

**eliminating racism
empowering women
ywca**

Richmond

Bridging the Gap:

Sexual and Intimate Partner Violence Prevention Resources

YWCA Richmond

The YWCA Richmond is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all. Services offered by the agency include:

- Comprehensive services to support domestic and sexual violence survivors in the Greater Richmond and Chesterfield areas.
- Educational programs for violence prevention.
- Advocacy for social justice and racial equity in our community.
- Quality early childhood education through the Sprout School.

A Note to the Reader

This sexual and intimate partner violence prevention resource list was developed by the Prevention Team at the YWCA Richmond. These resources and materials provide helpful information for understanding healthy and unhealthy relationships, consent, bullying, and online safety. The purpose of this list is to help caregivers and families start conversations with youth about sex education, consent and boundaries, healthy and unhealthy relationships.

The TV shows on this list range from TV-Y to TV-14. However, these ratings are suggestions. We recognize every family is different and recommend using discretion before presenting to youth.

Questions, source suggestions, or to learn more about the YWCA, email:
rsawyer@ywcarichmond.org

Resource List curated by Karissa M.

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State and Regional 24/7 Hotlines for Survivors:

- EmpowerNet Richmond Regional Hotline (serves Greater Richmond Region)
 - Call: **1-804-612-6126**
- Virginia Statewide Hotline
 - Call: **1-800-838-8238** or Text: **804.793.9999**
 - The Virginia Statewide Hotline is a space where survivors and people impacted by violence, like friends, family, professionals, and the general public, can connect with trained advocates.
- LGBTQ Partner Abuse & Sexual Assault Helpline:
 - Call: **866-356-6998** or Text: **804-793-9999**
 - The LGBTQ+ Partner Abuse and Sexual Assault Helpline focuses on anti-violence in the queer community. This is a space for survivors and people impacted by violence, like friends, family, professionals, and the general public, to connect about LGBTQ+ centered resources.

National Hotlines for Survivors

- (RAINN) National Sexual Assault Hotline
 - Call: **1-800-656-4673**
- National Domestic Violence Hotline
 - Call: **1-800-799-7233** or Text: **START to 88788**

General Resources:

Sex Education

Websites

- [Sex Ed Rescue](#)
 - Sex Ed Rescue provides resources, videos, tools, and book recommendations on talking with your children about sexuality
- [Raliance's Parent 2 Parent](#)
 - Raliance's Parent 2 Parent provides parents and other caretakers of children and youth with sexual behavior problems (SBPs) with resources and tools to ensure children's healthy sexual development and behavior.
- [Sex Positive Families](#)
 - Sex Positive Families provides the education and resources that help families raise sexually healthy children.

Consent

Video

- [Why We Need to Change the Way Young Men Think About Consent](#) (Video)
 - As a research, workshop facilitator and writer, Nathaniel's work explores masculinity, mental health and sex education in this TedTalk. He references the workshops he conducts with boys and young men; Nathaniel illustrates the complexity of giving and receiving consent in sex and relationships. He shows how a focus on verbal and non-verbal communication skills can help boys to shift their perspective on sex and to realize that consent is something they can give too.
- [I Ask How Power Impacts Consent](#) (Video) (Parents & Youth)
 - Consent can be complicated when one partner holds more power than the other. By being mindful of the ways power imbalances may impact consent, you can take steps to ensure your partner feels comfortable communicating their needs.

Podcast

- [Meg-John and Justin Podcast](#) (Now the Culture Sex Relationships Podcast)
 - Our guide to No- An accessible introduction to how to make it easier for someone else to say no, how we can hear no, what no looks and sounds like (when actually people often don't say 'no') and the cultural messages around the word 'no' as well as how we might respond as individuals.

