



## RESOURCE LIST: SEX EDUCATION

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*The resources listed below are in alignment with Focus on the Family's philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, simply call our toll free number 1-800-A-FAMILY. You can also visit our Family Store at [www.family.christianbook.com](http://www.family.christianbook.com).*

### BOOKS

**BLOOM: A GIRL'S GUIDE TO GROWING UP** by Susie Shellenberger (Focus on the Family/Tyndale) • 70616 •

From changing bodies, to dating and sex, to relationships, school, parents, money, appearance, eating disorders, and more, teen girls will find the answers they need to understand this time in their lives and what it means to become a godly woman. Also included is a sexual purity pledge to sign.

**BOOM: A GUY'S GUIDE TO GROWING UP** by Michael Ross (Focus on the Family/Tyndale) • 970608 •

This book for 13- to 18-year-old guys tackles physical changes, sexuality, masturbation, pornography, money management, spiritual growth, peer pressure, friendship, relationship to parents, coping with divorce, influence by the media, Internet usage, dating and courting.

**A CHICKEN'S GUIDE TO TALKING TURKEY WITH YOUR KIDS ABOUT SEX** by Dr. Kevin Leman and Kathy Flores Bell (Zondervan) • 50966 •

Ignorance about sexual matters is downright dangerous! Your child's future depends greatly on receiving the right guidance from you. This practical book is not just another development manual, but it focuses on intellectual matters, where decisions about sex are made, and relationships with parents are cultivated.

**GOD'S DESIGN FOR SEX BOOK 1: THE STORY OF ME** by Stan and Brenna Jones (NavPress) • 060137 • Ages 3-5

It's never too early to explain God's love and the goodness of His creation, that God wants each baby to have a mom and dad, the special aspects of being a boy or a girl and the proper names for private body parts. Spend a few special moments with your child sharing with them about their wonderful body that is God's gift to them.

**GOD'S DESIGN FOR SEX BOOK 2: BEFORE I WAS BORN** by Carolyn Nystrom (Navpress) • 060145 • Ages 5-8

Find help covering such topics as why boys' and girls' bodies are different, the basic facts of sexual intercourse in the context of marriage, conception and fetal development, childbirth, breastfeeding and more.

**GOD'S DESIGN FOR SEX BOOK 3: WHAT'S THE BIG DEAL?: WHY GOD CARES ABOUT SEX** by Stan and Brenna Jones (Navpress) • 060161 • Ages 8-11

Straightforward answers to discover what's taking place in your body, why God created adults to desire sex, why it's important to be shared only in marriage, what the Bible says about sex, and much more.

**GOD'S DESIGN FOR SEX BOOK 4: FACING THE FACTS: THE TRUTH** by Stan and Brenna Jones (Navpress) • 60159 • Ages 11-14

Help your teen understand the basic facts about sex, such as why God made sex for marriage, why He made adults want to have sex, how to respond when feeling sexual pressure from peers, TV shows, movies and magazines, and the changes ahead of them during puberty.

**HOOKED: NEW SCIENCE ON HOW CASUAL SEX IS AFFECTING OUR CHILDREN** by Drs. Joe S. McIlhane, Jr. and Freda McKissic Bush (Moody) • 450609 •

Scientific research shows how sexual activity releases brain chemicals that trigger emotional bonding and a powerful desire to repeat the activity. Today's young adults have discovered that "hooking up" is easy and addictive. Offering a Christian "philosophy of sexuality," Drs. McIlhane and Bush help parents and singles understand why "safe sex" isn't safe at all.

**HOW TO TALK CONFIDENTLY WITH YOUR CHILD ABOUT SEX, FIFTH EDITION** by Lenore Buth (Concordia Publishing House) • 614148 •

Helps you find the right words to ensure that your children have a Christ-centered understanding of one of God's most precious gifts. Whether you have a son or daughter, this book enables you to point them in the right direction.

**LINTBALL LEO'S NOT-SO-STUPID QUESTIONS ABOUT YOUR BODY** by Dr. Walt L. Larimore and John Riddle (Zonderkidz)

• 0545X •

This book for preteen boys answers questions about the changes a boy experiences as he approaches adolescence. Specific topics include genital development, body odor, sleep, emotional extremes, acne, jock itch, tattoos and body piercing, masturbation, abstinence, and wet dreams.

