those problems that often arise— things that women are usually too embarrassed to talk about. Debby Herbenick is not just a scientist, but also a sex expert who has conducted important research at the Kinsey Institute for over a decade. But Dr. Herbenick has anticipated women's questions—everything from orgasms and erections to vibrators—and provides simple and frank answers.

It will give readers the knowledge, skills, and confidence they need for a more fulfilling sex life. *International technical guidance on sexuality education* Running Press International technical guidance on sexuality education UNESCO Publishing Great Relationships and Sex Education Routledge *Great Relationships and Sex Education* Wood Lake Publishing Inc. Great Relationships and Sex Education is an innovative and accessible guide for educators who work with young people to create and deliver Relationships and Sex Education (RSE) programmes. Developed by two leading experts in the field, it contains hundreds of creative activities and session ideas that can be used both by experienced RSE educators and those new to RSE. Drawing on best practice and up-to-date research from around the world, Great RSE provides fun, challenging and critical ways to address key contemporary issues and debates in RSE. Activity ideas are organised around key areas of learning in RSE: Relationships, Gender and Sexual Equality, Bodies, Sex and Sexual Health.

There are activities on consent, pleasure, friendships, assertiveness, contraception, fertility and so much more. All activities are LGBT+ inclusive and designed to encourage critical thinking and consideration of how digital technologies play out in young people's relationships and sexual lives. This book offers: Session ideas that can be adapted to support you to be creative and innovative in your approach and that allow you to respond to the needs of the young people that you work with. Learning aims, time needed for delivery, suggested age groups to work with and instructions on how to deliver each activity, as well as helpful tips and key points for educators to consider in each chapter. Activities to help create safe and inclusive spaces for delivering RSE and involve young people in curriculum design. A chapter on 'concluding the learning' with ideas on how to involve young people in evaluating and reflecting on the curriculum and assessing their learning. A list of recommended resources, websites, online training courses and links

providing further information about RSE. With over 200 activities to choose from, this book is an essential resource for teachers, school nurses, youth workers, sexual health practitioners and anyone delivering RSE to young people aged 11–25. *Sexual Decisions* Community Acquired Infections Division Centre for Infectious Concluding a two-year review and revision process supported by the American Cancer Society and conducted by an expert panel of health education professionals, this second edition of the National Health Education Standards is the foremost reference in establishing, promoting, and supporting health-enhancing behaviors for students in all grade levels. These guidelines and standards provide a framework for teachers, administrators, and policy makers in designing or selecting curricula, allocating instructional resources, and assessing student achievement and progress; provide students, families, and communities with concrete expectations for health education; and advocate for quality health education in schools, including primary

cancer prevention for children and youth.

**Tools for Teaching Comprehensive Human Sexuality Education, Enhanced Edition**

Zubaan

For teens too shy to talk to mom and dad about sex, this book offers good, sound advice on a highly personal level — filling in some of the blanks in their knowledge about sex and relationships.

Designed to help teens aged 16-19 make their own decisions about sexuality, *Making Sexual Decisions* talks not only about the facts of sexual health but also provides them with some things to think about when it comes to the feelings and emotions that surround sex.

**Beyond the Basics**

International technical guidance on sexuality education

Did you ever walk out of class having even more questions than when you walked in? You may feel that way about History or Math, but what about your Sexual Health class (if you even had one)? If you're anything like most of the youth in America today, your head is probably spinning with a swirling, high-speed hurricane of questions. It is totally normal to be curious and

to have questions about relationships, bodies, consent . . . you name it! But where can your average teen go to get all the reliable and accurate answers they need? In *Case You're Curious* (ICYC), a text-and-answer program conceived by Planned Parenthood, has been providing this educational service for teens for years. And now *In Case You're Curious: Questions about Sex from Young People with Answers from the Experts* is a big book of answers with funny and educational illustrations, to the most popular and most interesting questions young people have about birth control, development, sexually transmitted diseases, and so much more. Within these pages you will find non-judgmental (and fun!) answers meant to educate teens without the uncomfortable silence or weird eye contact often associated with "The Talk." With questions like "Does masturbating give you a disease?" and "Is the pineapple thing true?" *In Case You're Curious* isn't afraid to tackle the nitty-gritty questions you may think twice about raising your hand to ask in your Sexual Health class or at home.