Healthy Relationships

Websites

- [Kids-Ask](#)
 - Lots of parents aren't sure exactly what to say- that's normal! Kids-Ask provides relevant facts and resources, as well as a simple script that can help parents answer common questions that kids ask at different ages. This tool helps prompt families to share their personal values and answer potentially challenging questions.
- [BLOOM For All- Caregiver HUB](#)
 - The Caregiver HUB delivers professional guidance outlining what to expect, how to start the conversation, and offers strategic tools and workshops from our nation's top experts to empower caregivers to feel more connected to their teen.
- [Planned Parenthood- For Parents](#)
 - Planned Parenthood provides education about a variety of topics including relationships, sexuality, identity etc. Find information for preschool age to high school.
- [Red Flags and the Relationship Spectrum: The Relationship Stoplight](#)
 - A great tool/activity to do with children and teens about the relationship spectrum (can be applied to romantic, platonic, familial relationships etc.). Watch/read the blog post to walk through an example relationship stoplight.

Books

- [The Set Boundaries Workbook: Practical Exercises for Understanding Your Needs and Setting Healthy Limits](#)
 - Therapist and relationship expert Nedra Glover Tawwab presents clear explanations and interactive exercises to help you gain insight and then put it into action. Filled with thought-provoking checklists, questions, writing prompts, and more, The Set Boundaries Workbook is a valuable tool for everyone who wants to speak up for what they want and need, and show up more authentically in the world.
- [Man Enough: Undefined My Masculinity](#) (Book)
 - Actor, director, and social activist Justin Baldoni reflects on his own struggles with masculinity. With insight and honesty, he explores a range of difficult, sometimes uncomfortable topics including strength and vulnerability, relationships and marriage, body image, sex and sexuality, racial justice, gender equality, and fatherhood.

Video/Podcast

- [Man Enough](#) (Podcast) (Watch it on [Youtube](#))
 - The Man Enough Podcast, hosted by actor & director Justin Baldoni, author & journalist Liz Plank, and President of Wayfarer Studios & award-winning music producer Jamey Heath, investigates how traditional structures and attitudes toward masculinity oppress and negatively affect men, women and humanity as a whole.

App

- [How We Feel](#) (App) - Available on Apple App store
 - How We Feel is a free app created by scientists, designers, engineers, and therapists to help people better understand their emotions and find strategies to help them navigate their emotions in the moment.

Online Safety

Websites

- [Internet Safety at Home / Seguridad en Internet a Casa](#)
 - Five tips for keeping kids safer online / Aquí hay cinco consejos para mantener a los niños más seguros en línea, adaptados para adaptarse al entorno actual “más seguro en casa”
- [What Teens and Parents Need to Know About Digital Abuse](#) (Parents & Youth)
 - Defines digital abuse, how to identify and prevent digital abuse.
- [What Parents Need to Know About Digital Consent](#) (Parents)
 - Dr. Janet Rosenzweig, Executive Director of The American Professional Society on the Abuse of Children, discusses digital consent, statistics on teens sending explicit content and what parents can communicate to their children about digital consent.
- [NetSmartz](#) (Parents/Educators)
 - NetSmartz is NCMEC's online safety education program. It provides age-appropriate videos and activities to help teach children to be safer online with the goal of helping children to become more aware of potential online risks and empowering them to help prevent victimization by making safer choices on- and offline.

App

- [Respect Effect](#) (App) (Available on Apple App Store and Google Play)
 - Respect Effect aims to help young people practice healthy relationship skills by completing daily challenges with their significant other (S.O.), friend or family. Users can share completed challenges on the Community Feed, earn points to get placed on the Leaderboard, and view other's challenges.

Bullying Prevention Resources

- Bullying Prevention 101 A quick guide for parents: [BP-101-parents.pdf \(pacer.org\)](#)
 - An overview of how bullying is defined, the roles involved, how to approach situations at home and helpful tips to address bullying.
- Parent and Educator Guide to Using the Student Action Plan Against Bullying: [BP-37.pdf \(pacer.org\)](#)
 - The “Student Action Plan Against Bullying” can help guide youth through the communication process, providing them with a structure to share their ideas and opinions about potential solutions to bullying. This guide is to assist parents or educators about Steps to take when completing the Student Action Plan with youth.
- [Record Keeping and Bullying \(pacer.org\)](#)
 - When a child is a target of bullying, parents need to document the events and develop a record (or history) of what is happening to their child. This record is useful when talking with school educators, law enforcement personnel, or other individuals who may need to assist parents in intervening against bullying. Data is important. Remember – if it is not in writing, it does not exist.
- Student Action Plan Against Bullying: [BP-25.pdf \(pacer.org\)](#) (Parent and Youth)
 - Whether you are the target of bullying, a witness, or the person who bullies, this plan can help you think through potential responses and come up with next steps to help prevent bullying.

