Sexual Health Resources for Schools

Primary Grades

For Educators:

1. **The New Speaking of Sex: What your children need to know and when they need to know it.**
   By Meg Hickling. **ISBN-13:** 978-1896836706
   Meg Hickling’s early work in sexual health education formed the basis of the learning outcomes that are in use in BC schools today. This very readable book offers excellent suggestions for answering questions from kids of all ages.

2. **The Transgender Child: A handbook for families and professionals.** By Stephanie A. Brill.
   **ISBN-13:** 978-1573443180
   Through extensive research and interviews, as well as years of experience working in the field, the authors cover gender variance from birth through college, offering a deeper understanding of gender variant and transgender children and teens.

3. **From Diapers to Dating: A parent’s guide to raising sexually healthy children.** By Debra W. Haffner.
   **ISBN-13:** 978-1557048103
   A helpful book with tips on how to find and use teachables and address matters around sexuality K-7.

For K-3 Students:

   **ISBN-13:** 978-1550172362
   Meg Hickling, the grandmother of sexual health education and local illustrator Kim LaFave, have created an engaging and educational book for young children offering age specific information about safety, body science, and the science behind conception.

2. **What’s the big secret? : Talking about sex with girls and boys.** By Laurie Krasny Brown.
   **ISBN-13:** 978-0316101837
   The writers of the ‘Arthur’ books take on bodies, reproduction, and birth, all in a frank and positive style.

3. **Who has what? : All about girls’ bodies and boys’ bodies.** By Robie H. Harris.
   **ISBN-13:** 978-0763629311
   Robie Harris, a well-known children’s book author, uses simple answers to address young people’s questions about the body including the similarities and differences between boys and girls bodies.

4. **What makes a baby.** By Cory Silverberg. **ISBN-13:** 978-1609804855
   A children’s picture book about where babies come from that is written and illustrated to include all kinds of kids, adults, and families.
   This book helps answers questions that preschool, kindergarten, and early elementary school children ask about how they began using cartoon characters with up-to-date and age appropriate information.

   A picture book for preschool, kindergarten, and early elementary school children that presents clear and age-appropriate information about reproduction, birth, and bodies.

   A story about a sperm who is in a race to be the first to get to the egg, written in a hilarious and age appropriate manner.

Researched and compiled by:

- **Myriam Dumont**  
  Vancouver Teacher and SHEC Graduate

- **Catherine Evashuk**  
  Certified Sexual Health Educator

- **Kristen Gilbert**  
  Director of Education, Options for Sexual Health (OPT) and Certified Sexual Health Educator

- **Jessica Wollen**  
  Vancouver Teacher and Certified Sexual Health Educator
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Intermediate Grades

For Educators:

1. **The New Speaking of Sex: What your children need to know and when they need to know it.**
   Meg Hickling’s early work in sexual health education formed the basis of the learning outcomes that are in use in BC schools today. This very readable book offers excellent suggestions for answering questions from kids of all ages.

For 4-7 Students:

   A hilarious take on a little mentioned topic for kids 8+ which also includes how hormones create chaos on bodies.

   Puberty books written for younger girls and boys ages 8-11. Filled with cartoon drawings and funny, accurate information.

3. **On Your Mark, Get Set, Grow! A “what’s happening to my body?” Book for younger boys.**
   Puberty books written for younger girls and boys ages 8-11. Filled with cartoon drawings and funny, accurate information.

   The Madaras family has written some of the best puberty books available. These guides are gentle and thorough, covering puberty, reproduction, STIs and birth control.

   The Madaras family has written some of the best puberty books available. These guides are gentle and thorough, covering puberty, reproduction, STIs and birth control.

   This workbook is full of fun facts, checklists, quizzes and stories which answer common questions about girls growing up both physically and emotionally.

   This workbook supports boys learning about their bodies and puberty using cartoons, games and cool exercises.
   This humorous, illustrated puberty book covers human reproduction, STIs, and body image.

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    A comprehensive award winning resource for teens/tweens and the adults in their lives with up-to-date information on multiple sexual health topics.

    A best seller book for girls ages 8-10 covering numerous topics such as pads, pimples, periods, and bras.

    Puberty changes are a normal part of becoming a teenager, this book is suitable for tweens, offering practical information, reassurance, and common sense tips about what body changes boys can expect during this time.

    These companion books written by two Australian authors are filled with beautiful photographs, and lots of advice and information about growing bodies and changing feelings.

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    Engaging illustrations and youthful language makes this book ideal for tweens to better understand the typical body and mind changes that a girl will go through during puberty.

    The illustrations, engaging language, and no-nonsense descriptions of body and mind changes make this book ideal for tween boys to better understand and prepare for their journey through puberty.

    Expert contributors offer in depth information for girls 10 and up covering anatomy, tampons and body image. Includes a helpful Q&A.

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Secondary Students & Educators

Books:

1. **S.E.X.: The all-you-need-to-know progressive sexuality guide to get you through high school and college.** By Heather Corinna. ISBN-13: 978-1600940101
   Written by the founder of Scarleteen.com, this guide is a comprehensive, sex-positive reference for youth and those who serve them.

   Written for LGBTQ youth with advice on coming out and other important issues that teens face on a daily basis. This book also includes personal stories from the author and Queer history.

   Written by teen girls, this book offers a collection of stories, artwork, interviews and poetry all dealing with the subject of sexuality.

   Written by teen boys, this book offers a collection of stories, artwork, interviews and poetry all dealing with the subject of sexuality.

   Nikol Hasler’s, honest words and Michael Capozzola’s humourous illustrations appeal to teen readers by providing in-depth information about sex, and the body, while clearly outlining the importance of safety and health in sexual relationships.

   This well-known guide uses inclusive language and evidence-based information to provide sexual health education to women of all ages.

7. **Deal with It! A whole new approach to your body, brain, and life as a gURL.** By Esther Drill. ISBN-13: 978-0671041571
   This colourful book is a page turner for early to middle age teens, peppered with bite size excerpts from real girls, useful information about body changes, and tips on building and maintaining healthy friendships.
Websites/Phonelines:

www.sexualityandu.ca
With videos, games, apps, a variety of virtual scenarios and relevant Canadian statistics, this website covers a variety of popular topics such as sexting, consent, healthy relationships and much more.

www.scarleteen.com
Since 1998, Heather Corinna, the founder of Scarleteen, and her well educated staff have provided online users, most often teens and young adults, with a supportive hub of comprehensive sexuality education in the form of articles, forums, and guest experts offering words of support.

www.optionsforsexualhealth.org
Options for Sexual Health (Opt) is Canada’s largest sexual health organization, and has been serving British Columbians for more than 50 years. Opt offers sexual health education workshops and high quality clinical services in 60 clinics throughout BC.

Sex Sense Line #1-800-SEX-SENSE
Open 9am-9pm, Monday thru Friday, and staffed by nurses and sexual health educators, this line is a reliable source of sexual health information for youth and adults, alike.

Kids Help Phone #1-800-668-6868 (KidsHelpPhone.ca)
Open 24 hours, this bilingual and anonymous phone and web counseling service is available to children and youth as well as those serving them.

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