



## RESOURCE LIST: SEX EDUCATION

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, 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.

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

This book for teen guys tackles physical changes, pornography, money management, spiritual growth, peer pressure, friendship, relationships, media, parents, and more — all to help them grow into confident men of faith.

**A CHICKEN'S GUIDE TO TALKING TURKEY WITH YOUR KIDS ABOUT SEX** by Dr. Kevin Leman and Kathy Flores Bell (Zondervan) • 283508 •

Even the bravest parents can feel timid about discussing sex with their 8- to 14-year-olds. But Leman and Bell offer reassuring, real-life anecdotes along with reliable information so you're prepared to be a positive influence to your children in this area.

**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, the goodness of His creation, that He 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 time with your child talking about the wonder of God's creation.

**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

Get straightforward answers to help children discover what's taking place in this bodies, why God created adults to desire sex, why sex should 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 ABOUT SEX AND YOU** by Stan and Brenna Jones (NavPress) • 60159 • Ages 11-14

Help your teen understand the basic facts about sex: 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 to expect during puberty.

**HOOKED: NEW SCIENCE ON HOW CASUAL SEX IS AFFECTING OUR CHILDREN** by Drs. Joe S. McIlhaney, 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 — and today's young adults have discovered that "hooking up" is easy and addictive. Offering a Christian philosophy of sexuality, McIlhaney 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) • 614148 •

Find the right words to encourage children to have a Christ-centered understanding of one of God's most precious gifts. Whether you have a son or daughter, this book can help you point them in the right direction.

**LINTBALL LEO'S NOT-SO-STUPID QUESTIONS ABOUT YOUR BODY** by Dr. Walt Larimore (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, emotional extremes, acne, jock itch, masturbation, abstinence, and wet dreams.

**PREPARING FOR ADOLESCENCE** by Dr. James Dobson (Gospel Light) • 738260 •

This insightful book for adolescents covers topics that trouble teens most, including inferiority, conformity, puberty, the meaning of love, and the search for identity.

**PURE EXCITEMENT: A GODLY LOOK AT SEX, LOVE, & DATING** by Joe White (Tyndale) • 9483X •

Offering caring answers to tough questions, White introduces teens to God's plan for sex, love, and dating — equipping them to make smart choices to experience God's best for their lives.

**SEX IS NOT THE PROBLEM (LUST IS): SEXUAL PURITY IN A LUST-SATURATED WORLD** by Joshua Harris (Multnomah) • 525191 •

Lust contaminates what God intended as a gift. Learn how to reclaim sexuality as God originally planned as you cut through the deceptive lies of lust.

**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 practical book will equip you to motivate your kids to pursue true love rather than our culture's perversion of it.

**TEACHING YOUR CHILDREN HEALTHY SEXUALITY** by Jim Burns (Bethany House) • 202087 •

Burns outlines a biblical approach for preparing children for life. More than just the when and how of having "the talk," this resource encourages parents to build a theology of healthy sexuality throughout children's lives.

*CDs*

**"Passport 2 Purity: Weekend Retreat Kit"** by Dennis and Barbara Rainey (FamilyLife Ministries) • 296569 • 5 CD Set, Parents' guide, Student guide

This five-session audio message helps parents connect with their children to teach them godly principles of sexuality. The parents' manual provides step-by-step guidance to successfully plan, prepare for, and implement the weekend event; and all sessions include a special project to help preteens and teens learn the concepts more clearly.

**"Preparing for Adolescence"** by Dr. James Dobson (Gospel Light) • 738304 • 8 CD Set

In a casual, conversational style, pre-teens are introduced to subjects like "The Canyon of Inferiority," "Conformity in Adolescence," "Explanation of Puberty," "The Meaning of Love," and "The Search for Identity." The set also includes CDs directed to parents, which discuss how to help a child during the difficulties of adolescence.

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

Gresh and Ludy discuss 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 children.

*WEBSITES*

**CitizenLink: Abstinence**

- <http://www.citizenlink.com/analysis/sexuality/abstinence-education/>

This site includes analyses of issues and abstinence policies, and statistics on sexually transmitted diseases.

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

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

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

**Pure Intimacy: Parents**

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

This site offers insights on raising healthy children and understanding child sexual development.

**TroubledWith.com: Talking About Sex**

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

Offering articles, resources, and referrals for various issues, this site also includes tips for talking about sex with your children.

*REFERRALS*

**Concordia Publishing House**

3558 South Jefferson Avenue  
St. Louis, MO 63118-3968  
314/268-1000  
314/268-1329 — Fax  
800/325-3040  
<http://www.cph.org> — Website

- Their resources include several helpful sex education series.

**Educational Guidance Institute, Inc.**

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

- This organization promotes abstinence through sex education curriculum.

**Josh McDowell Ministry**

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

- This ministry is an outreach of Campus Crusade for Christ and publishes many materials for teens and parents.

**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> — Website

- Headed by Dr. Joe McIlhaney, this organization creates and distributes 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> — Website

- This group seeks to reduce the adverse consequences of premarital sexual activity among teens by encouraging abstinence as a premarital lifestyle.