Handout 1.1: Recommended Multimedia Resources

### For more information:

* Unhushed, the website of sexuality educator Dr. Karen Rayne, whose mission is to break “through the social silence and stigma surrounding sexuality and [invite] parents and youth to engage in self-reflection, conversation, and dialogue.” <https://unhushed.org/index/home.php>
* Parent resources from Advocates for Youth.  
  Search keyword “parents.” <https://advocatesforyouth.org/>
* The Planned Parenthood Federation of America and its local chapters offer wonderful guidance and resources for parents and caregivers at every age and stage of a child’s life. Browse or search here: <https://www.plannedparenthood.org/learn/parents>

### On talking with children or youth about sexuality:

* *For Goodness Sex: Changing the Way We Talk to Teens about Sexuality, Values, and Health,* by Al Vernacchio (New York: HarperCollins, 2014)
* *From Diapers to Dating: A Parent’s Guide to Raising Sexually Healthy Children,* by Debra W. Haffner (New York: Newmarket Press, 2008)
* *Talk to Me First: Everything You Need to Know to Become Your Kids’ “Go-To” Person about Sex,* by Deborah Roffman (Boston: Da Capo Press, 2012)

### Today’s video:

Julia Sweeney’s TED Talk, “It’s Time for ‘The Talk’” (5:10), is an entertaining and relatable story of a first parent-child conversation about human reproduction. <https://www.ted.com/talks/julia_sweeney_has_the_talk>