Supporting LGBTQ Youth:

For Parents/Caregivers/Families

- [PFLAG Resources](#)
 - PFLAG has resources for parents and caregivers to learn how to support and be an ally to LGBTQ+ youth.
- [SupportingCaringforTransChildren.pdf](#)
(hrc-prod-requests.s3-us-west-2.amazonaws.com) (For Parents & family)
 - Explains the difference between children who are gender-expansive and those who are transgender. Outlines why experts, based on emerging scientific evidence, are embracing a "gender-affirming" approach. Describes what it means to affirm a child's gender identity through "transition". Debunks myths about transgender children and "gender-affirming" care. Recommends steps that families and community members can take to support transgender and gender-expansive kids in their lives
- [Raising the Transgender Child](#) (For parents)
 - Provides specific and actionable advice including coming-out letters, identity challenges, school and caregiver communications, and more, this comprehensive guide provides a wealth of science-backed information alongside friendly and practical wisdom that is sure to comfort, guide, and inspire the family and friends of transgender and gender diverse children.
- [He She Ze and We](#)
 - He She Ze and We meetings are designed for adult family members that would like to learn more about gender identity and how to support their transgender, nonbinary, or gender-diverse loved one.
- [Rainbow Parenting](#) By Lindz Amer
 - Guide book for parents and caregivers raising queer and ally youth written by a nonbinary author
- [Trans Youth Handbook](#) (Youth & parents)
 - This Handbook was created to help you learn about your legal rights in different areas of your life. **This guide is up-to-date as of June 2020, laws affecting trans people are constantly changing, the information contained in this Handbook may not reflect the current legal situation where you live.**

Resources for LGBTQ Youth

- [Trans Teen Survival Guide](#) (For youth)
 - With a focus on self-care, expression and being proud of your unique identity, the guide is packed full of invaluable advice from people who understand the realities and complexities of growing up trans. Having been there, done that, Fox and Owl are able to honestly chart the course of life as a trans teen, from potentially life-saving advice on dealing with dysphoria or depression, to hilarious real-life awkward trans stories.
- [Gender Identity Workbook for Teens](#): Practical Exercises to Navigate Your Exploration, Support Your Journey, and Celebrate Who You Are
 - The Gender Identity Workbook for Teens is an interactive workbook that will walk you through what gender identity actually is. You'll learn that there are endless ways to express yourself and that there's no right or wrong way to identify. **Reading age 12-16.**
- [Future Perfect Project](#) (Youth)
 - The Future Perfect Project provides free weekly and monthly online writing, arts, and performing workshops for LGBTQIA+ Youth & Allies around the world. These programs are for LGBTQIA+ Youth & Allies, **ages 12–19**, currently enrolled in High School & 8th grade, who can join from anywhere in the world via Zoom. Workshops are held in English. Connect, laugh and share in a safe space that gives you the chance to meet LGBTQIA+ young people from all over the world.
- [imi](#) (Youth)
 - imi is a series of guides, designed with and for LGBTQ+ teens, to help explore and affirm their identity. It's free, backed by science, and helps teens learn practical methods to cope with sexual and gender minority stress in ways that are helpful, relevant, inclusive and joyful.

