

## Parents & Kids, Talking About Sex ©

### Sexuality Education Books & Resources for Parents

**Arterburn, Stephen & Stoeker, Fred. *Every Young Man's Battle* (2002)**

(Christian) Strategies for victory in the real world of sexual temptation (workbook also available). For adults guiding younger children and older boys. WaterBrook Press, Random House ISBN 1-57856-537-5

**Bocacci, Mary Beth, *Real Love* (Catholic) Answers Your Questions On Dating, Marriage and The Real Meaning of Sex.** Ignatius Press, ISBN 0-89870-613-0

**Bocacci, Mary Beth, *We're On A Mission From God* (Catholic) The Generation X Guide to John Paul II, the Catholic Church and the Real Meaning of Life,** Ignatius Press, ISBN 0-89870-567-3

**Evert, Jason, *If You Really Loved Me.* (Catholic) Answers 100 questions on dating, relationship, and sexual purity. What if I have already failed? It is online at Catholic Answers, chastity. [www.catholic.com](http://www.catholic.com) - ISBN: 1569553696**

**Evert, Jason, *Pure Love.* (Catholic) Answers questions: What is real love? How do I say no? What if I have already failed? Catholic Answers, [www.catholic.com](http://www.catholic.com) under chastity in the menu - ISBN: 1888992131**

**Gallagher, Ann; Heinzen, Alice; Hogan, Rev. Richard; Taylor, Dr. Ruth; *Teaching Catholic Family Values Set* - parent & child's book (order#04396)**

- **Parent Handbook.** (order#04395) - ISBN 1-885845-22-7
- **Child Book, *Growing Up: The Wonder of My Changing Body*** (order#06814) - ISBN 1-885845-25-1

Reflects Pope John Paul II's Theology of the Body, the virtues of prudence, justice, fortitude and temperance, growth and development, health and relationships. It has received a *Nihil Obstat* and an *Imprimatur* from the Catholic Church. *Project Genesis Series* from the Leaflet Missal Company - at 1-800-328-9582

**Ginsburg, Kenneth (Dr. Ken) with Jablow, Martha. *"But I'm Almost 13!" An Action Plan for Raising a Responsible Adolescent.* (Secular) How to guide children toward positive behaviors while developing the strengths they need to prevent risk. Instructions on how to develop an interactive communication style with children by using role-playing, decision trees and choreographed discussions to explore consequences and alternatives.** McGraw-Hill, paperback - ISBN 0-8092-9717-5

**Groeschel, Rev. Benedict, *The Courage to be Chaste,* (Catholic) A practical and spiritual guide that shows mature chastity can be loving, peaceful and fulfilled.** Paulist Press at [www.paulistpress.com](http://www.paulistpress.com) - ISBN: 0-8091-2705-9

Harvey, Rev. John F., *The Truth About Homosexuality - The Cry of the Faithful* (Catholic) Fr. Benedict Groeschel writes, "This book addresses the complex moral and pastoral questions involved in both homosexual orientation and activity, including an analysis of lifestyles in accord with the Christian Gospel and those running counter to Christian moral teaching." Ignatius Press - ISBN 0-89870-583-5

**Institute for American Values, *Hooking Up, Hanging Out, and Hoping for Mr. Right - College Women on Dating and Mating Today and Why Marriage Matters - 21 Conclusions from the Social Sciences* (Secular) [www.americanvalues.org](http://www.americanvalues.org)**

Jones, Stan & Jones, Brenna, *How and When to Tell Your Kids about Sex*, (Christian) Provides numerous dialogues between parents and children at different ages, and offers suggestions about how difficult subjects can be approached. NAVPRESS at [www.navpress.com](http://www.navpress.com) - ISBN: 0891097511

Lenore, Buth, *How to Talk Confidently with Your Child about Sex*. (Lutheran) This is the parent guide (Book 6) for a series entitled *Learning About Sex*. It shows parents ways to naturally share parental views on sexuality with children of all ages and developmental levels. Concordia Publishing House. [www.cph.org](http://www.cph.org) , ISBN: 0570035678

Lickona, Tom, Lickona, Judy & Boudreau, William, M.D., *Sex, Love & You: Making the Right Decision* (2003 Revised edition). (Catholic) Promotes the value of chastity and examines the dangers of sexual activity and the rewards of waiting. Explores all sides of the sex debate and shows young people how to develop a personal plan that will allow them to live a chaste life. The book has received a *Nihil Obstat* and an *Imprimatur* from the Catholic Church. Ave Maria Press. (ISBN: 0-87793-987-X).

*A Leader's Guide* is available and can be used in the home. It contains frequently asked questions and answers, quotes and questions to think about, group activities and individual assignments. ISBN 0-87793-995-0. It is available in PDF format at [www.avemariapress.com/book\\_details.php?bookid=889](http://www.avemariapress.com/book_details.php?bookid=889)

Sells, Scott P. PH.D., *Parenting Your Out-Of-Control Teenager - 7 Steps to Reestablish Authority & Reclaim Love*. (Secular) For all parents who want a well-grounded step-by-step strategy that is effective with acting-out teenagers. Practical, effective solutions in an easy to read style. St. Martin's Press, ISBN 0-312-26629-4

Shalit, Wendy, *A Return to Modesty - Discovering The Lost Virtue*. (Secular) A must for moms and daughters. Touchstone Publishers, ISBN 0-684-86317-0

Sonnenberg, Roger, *Human Sexuality: A Christian Perspective*. (Lutheran). Addresses the spiritual, emotional, and physical aspects of sexuality. Helps adults better understand their own sexuality and its place in their lives. It is Book 7 of a series entitled *Learning About Sex*. Concordia Publishing House [www.cph.org](http://www.cph.org), ISBN: 0570035686

**Trent, John, Osborne, Richard & Bruner, Kurt, *Parents' Guide to the Spiritual Growth of Children*** (Christian) Helps parents pass on their faith to their children by learning how to take advantage of the "teachable moments" of everyday life to illustrate spiritual principles. The book provides fun, faith-filled activities for each stage of development. Focus on the Family at [www.family.org/resources](http://www.family.org/resources)

**West, Christopher, *Good News About Sex and Marriage***. Answers to Your Honest Questions About Catholic Teaching. ISBN-0-56955-214-2, \$9.60 + shipping from Charismatic Renewal Services, Inc at 1-800-348-2227

**West, Christopher, *Naked without Shame - Sex and Christian Mystery, Reflections on John Paul II's Theology of the Body*** (2<sup>nd</sup> edition) (Catholic). Twelve audiocassettes and 80+ page study guide. Contains the wisdom behind the Catholic church's teachings that parents can share with their children. [www.gfwebstore.org](http://www.gfwebstore.org) or 1-847-844-1167

**White, Joe & Weidman, Jim, *Parents' Guide to the Spiritual Mentoring of Teens*** (Christian) Helps parents show teens how to integrate faith in God with everyday life. Focus on the Family at [www.family.org/resources](http://www.family.org/resources)

## **Magazines**

***Catholic Parent Magazine from Our Sunday Visitor*** - Focuses on *Family Life, Keeping Kids Catholic*, articles for Parent, Couple, and Self and *Ages and Stages* (preschool - teen) 1-800-348-2440 or [www.osv.com](http://www.osv.com)