Handout 7.1: Recommended Multimedia Resources

### For more information:

* The Guttmacher Institute’s fact sheet “Adolescent Sexual and Reproductive Health in the United States” offers the most current information on the sexual and reproductive health of teens and young adults in the USA. <https://www.guttmacher.org/fact-sheet/american-teens-sexual-and-reproductive-health>
* “Talking to Your Teen about Sexual Health,” a pamphlet published by Alberta (Canada) Health Services. The “Be an Askable Adult” and “Tips & Tricks” sections (pages 7–9) offer general guidelines for parents and caregivers to create an atmosphere that supports healthy sexual decision making. <https://teachingsexualhealth.ca/app/uploads/sites/3/AHS4586_Teen_Workbook_2018Dec4.pdf> (PDF)
* “Dear Daughter: I Hope You Have Awesome Sex,” a letter from Ferrett Steinmetz to his daughter, encouraging her to own her sexuality, on the website of The Good Men Project. <http://goodmenproject.com/ethics-values/brand-dear-daughter-i-hope-you-have-awesome-sex/>
* “Teenage Brains,” an article by David Dobbs in the October 2011 issue of *National Geographic,* exploring the research on brain science and adolescent decision making and relationships with peers. <https://www.nationalgeographic.com/magazine/2011/10/beautiful-brains/>
* “The Mysterious Workings of the Adolescent Brain,” a TED Talk by cognitive neuroscientist Sarah-Jayne Blakemore about the development of the teenage brain. <http://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain>
* “Teen Brain: Behavior, Problem Solving, and Decision Making,” in the Facts for Families guide on the website of the American Academy of Child and Adolescent Psychiatry. <https://www.aacap.org/aacap/families_and_youth/facts_for_families/FFF-Guide/The-Teen-Brain-Behavior-Problem-Solving-and-Decision-Making-095.aspx>

### Today’s video:

* Al Vernacchio’s TED Talk, “Sex Needs a New Metaphor. Here’s One . . .” (8:17). [https://www.ted.com/talks/al\_vernacchio\_sex\_needs\_a\_new\_metaphor\_here\_s\_one#t-136548](https://www.ted.com/talks/al_vernacchio_sex_needs_a_new_metaphor_here_s_one" \l "t-136548)