Baby, Toddler, Preschool:

Children's Books

Boundaries & Consent

- [My Body Belongs to Me](#): A Parent's Guide: How to Talk with Young Children about Personal Boundaries, Respect, and Consent By: Elizabeth Schroeder, EdD, MSW (Parent Book)
 - This book is a guide to starting those critical conversations with kids as young as 3, using language and examples that they can understand. Learning how to set boundaries for themselves and recognize the boundaries of others will help kids develop their own self-esteem and stay safe.
- [Yes! No!: A First Conversation About Consent](#) (First Conversations) by: Megan Madison, Jessica Ralli, Isabel Roxas (Children's Book)
 - This book serves to normalize and celebrate the experience of asking for and being asked for permission to do something involving one's body. It centers on respect for bodily autonomy, and reviews the many ways that one can say or indicate "No." **Reading age 0-4 years old.**
- [Don't Hug Doug: \(He Doesn't Like It\)](#)
 - Meet Doug, an ordinary kid who doesn't like hugs, in this fun story which aims to spark discussions about bodily autonomy and consent. **Reading age 2-7 years old.**
- [Harrison P. Spader, Personal Space Invader](#)
 - Author Christianne Jones uses humor and relatable situations to teach early learners about self-awareness. This entertaining picture book in the Little Boost series will tackle a much-needed topic for teachers and parents. **Reading age 4-8 years old.**

Healthy Relationships

- [Together: A First Conversation About Love](#)
 - A beginner's exploration of love, relationships, and families – the latest in the FIRST CONVERSATIONS board book series, which offers adults the opportunity

to begin important conversations with young children in an informed, safe, and supported way. **Reading 2-5 years old.**

Gender, Race & Body Positivity

- [The Pronoun Book Board book](#) (Children's book)
 - Introduction to pronouns. **Reading age 0-3.**
- [Our Skin: A First Conversation About Race](#)
 - Based on the research that race, gender, consent, and body positivity should be discussed with toddlers on up, this read-aloud board book series offers adults the opportunity to begin important conversations with young children in an informed, safe, and supported way. **Reading age 2-5 years old.**
- [Being You: A First Conversation About Gender](#)
 - Based on the research that race, gender, consent, and body positivity should be discussed with toddlers on up, this read-aloud board book series offers adults the opportunity to begin important conversations with young children in an informed, safe, and supported way. **Reading age 2-6 years old.**
- [Whoever You Are: A Baby Book on Love & Gender](#)
 - **Reading age 1-4 years old.**
- [Every Body: A First Conversation About Bodies](#)
 - *Available 05/9/2023* A picture book edition of the board book about body liberation, offering adults the opportunity to begin important conversations with young children in an informed, safe, and supported way. This book serves to celebrate the uniqueness of your body and all bodies, and addresses the unfair rules and ideas that currently exist about bodies. It ends with motivational action points for making the world more fair for all! **Reading age 2-5 years old.**

TV shows

TV shows on this list range from TV-Y to TV-14, these ratings are suggestions.

- [Bluey- Dance Mode S2 E3](#) – Available on Disney Plus
 - This episode shows what healthy communication looks like and why communication is a crucial pillar in all relationships. **TV-Y**

Elementary School:

Websites

Sex Education

- [Amaze Jr.](#)
 - Amaze jr. brings parents age-appropriate sex ed resources about talking to young children, and fun videos to share with your children. **Reading age 4-9 years old.**

Healthy Relationships

- [Become an Askable Parent with AMAZE](#) (Podcast)
 - AMAZE.org creates free educational videos + resources to help families talk openly, honestly, and less awkwardly about sex, health, relationships + growing up. Our goal is to help you become an askable parent through short, actionable podcast episodes.

Consent

- [Consent for Kids](#) (Youtube)
 - This video uses language and examples that children can understand about consent and bodily autonomy. **Reading age 4-8 years old.**
- [Safe Secure Kids](#) (Website)
 - SafeSecureKids.org provides free resources to help caregivers prevent sexual abuse and harassment by communicating with children about respect and consent. This information is for parents, caregivers, and teachers of elementary-aged children.

Online Safety and Bullying

- [NetSmartzKids](#) (Parents & Youth)

- The NetSmartzKids interactive educational program offers age-appropriate resources to help teach children how to be safer on- and offline. The program is designed for children ages 5-up, parents and guardians, educators, and law enforcement. With resources such as videos, games, downloadable activities, and presentations, NetSmartz entertains while it educates.
- Bullying Prevention Guide for Elementary Students: [BP-101-elementary.pdf \(pacer.org\)](https://www.pacer.org/bp-101-elementary.pdf) (Parents and Youth)
 - A quick guide for elementary school students provides helpful information on what bullying is, what cyberbullying is, who is involved, the roles played, and what to do when experiencing or witnessing bullying.