*The Focus on the Family® Guide to Talking with Your Kids about Sex* Simon and Schuster

A progressive, effective, and responsible approach to sex education for parents and teens that challenges traditional teaching models and instead embraces 21st century realities by promoting healthy sexuality, values, and body image in young people. Sex education today generally falls into one of two categories: abstinence-only or abstinence-based education—both of which tend to withhold important, factual information and leave young adults ill-equipped to make safe decisions. Al Vernacchio, a high school sexuality educator who holds a Master's degree in Human Sexuality from the University of Pennsylvania, has created a new category: sex-positive education. In *For Goodness Sex*, he refutes the "disaster prevention" model of sex ed, offering a progressive and realistic approach: Sexuality is a natural part of life, and healthy sexuality can only develop from a sex-positive, affirming appreciation. Curious yet fearful of being judged, young people turn to



peers, the Internet, and the media, where they receive problematic messages about sex: boys are studs, girls are sluts; real sex should be like porn; hookups are better than relationships.

Without a broader understanding to offset these damaging perceptions, teenagers are dangerously unprepared intellectually and emotionally to grow and develop as sexual beings. For Goodness Sex offers the tools and insights adults need to talk young people and help them develop healthy values and safe habits. With real-life examples from the classroom, exercises and quizzes, and a wealth of sample discussions and crucial information, Vernacchio offers a guide to sex education for the twenty-first century.

Sex Ed Candlewick Press (MA)

A hands-on resource filled with interactive activities to engage students' thinking and skill development This book contains ready-to-use lesson plans referencing both the National Sexuality Education Standards and the National Health Education Standards, and is arranged into chapters by

the seven topic areas outlined in the National Sexuality Education Standards. These include: anatomy and physiology, puberty and adolescent development, identity, pregnancy and reproduction, sexually transmitted infections, healthy relationships, and personal safety. These dynamic "pick and choose" lessons and activities have been field-tested in classrooms and workshops by the authors, who are recognized experts in this area. Many of the lessons contain an opening activity to immediately engage students, followed by student-centered learning experiences such as case studies, simulations, real-life scenarios, self-assessments, journals, and individual and group projects/presentations. Features lessons that incorporate the essential knowledge and skills to empower students to make healthy decisions related to their sexual health Includes performance indicators detailed what students should know and be able to do by the end of grades eight and twelve Offers supplementary web resources and assessment projects, as well as "Home-School

Connection" assignments to support family communication about sexuality

### **Sexuality Education**

UNESCO Publishing

Sexual images saturate today's culture--and children will learn about sex somewhere. But research shows that they want to learn from the parents they trust. Talking about sex doesn't have to be a fear-filled challenge. The Focus on the Family® Guide to Talking with Your Kids about Sex shows parents how to talk with confidence to their kids about sex and sexuality. This candid resource is full of the latest information, practical insights, and age-appropriate answers to the questions parents and children ask about sex. Focus on the Family's Physicians Resource Council, along with research from The Medical Institute for Sexual Health provides parents with the tools and empowering encouragement they need in order to communicate more effectively and biblically about sex, self-control, and self-respect at every stage of a child's development.

**Evidence-based Approaches to Sexuality Education**  
Revell

Sex Positive Talks to Have With Kids is your guide to creating an open, shame-free connection with the young people in your world. These talks will help caregivers create the kind of bond that keeps kids safer, empowered, and returning to you for support along their journey. Melissa Carnagey, renowned sexuality educator for youth and families, walks you through over 150 conversation starters, reflection exercises, and activities you can begin implementing at every age and stage on topics such as: bodies, consent, pleasure, sex, menstruation, gender, sexual orientation, safe & unsafe touch, pornography, feelings, relationships, and media literacy. This inclusive, medically accurate, comprehensive guide is

perfect for any parent or caregiver that's ready to normalize the talks and be that trusted adult we all needed growing up.

The Blue Book John Wiley & Sons

Teaching Safer Sex may be the most important contribution the CFLE has made to the pedagogy of sexuality education. It was 1988 when most HIV/AIDS education was about epidemiology and the function of T-cells that the CFLE created its groundbreaking first edition of Teaching Safer Sex. Ten years later, many of the innovative strategies from that manual were classics in the field and had been incorporated into hundreds of curricula that aimed to develop the motivation, knowledge, comfort and skills essential for safer sex behaviors. It was time for

a second edition, and The NEW Teaching Safer Sex aimed to expand the scope of safer sex education to include the social context of people's sexual behavior. Paulo Freire's ideas put forward in The Pedagogy of the Oppressed were important in the development of the new manual, which recognized that in a society so dangerously ambivalent about teaching its young people about their sexual safety, they needed to learn about the powerful societal, as well as personal, barriers to healthy sexual behavior. Twenty lessons were designed to promote critical consciousness about social messages as well to create a climate where communication about sexuality is normal and the use of safer sex is the expected behavior.

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