



Resources for Parents

YouTube Clips, Apps & Online Products

Sex Education

- 13 really good reasons to talk to your kids about sex 1.34
- Sex Ed Quickies- Quick easy, answers to your kid's sex questions 1.12
- The best books for explaining sexual intercourse to kids 1.44
- Where do babies come from 1.14
- Parents, Tweens + Sex App by Sarah Calleja (aged 10-13)
- Traffic Light App for mobile devices (app not a book)
(This app by TRUE Relationships & Reproductive Health: helps parents with monitoring and managing sexual behaviour in children and teens).
- <https://sexedrescue.com/sexedquickies/> (online \$59.99)
Sex Ed Quickies is a website, not an app, and works right in the browser of your iPhone, iPad, android or laptop/desktop.

Puberty

- Brain Development in Puberty: Why is my child arguing with me? 2.23
- Don't Just Say No! How to satisfy the desire for more freedom in your preteen or teen 2.57
- How to spot the first signs of puberty in boys 1.27
- How to spot the first signs of puberty in girls 1.20
- Raging Hormones or Bad Attitude? Facebook LIVE—March 24,2017 19.16
- Teen Brain Development: The To Do List 2.28
- <https://sexedrescue.com/category/puberty/> (Cath Hakanson)
- <https://sexedrescue.com/shop/product/getting-ready-for-puberty-boys/> (workshop \$26.99)
- <https://sexedrescue.com/shop/product/getting-ready-for-puberty-girls/> (workshop \$26.99)
- <http://www.anatomyforkids.com/> (Dr Shelley Metten)

Online Safety & Ponorgraphy

- 5 steps to protecting your child from online pornography 1.54
- For kids today it is harder to avoid onlie porn than it is to find it 1.53
- Kids and porn: How to use books to talk about pornography with kids 5.46
- The best books for talking about cybersaferty and staying safe 1.29
- <http://www.internet safe education.com/>
- <http://www.itstimewetalked.com.au/resources/parent-tip-sheets> (Maree Crabbe)
- <http://www.itstimewetalked.com.au/resources/in-the-picture> (Maree Crabbe)
- <https://www.esafety.gov.au/education-resources/iparent>
- <http://www.thinkuknow.org.au/site/parental-control-guides>
- <http://www.thinkuknow.org.au/site/factsheets>
- <http://mediasmarts.ca/tipsheet/family-online-rules-tip-sheet>
- <http://www.pornharmskids.org.au/the facts>
- <http://www.youthwellbeingproject.com.au/parent-workshops/>

Books for Parents

Sex Education

- ✿ **A Blessing Not A Curse** by Jane Bennett
- ✿ **Body Safety Education: A parent's guide to protecting kids from sexual abuse** by Jayneen Saunders
- ✿ **For goodness sex! Changing the Way We Talk to Teens About Sexuality, Values and Health** by Al Vernacchio
- ✿ **Parent's Guide to Child Protection Education: How to teach children body safety and abuse prevention** by Holly-ann Martin
- ✿ **The Sex Education Answer Book** by Cath Hakanson
- ✿ **There's No Place Like Home For Sex Education: A guidebook for parents** by Mary Gossart
- ✿ **Talk Sex Today** by Saleema Noon and Meg Hickling
- ✿ **Untangled** by Lisa Damo

Note: All books listed above have written reviews by (Cath Hakanson) <https://sexedrescue.com>
She also reviews them individually on **YouTube**.

Puberty & Growing Up

- ✿ **A Guide for parents on how to explain transgender to a child** by Cath Hakanson
- ✿ **Closing The Gap: A Strategy for Bringing Parents and Teens Together** by Jay Mc Graw
- ✿ **Gratitude: A positive new approach to raising thankful kids** by Dannielle Miller
- ✿ **Help your Kids with Growing Up** by Dorling Kingsley Limited DK
- ✿ **He'll Be OK: Growing Gorgeous Boys into Good Men** by Celia Lashlie
- ✿ **The Parent's Helping Handbook** by Holly –ann Martin
- ✿ **The Princess Bitchface Syndrome** by Michael Carr-Gregg
- ✿ **The Butterfly Effect-a positive approach to raising happy, confident teen girls** by Dannielle Miller
- ✿ **This is a Book for Parents Of Gay Kids** by Danielle Owen-Reid & Kristin Russo
- ✿ **Sexts, Texts & Selfies- how to keep your children safe in the digital space** by Susan McLean
- ✿ **Surviving Adolescents- The must have manual for all parents** by Michael Carr-Gregg
- ✿ **What's Happening To Our Girls?** by Maggie Hamilton
- ✿ **What's Happening To Our Boys?** by Maggie Hamilton
- ✿ **When To Really Worry: Mental Health problems in teenagers and what to do about them** by Michael Carr-Gregg
- ✿ **Queen Bees and Wannabes- Helping Your Daughter Survive Cliques, Gossip, Boyfriends and the New Realities of Girl World** by Rosalind Wiseman
- ✿ **Masterminds & Wingmen - Helping Our Boys Cope with Schoolyard Power, Locker-Room Tests, Girlfriends, and the New Rules of Boy World** by Rosalind Wiseman

Online Safety & Pornography

- ✿ **Beyond Cyberbullying- An Essential Guide For Parenting in the Digital Age** by Michael Carr- Gregg
- ✿ **Big Porn Inc** by Melinda Tankard Reist & Abigail Bray
- ✿ **Real Wired Child** by Michael Carr-Gregg
- ✿ **Sexts, Texts & Selfies-how to keep your children safe in the digital space:** Susan McLean
- ✿ **Screen Resolution:** Brett Lee with David Morris
- ✿ **The Porn Factor** by David Corlett & Maree Crabbe (DVD). Also seen on SBS TV