Children's Books

Boundaries and Consent

- [My Body Belongs to Me: A Parent's Guide: How to Talk with Young Children about Personal Boundaries, Respect, and Consent](#) By: Elizabeth Schroeder, EdD, MSW (Parent Book)
 - This book is a guide to starting those critical conversations with kids **as young as 3**, using language and examples that they can understand. Learning how to set boundaries for themselves and recognize the boundaries of others will help kids develop their own self-esteem and stay safe.
- [Let's Talk About Body Boundaries, Consent and Respect:](#) Teach children about body ownership, respect, feelings, choices and recognizing bullying behaviors By: Jayneen Sanders, Sarah Jennings (Children's Book)
 - A child growing up knowing they have a right to their own personal space, gives that child ownership and choices as to what happens to them and to their body. It is equally important that a child understands, from a very young age, they need to respect another person's body boundary and ask for their consent when entering their personal space. This book explores these concepts with children in a child-friendly and easily-understood manner, providing familiar scenarios for children to engage with and discuss. **Reading age 4-7 years old.**
- [The Not-So-Friendly Friend:](#) How To Set Boundaries for Healthy Friendships (Children's book)

- In *The Not-So-Friendly Friend*, children will learn an easy and practical lesson about how to firmly and assertively—yet kindly—stand up for themselves in the face of a bully. By teaching children about the importance and value of setting boundaries for healthy friendships, this book provides children the tools they need to foster their social confidence and emotional well-being. **Reading age 4-8 years old.**
- [My Body! What I Say Goes!](#): A book to empower and teach children about personal body safety, feelings, safe and unsafe touch, private parts, secrets and surprises, consent, and respectful relationships (Children's Book)
 - This book teaches children the following crucial and empowering skills in personal body safety: identifying safe and unsafe feelings, recognizing early warning signs, developing a safety network, using the correct names for private parts, understanding the difference safe and unsafe touch, understanding the difference between secrets and surprises, respecting body boundaries. Also included in this book are in-depth Discussion Questions to further enhance the learning and to initiate important family conversations around body autonomy. **Reading age 3-6 years old.**
- [No Means No!](#): Teaching personal boundaries, consent; empowering children by respecting their choices and right to say 'no!' (Children's book)
 - It is a springboard for discussions regarding children's choices and their rights. The 'Note to the Reader' at the beginning of the book and the 'Discussion Questions' on the final pages, guide and enhance this essential discussion. **Reading age 3 to 9 years old.**
- [Some Secrets Should Never Be Kept](#): Protect children from unsafe touch by teaching them to always speak up (Children's book)
 - This book is an invaluable tool for parents, caregivers, teachers and healthcare professionals to broach the subject of safe and unsafe touch in a non-threatening and age-appropriate way. The comprehensive notes to the reader and discussion questions at the back of the book support both the reader and the child when discussing the story. **Reading age 3 to 12 years old.**

Bodies, Gender and Sexuality

- [It Feels Good to Be Yourself](#): A Book About Gender Identity (Children's book)

- A straightforward exploration of gender identity will give children a fuller understanding of themselves and others. With child-friendly language and vibrant art, *It Feels Good to Be Yourself* provides young readers and parents alike with the vocabulary to discuss this important topic with sensitivity.

Reading age 3-7 years old.

