

At-Home Sexuality Education Resources for Grades 7 – Adults

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BOOKS

Grades 7-9

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 (Grades 7-9 books may also be appropriate for teens)

Beyond Magenta: Transgender Teens Speak Out, by Susan Kuklin
Cocoa Butter & Hair Grease: A Self Love Journey Through Hair and Skin, by Donna Oriowo
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 (Grades 10-12 and Adult books may also be appropriate for young adults)

Big Big Love: A sourcebook on sex for people of size
Girlsex 101, by Allison Moon & KD Diamond (gender-inclusive)
Guide to Getting It On, by Paul Joannides
Love and Asperger's: Practical strategies to help couples understand each other and strengthen their connection, by Kate McNulty
S.E.X.: The All-You-Need-to-Know Progressive Sexuality Guide to Get You Through High School and College, by Heather Corinna
The Joy of Gay Sex, Revised & Expanded Third Edition, by Charles Silverstein and Felice Picano

Adults (Young Adult books may also be appropriate for adults of all ages)

Couples by Intention: Creating and cultivating relationships that matter, by Elliott Kronenfeld
Guide to Getting It On, Paul Joannides
Magnificent Sex: Lessons from Extraordinary Lovers, by Peggy Kleinplatz and A Dana Ménard
Opening Up: A Guide to Creating and Sustaining Open Relationships, by Tristan Taormino
The Black Girls' Guide to Couple's Intimacy, by Lexx Brown-James
The Sex & Pleasure Book: Good Vibrations Guide to Great Sex for Everyone, by Carol Queen, Ph.D. and Shar Rednour
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
What Fresh Hell Is This? Perimenopause, menopause, other indignities, and you, by Heather Corinna (gender-inclusive)

Parents and Caregivers

Beyond Birds & Bees: Bringing home a new message to our kids about sex, love, and equality, by Bonnie J. Rough
For Goodness Sex, by Al Vernacchio
There's No Place Like Home...for Sex Education, by Mary Gossart

Web Resources for Youth and Families

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

Brief, animated, entertaining videos for young adolescents about puberty, reproduction, relationships, sexual health, and other aspects of sexuality.

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.