DEAR PARENT,

The reproductive health resources listed below have been compiled by parents in the district for the purpose of encouraging ongoing and accurate discussions about sexuality in the home. There are many more resources not listed here that are excellent. Some of the websites below provide additional recommendations for books or other resources.

The internet has become a source of health information for many individuals and families. Unfortunately, some information available on the internet is inaccurate. When seeking health information from the internet ask the questions below to help judge the quality of a web site:

• Who wrote the material, and what are the author’s qualifications? If credentials are difficult to find the site might not be reliable.
• Do the authors identify the original sources of the health information they provide?
• Who is paying for the web site? The source of funding can affect the content on it.
• How long ago was the information posted or updated? Health and medical information is constantly changing.
• Is the site run by a known authority such as the National Institutes of Health, a noted university or medical center, or the association identified with the health issue? Web sites that end in ‘.gov’ or ‘.edu’ indicate government or university sponsorship.
• Is the site trying to sell something? Pop-up ads are a sign that commerce, not education, could be the main goal.
• Is the site accredited? Look for a “seal of approval” from such groups as HONcode or URAC. The HONcode logo shows the site meets the standards of the Health on the Net Foundation.
• Is the site copyrighted? That, too, may signal accuracy.
• Does the site feature a lot of forceful language, UPPERCASE LETTERS and exclamation points!!!!? Beware of phrases such as: “This is not a hoax” or “Send this to everyone you know.”
• Make sure the web site address is accurate, especially when looking for reproductive health content.

-from Living Healthy, Fall 2006
Also included in these parent resources are a series of newsletters entitled “There’s No Place Like Home…for Sex Education”. These newsletters, which encourage family-based sexuality education, provide relevant, age-specific sexuality information, useful strategies, communication hints, and other suggested resources that support parents in their role as the primary sexuality educator of their child.

Parents are encouraged to preview any reproductive health resource and its content, especially for age-appropriateness of information, prior to introducing the material to your child. Keep in mind that a resource that is helpful for one family or one child within a family may not work for another family or individual.

**BOOKS**

**Ages 6+**  
*My body is private.*  L.W. Girard.  Whitman.

**Ages 8+**  


Ages 10-12+


Where Did I Come From? Peter Mayle.

Teens and College-age


For Parents

Everything you NEVER wanted your kids to know about SEX (but were afraid they’d ask) The Secrets to Surviving Your Child’s Sexual Development from Birth to the Teens. Justin Richardson, MD and Mark A. Schuster, MD, PhD. Crown Publishers, 2003.

HEALTH & SEXUALITY EDUCATION WEBSITES

For Parents

www.cdc.gov

www.girlshealth.gov

www.bam.gov/sub_yourbody/

www.ashastd.com

www.familydoctor.org

www.michigan.gov/mde:
→Curriculum
   →Health Education
   →HIV/STD and Sexuality Education

www.goaskalice.columbia.edu

www.advocatesforyouth.org/parents

www.siecus.org

www.familiesaretalking.org

www.talkingwithkids.org

www.iwannaknow.org

http://education.indiana.edu/cas/adol/adol.html

www.plannedparenthood.org

www.teenageparent.org/english/teach.html
www.kidshealth.org/parent/

www.factsoflife.org.uk

www.girlpower.gov

www.pbs.org/wgbh/nova/odyssey

www.healthfinder.gov/kids

www.yucky.discovery.com/body

www.pflag.org
HEALTH/SEXUALITY EDUCATION WEBSITES

For Kids ages 6-10
www.healthfinder.gov/kids
www.yucky.discovery.com/body
www.kidshealth.org/kid/

For Kids ages 10-13
www.bam.gov/sub_yourbody/
www.factsoflife.org.uk
www.girlpower.gov

For Teens ages 13+
www.iwannaknow.org
www.bam.gov/sub_yourbody/
www.kidshealth.org/teen/
www.goaskalice.columbia.edu
www.girlshealth.gov
www.advocatesforyouth.org

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