

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

[*Birds + Bees + YOUR Kids: A Guide to Sharing Your Beliefs About Sexuality, Love, and Relationships*](#) by Amy Lang

[*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

[*Birds and Bees and More: How Babies are Made and Families Form*](#) by Sandra Caron and Samantha Schulte

[*¡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

[The "What's Happening to My Body?" Book for Boys: A Growing Up Guide for Parents and Sons](#) by

Lynda Madaras and Martin Anderson

[The "What's Happening to My Body?" Book for Girls: A Growing Up Guide for Parents and Daughters](#) by

Lynda Madaras and Marcia Herman-Giddens

[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

Developed by Bill Taverner. Special thanks to Lydia Bowers, Kim Comatas, Lorena Olvera Moreno, and Michaela Ward, who helped edit this resource list. Also check out Unhushed's list on [GoodReads](#).