- [What Makes a Baby](#) (Children's book)
 - Geared to readers from **preschool to age 8**, *What Makes a Baby* is a book for every kind of family and every kind of kid. A children's picture book about conception, gestation, and birth, which reflects the reality of our modern time by being inclusive of all kinds of kids, adults, and families, regardless of how many people were involved, their orientation, gender and other identity, or family composition. Just as important, the story doesn't gender people or body parts, so most parents and families will find that it leaves room for them to educate their child without having to erase their own experience.
- [Sex Is a Funny Word: A Book about Bodies, Feelings, and YOU](#) (Youth)
 - A comic book for kids that includes children and families of all makeups, orientations, and gender identities, *Sex Is a Funny Word* is an essential resource about bodies, gender, and sexuality for children, their parents and caregivers. Much more than the "facts of life" or "the birds and the bees," *Sex Is a Funny Word* opens up conversations between young people and their caregivers in a way that allows adults to convey their values and beliefs while providing information about boundaries, safety, and joy. **Reading age 8-10 years old.**
- [The Every Body Book](#) (Youth)
 - The Every Body Book: The LGBTQ+ Inclusive Guide for Kids about Sex, Gender, Bodies, and Families is an illustrated LGBTQ+ inclusive kid's guide to sex, gender and relationships education that includes children and families of all genders and sexual orientations, covering puberty, hormones, consent, sex, pregnancy and safety. **Reading age 8-11 years old.**

Videos

- [Protect Yourself Rules - Safe Touch / Unsafe Touch](#)
 - Educate children about what to do when confronted with abusive behavior, safe and unsafe touches, going to a parent or another trusted adult if they are

confronted in an unsafe situation, and that it is not their fault. Stranger safety, Internet safety and other situations are also presented.

- [Protect Yourself Rules- Bullying](#)
 - Short animated video about what bullying is, what it looks like and how to handle bullying.
- [Protect Yourself Rules- Cyberbullying](#)
 - Short animated video about what cyberbullying is, what it looks like and how to handle cyberbullying.

Middle School

Websites

Sex Education

- [Amaze](#) (Website) (Youth)
 - Provides young adolescents with engaging, educational, age-appropriate sex education through animated videos.
- [Ask Roo](#)
 - Roo answers all your awkward questions about sexual health, relationships, growing up, and more. Chatting with Roo is free and private, so go ahead and ask the things you don't want to ask out loud. Roo's answers are backed by professional health educators from Planned Parenthood.

Healthy Relationships

- [Love is Respect](#) (Website) (Youth & Parent resource)
 - Provides comprehensive education through resources including quizzes, interactive pages, and testimonials, as well as training, toolkits, and curriculum for educators, peers, and parents to promote healthy relationships and prevent future abuse.
- [Love is Respect Parent Guide 2021](#) (Parent)
 - Parent discussion guide on young healthy relationships. This guide provides information about the types of dating abuse, understanding warning signs, how to approach conversations about dating abuse, and how to support someone who may be choosing to cause harm.
- [Healthy Relationships Bingo](#)
 - Watching TV? Not sure how to start talking about healthy relationships? Try playing the bingo card below to think about if the relationships onscreen rate as healthy (BINGO!) or unhealthy. If you're watching with someone, play bingo together and see if you think the same things about the couples you see on TV.
- [OneLove App- Cadence Ford](#)

- An educational video game designed by One Love Foundation that uses storylines to help teens gain a better understanding of healthy relationships and intersectional identities.
- [Healthy Relationships Quiz](#)
 - Everyone deserves to be in a safe and healthy relationship. Do you know if your relationship is healthy? answer yes or no to the following questions to find out. make sure to check the boxes to record your responses. At the end, you'll find out how to score your answers.
- [ThatsNotCool.com](#)
 - That's Not Cool provides educational videos addressing dating violence, unhealthy relationships and digital abuse.
- Bullying Prevention Guide for Middle & High School Students: [bp-101-mhschool.pdf \(pacerteensagainstbullying.org\)](#) (Parent and youth)
 - A quick guide for middle and high school students provides helpful information on what bullying is, who is involved, the roles played, and bullying prevention rights, along with ideas for advocacy and self-advocacy.