**PREPARING FOR ADOLESCENCE: HOW TO SURVIVE THE COMING YEARS OF CHANGE** by Dr. James Dobson (Regal)

• 738260 •

A powerful message to adolescents, they'll discover how to develop self-confidence, handle peer pressure, understand physical changes, make sound decisions, and learn the truth about real romantic love. Includes a message to parents.

**PREPARING FOR ADOLESCENCE FAMILY GUIDE** by Dr. James Dobson • 738274 •

Parents and preteens prepare together for the confusing road of adolescence! Twenty 10-minute sessions full of activities and discussion starters to prepare each of you for the challenges of puberty.

**PREPARING FOR ADOLESCENCE GROUP GUIDE** by Dr. James Dobson • 738298 •

This complete youth course is filled with discussion-provoking ideas, self-tests and projects that will teach them how to deal with inferiority, conformity, romantic love and more.

**PURE EXCITEMENT** by Joe White (Focus on the Family/Tyndale) • 9483X •

Captivating author and youth speaker Joe White addresses every aspect of God's plan for sex, love and dating. This book candidly equips teens to make smart choices now to experience God's best for their lives.

**RAISING YOUR KIDS TO BE SEXUALLY PURE** by Richard and Renee Durfield (Baker Publishing) • 87564 •

Rick and Renee Durfield offer encouragement to parents that even in this godless culture you can raise kids to be sexually pure. Packed with proven, biblical advice, this is a must-have handbook for helping your kids stand strong against the bombardment of sexual imagery and godless philosophy from every side.

**SEX IS NOT THE PROBLEM, LUST IS** by Joshua Harris (Multnomah) • 525191 •

Lust is pervasive in our culture to the point that sexuality has become a negative — contaminating what God intended as a gift. Learn how to reclaim sexuality and sex as God originally planned as you cut through the deceptive lies of lust.

**THE SWIMSUIT LESSON** by Jon Holsten (Holsten Books) • 973000 •

The author introduces a simple, yet effective, way for parents to educate their children about the dangers of sexual abuse. Author Jon Holsten, a police officer, provides a realistic view of the danger facing children today and what families can do to reduce the chances of being victimized. This illustrated story includes a separate step-by-step parents' guide.

**TEACHING TRUE LOVE TO A SEX-AT-13 GENERATION** by Eric and Leslie Ludy (Thomas Nelson) • 94256X •

Many of today's Christian kids are living double lives of sexual experimentation and compromise. This insightful and practical book will equip you to motivate your kids to pursue true love rather than our culture's perversion of it.

CDs

**"The Dangers of Hooking Up"** (Drs. Joe S. McIlhane, Jr. and Freda McKissic Bush) • 534926 •

Dr. Freda McKissic Bush encourages parents to let their experiences serve as an object lesson — as a way of telling their children: "I want you to avoid the same painful consequences I've had to endure." In this broadcast, Dr. Bush and Dr. Joe McIlhane offer guidance in a discussion based on their book, *Hooked: New Science on How Casual Sex is Affecting Our Children*.

**"The Importance of Sexual Health" I, II** (Panel) • 5008574 •

Dr. Joe McIlhane and Amy Stephens discuss the adverse physical, emotional and spiritual repercussions of sex outside of marriage and emphasize how important it is for parents to educate their children about these dangers.

**"A Message to Teens About Sex"** (Fran Sciacca) • 5008929 •

Fran Sciacca shows teens how to manage peer pressure to have sex in high school. He emphasizes the importance of drawing a line in regards to sexual issues before teens find themselves in dangerous situations.

**"Parents Prepare for Adolescence" I-II** (Panel) • 5009075 •

This two-day broadcast features a discussion of the concept of a "Preparing for Adolescence" trip, where the same-sex parent goes away with his or her child for the weekend to explain to them, immediately prior to adolescence, what to expect during adolescence. Dr. Dobson is joined by a panel of parents who have taken their children on such a trip.

**"Preparing for Adolescence"** (Dr. James Dobson) • 738304 • 8 CD Album (includes 6 CDs for teen/pre-teens, and 2 leadership CDs for parents)

Dr. Dobson brings the conversational warmth straight to you and your adolescent. Among the many topics reviewed are the physical and emotional changes, peer pressure, the meaning of love and communication with parents.

