SEX ED BOOKS FOR PARENTS AND CHILDREN

Books about Talking with Children

30 Days of Sex Talks for Ages 12+: Empowering Your Child with Knowledge of Sexual Intimacy (Volume 3) by Educate and Empower Kids


Body Safety Education: A Parent's' Guide to Protecting Kids from Sexual Abuse by Janeen Sanders

Breaking the Hush Factor: Ten Rules for Talking with Teenagers about Sex by Karen Rayne

For Goodness Sex: Changing the Way We Talk to Teens About Sexuality, Values, and Health by Al Vernacchio

Screenwise: Helping Kids Thrive (and Survive) in Their Digital World by Devorah Heitner

Sexploitation: Helping Kids Develop Healthy Sexuality in a Porn-Driven World by Cindy Pierce

Talk to Me First: Everything You Need to Know to Become Your Kids' "Go-To" Person about Sex by Deborah Roffman

The Parents' Guide to Talk About Sex: A Complete Guide to Raising (Sexually) Safe, Smart, and Healthy Children by Janet Rosenzweig

There's No Place Like Home ... for Sex Education by Mary Gossert

The Umbilical Family: Start a Loving Conversation About Adoption, Egg Donation, Step-parenting, and Same-Sex Families by Cate Sawyer and Adriana Avellis (illustrator)
Books for Children

¡Es Alucinante! by Robie Harris

The Girls’ Guide to Sex Education by Michelle Hope

Guy Stuff: The Body Book for Boys by Cara Natterson

Inside Out: Your Body is Amazing Inside and Out and Belongs Only To You by Mary Jo Podgurski

It’s Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends by Robie Harris

It’s Perfectly Normal: Changing Bodies, Growing up, Sex, and Sexual Health by Robie Harris

It’s So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families by Robie Harris

Miles is the Boss of His Body by Samantha Kurtzman-Counter and Abbie Schiller

No Es La Cigüeña Un Libro Que Habla Sobre Ninas, Ninos, Bebes, Cuerpos, Familias Y Amigos by Robie Harris

No Means No!: Teaching Children about Personal Boundaries, Respect and Consent: Empowering Kids by Respecting their Choices and their Right to Say, ’No!’ by Jayneen Sanders

Nonnie Talks about Gender by Mary Jo Podgurski

Nonnie Talks about Pregnancy and Birth by Mary Jo Podgurski

Nonnie Talks about Puberty by Mary Jo Podgurski

Nonnie Talks about Sex & More by Mary Jo Podgurski

Sex is a Funny Word: A Book about Bodies, Feelings, and YOU by Cory Silverberg

Sexo...Que Es? by Robie Harris

Tell Me about Sex, Grandma by Anastasia Higginbotham

The Care and Keeping of You by Cara Natterson


Who Has What? All About Girls' Bodies and Boys' Bodies by Robie Harris

“What’s ‘Gay’?” Asked Mae by Brian McNaught Dave Woodford

What's in There? All About Before You Were Born by Robie Harris

What Makes a Baby by Cory Silverberg

Books for Teens

100 Questions You'd Never Ask Your Parents: Straight Answers to Teens' Questions about Sex, Sexuality, & Health by Elizabeth Henderson and Nancy Armstrong

#Amiga Date Cuenta: Guía para la Vida by Andonella & Plaqueta

The ABC's of LGBT+ by Ashley Mardell

Being a Teen: Everything Teen Girls & Boys Should Know about Relationships, Sex, Love, Health, Identity, and more by Jane Fonda

Dating and Sex: A Guide for the 21st Teen Boy by Andrew Smiler

Girl: Love, Romance, and Being You by Karen Rayne

Girls & Sex: Navigating the Complicated New Landscape by Peggy Orenstein

Girl Sex 101 by Allison Moon and kd diamond (illustrator)

Love, Sex and No Regrets for Today's Teens by Elizabeth Clark

Mamá, Papá, Soy Gay by Rinna Riesenfeld

Queer: The Ultimate LGBT Guide for Teens by Kathy Belge, Marke Bieschke, and Christian Robinson (Illustrations)

Sexo entre Mujeres by Allison Moon (translated by Lorena Olvera)
Sex Plus: Learning, Loving, and Enjoying Your Body by Laci Green

S.E.X.: The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties by Heather Corinna

Spare Me 'the Talk!' A Girl's Guide to Sex, Relationships, & Growing Up by Jo Langford

Spare Me 'the Talk!' A Guy's Guide to Sex, Relationships, & Growing Up by Jo Langford

This Book is Gay by James Dawson and Juno Dawson

Also check out Unhushed's list on GoodReads.

Developed by Bill Taverner. Special thanks to Lydia Bowers, Kim Comatas, Lorena Olvera Moreno, and Michaella Ward who helped edit this resource list.