Books

Sex Education

- [The Parent's Guide to Puberty: Proven Parenting Tips for Talking About Sex, Body Maturation and Teen Anxiety](#) (Parent)
 - In The Parents' Guide to Puberty, teen communication and sex education expert Cath Hankanson draws on over 25 years of experience providing parenting advice as a sexual health professional and owner of the Sex Ed Rescue website to offer you proven parenting tips that anybody can use to teach teenagers about difficult topics like menstruation, acne, mood swings, safe sex and body maturation for tweens and teens.
- [You Know, Sex: Bodies, Gender, Puberty, and Other Things](#) (Youth)
 - In a bright graphic format featuring four dynamic middle schoolers, You Know, Sex grounds sex education in social justice, covering not only the big three of puberty—hormones, reproduction, and development—but also power, pleasure, and how to be a decent human being. **Reading age 10+.**

Boundaries and Consent

- [Consent: The New Rules of Sex Education : Every Teen's Guide to Healthy Sexual Relationships](#)
 - There's a lot to talk about when it comes to sex education—anatomy, communication, safety, and more. In this groundbreaking book, Dr. Jennifer Lang delivers a frank, compassionate, and evidence-based guide to healthy sexual relationships, focusing on the crucial role of consent in sex education. **Reading age 12-16 years old.**
- [Creating Cultures of Consent: A Guide for Parents and Educators](#) (Parents)
 - This book is designed with both educators and parents in mind. The tools highlighted throughout help adults unlearn harmful narratives about consent, boundaries, and relationships so that they can begin their work internally through modeling and self-reflection.

Gender

- [Boys Will Be Human](#): A Get-Real Gut-Check Guide to Becoming the Strongest, Kindest, Bravest Person You Can Be By: Justin Baldoni (Youth)
 - A self-esteem-building guidebook that helps boys embrace their feelings and fears instead of repressing them. Highly designed and filled with activities, sidebars, and inspirational quotes, this book is the perfect social-emotional learning tool for parents and educators to jump-start conversations about masculinity with the boys in their lives. **Reading age 11+.**

Videos

Boundaries & Consent

- [Setting Healthy Boundaries](#)
 - This video covers boundaries: what they are, how we set them and how we can make sure to stick to them once they're in place. As we mentioned in the video, some boundaries are tricky, especially when dealing with addiction or mental health issues.
- [Ask.Listen.Respect: A Video About Consent](#)

- The ASK. LISTEN. RESPECT. video was created for kids ages 11-16 to show concrete examples of how to ask for consent, what enthusiastic, verbal consent looks like, and how to respond to “no” respectfully. You can use the video to spark conversations with teens about respectful relationships, the importance of consent, and how teens can ask for and give consent in their friendships and dating relationships.
 - The [PARENT GUIDE](#) offers simple conversation starters to open up a discussion after watching the video.

TV shows

TV shows on this list range from TV-Y to TV-14, these ratings are suggestions.

Consent & Healthy Relationships

- [Steven Universe](#) – Available on Cartoon Network, Hulu, HBO MAX, Apple TV
 - An animated coming-of-age story of a young boy, Steven Universe, who lives with the Crystal Gems—magical, mineral-based aliens named Garnet, Amethyst, and Pearl—in the fictional town of Beach City. Steven, who is half-Gem, has adventures with his friends and helps the Gems protect the world from their own kind. The themes of the series include love, family, and the importance of healthy interpersonal relationships. **TV-PG**
 - [Alone Together](#) -Season 1, episode 36- This scene explores consent
 - Chille Tid- Season 2, Episode 10, This episode explores lessons about abusive relationships and how friends can help.
 - [Alone at Sea](#) –Season 3, Episode 15 This scene teaches some important lessons about abusive relationships.
- [One Day at a Time – Outside S3 E2](#) - Available on Netflix
 - This episode tackles consent and toxic masculinity **TV-PG**

High School:

Websites

Sex Education

- [Scarleteen](#)
 - Inclusive, comprehensive, supportive sexuality and relationships info for teens and emerging adults.
- [Planned Parenthood - Chat with a Health Educator](#)
 - Chat online or text 'PPNOW' to 774636 (PPINFO) to get answers.
- [BLOOM For All: The Teen HUB](#)
 - The Teen HUB provides a safe space for teens to explore their curiosities and answer questions about their changing bodies and minds in an empowering way.
- [Planned Parenthood Teen Sexual Health](#) (Youth & Parents)
 - Information on a wide variety of topics such as puberty, sex, preventing STD's and pregnancy, sexual orientation and gender identity.