**"Teaching Girls the Truth About Modesty" I-III** (Dannah Gresh and Leslie Ludy) • 5008572 •

Dannah Gresh and Leslie Ludy discuss the rampant sexual promiscuity and how the line between purity and impurity has been blurred by our culture. They share insightful lessons learned from their own experiences and offer practical advice on instilling values of emotional, spiritual and physical purity in your young children.

**"Teaching Your Kids About Sex" I-II** (Dr. Kevin Leman and Kathy Flores Bell) • 5008260 •

Many parents avoid the topic of sex because it's so awkward to address. Overcome your fears and better educate your children as Dr. Kevin Leman and Kathy Flores Bell provide encouragement and helpful answers in a discussion about their book, *A Chicken's Guide to Talking Turkey with Your Kids About Sex*.

**"Why Purity Matters"** (Joe White) • 5009011 •

Joe White discusses the importance of sexual purity to an audience of teens. Using five chairs, he illustrates who will be affected by their choices regarding purity: future spouse, future children, Jesus, future spouse of their present girlfriend, and themselves.

#### WEB SITES

**CitizenLink: Abstinence Web site**

- <http://www.citizenlink.org/FOSI/abstinence/>

Includes issue analysis of abstinence policy and statistics on sexually transmitted diseases.

**Focus on the Family Web site: Parenting, Child Development, Sexuality**

- <http://www.focusonthefamily.com/parenting/sexuality.aspx>

Find tips on how to approach "the talk" with your children.

**Pure Intimacy Web site: Parents**

- <http://www.pureintimacy.org/parents/>

Insights on how to raise healthy children and understand child sexual development.

**TroubledWith.com Web site: Talking About Sex**

- <http://www.troubledwith.com/ParentingChildren/TalkingAboutSex.cfm>

This Web site offers online articles, resources, and referrals for various issues, including talking about sex with your children.

#### MISCELLANEOUS

**PASSPORT2PURITY** by Dennis and Barbara Rainey (FamilyLife Ministries) • 296569 • 5 CD Set, Parents' guide, Student guide

Passport2Purity is a weekend experience consisting of five sessions that feature an audio message and discussion questions. All of the sessions include a special project that will help preteens learn the concepts even more clearly. The parents' manual provides step-by-step guidance to successfully plan, prepare for, and implement the event.

#### REFERRALS

**CPH Publishing**

3558 South Jefferson Avenue

St. Louis, MO 63118-3968

314/268-1000

314/268-1329 — Fax

800/325-3040

<http://www.cph.org> — Web site

- A sex education series is among available publications.

**Educational Guidance Institute, Inc.**

P.O. Box 1127  
Front Royal, VA 22630  
540/635-4420  
[info@EGlonline.org](mailto:info@EGlonline.org) — E-mail  
[www.egionline.com](http://www.egionline.com) — Web site

- Promoting abstinence through sex education curriculum is the emphasis of this organization.

**Freedom Road**

Pat Socia  
P.O. Box 105  
Frankston, TX 75763  
903/586-6236  
903/589-6536 — Fax

- A nationally known abstinence speaker, Pat Socia speaks primarily in public junior and senior high school assemblies. She lectures at some conferences and youth gatherings as well.

**Josh McDowell Ministry**

P.O. Box 131000  
Dallas, TX 75313  
972/907-1000  
972/669-1542 — Fax  
866/252-5424 — orders  
[josh@josh.org](mailto:josh@josh.org) — E-mail  
<http://www.josh.org> — Web site

- This ministry is an outreach of Campus Crusade for Christ and publishes many materials for teens and parents. Most resources are also available in Spanish.

**Medical Institute for Sexual Health**

1101 South Capital of Texas Highway  
Building B, Suite 100  
Austin, TX 78746  
512/328-6268  
512/328-6269 — Fax  
800/892-9484 — Orders  
[medinstitute@medinstitute.org](mailto:medinstitute@medinstitute.org) — E-mail  
<http://www.medinstitute.org> — Web site

- Headed by Dr. Joseph (Joe) McIlhaney, this organization seeks to create and distribute medically accurate, research-based materials on healthy sexuality and sexually transmitted diseases.

**Teen-Aid**

723 East Jackson  
Spokane, WA 99207-2647  
509/482-2868  
509/482-7994 — Fax  
[teenaid@teen-aid.org](mailto:teenaid@teen-aid.org) — E-mail  
<http://www.teen-aid.org> — Web site

- The purpose of this group is to reduce the adverse consequences of premarital sexual activity among teens by encouraging abstinence as a premarital lifestyle.