Healthy Relationships

- [Love is Respect](#) (Youth & Parent resource)
 - Provides comprehensive education through resources including quizzes, interactive pages, and testimonials, as well as training, toolkits, and curriculum for educators, peers, and parents to promote healthy relationships and prevent future abuse.
- [Love is Respect Parent Guide 2021](#) (Parent)
 - Parent discussion guide on young healthy relationships. This guide provides information about the types of dating abuse, understanding warning signs, how to approach conversations about dating abuse, and how to support someone who may be choosing to cause harm.
- [One Love](#) (Parents & Youth)
 - One Love empowers young people with the tools and resources they need to see the signs of healthy and unhealthy relationships and bring life-saving prevention education to their communities.

Books

Sex Education

- [Let's Talk About It: The Teen's Guide to Sex, Relationships, and Being a Human \(A Graphic Novel\)](#) (Youth)
 - Let's Talk About It provides a comprehensive, thoughtful, well-researched graphic novel guide to everything you need to know. Covering relationships, friendships, gender, sexuality, anatomy, body image, safe sex, sexting, jealousy, rejection, sex education, and more. **Reading age 14-17 years old.**
- [You Do You](#)
 - Through this authoritative, inclusive, and teen-friendly overview, readers learn the basics about sex, sexuality, human reproduction and development, birth control, gender identity, healthy communication, dating, relationships and break ups, the importance of consent, safety, body positivity and healthy lifestyles, media myths, and more. Advice-column-style Q&As and real-life stories add human drama and authenticity. **Reading age 13-14 years old.**

Consent

- [Can We Talk About Consent?: A book about freedom, choices, and agreement](#)
 - This book breaks down the basics of how to give and get consent in every aspect of life for readers aged **14 years and older**. This guide explains clearly why consent matters—for all of us.
- [Consent: The New Rules of Sex Education : Every Teen's Guide to Healthy Sexual Relationships](#)
 - There's a lot to talk about when it comes to sex education—anatomy, communication, safety, and more. In this groundbreaking book, Dr. Jennifer Lang delivers a frank, compassionate, and evidence-based guide to healthy sexual relationships, focusing on the crucial role of consent in sex education. **Reading age 12-16 years old.**
- [Real Talk About Sex and Consent: What Every Teen Needs to Know](#)
 - *Real Talk About Sex and Consent* is a comprehensive guide with essential information about setting boundaries, coercion, reciprocity, and communication. You'll also find hard facts about sex and trauma, the effects of

pornography and cultural expectations, and much more. With this book, you'll learn how to make sexual decisions that honor your sense of values and cultivate rewarding and emotionally supportive relationships throughout your life. **Reading age 13+.**

- [The Consent Checklist](#)
 - This is a zine about the conditions that are required for consent: a kind of checklist that we can apply to any situation in life.

Videos

Consent

- [Cycling Through Consent](#)
 - This animated video takes on a fun and simple approach to looking at consent; exploring what consent is and what it does and does not look like.
- [Tea Consent \(Clean\)](#)
 - This video examines the concept of consent through the example of making someone a cup of tea. Through this analogy, young viewers can gain a greater understanding of consent in various contexts.

TV Shows

TV shows on this list range from TV-Y to TV-14, these ratings are suggestions.

Relationships, Sex, and Consent

- [Sex Education](#) - Available on Netflix
 - The series follows the lives of the students, staff and parents of the fictional Moordale Secondary School as they contend with various personal dilemmas, often related to sexual intimacy. **TV-14**
- [Degrassi: Next Class](#) - Available on Netflix
 - Follows the lives of a new generation of students at Degrassi Community School as they encounter high-school issues such as racism, drug use, homophobia, mental illness, cyber bullying, sexuality, religion, and more. **TV-PG**
- [Love, Victor](#) - Available on Hulu and Disney Plus

- Victor is a new student at Creekwood High School on his own journey of self-discovery, facing challenges at home, adjusting to a new city, and struggling with his sexual orientation. **TV-14**
- [Normal People](#) - Available on Hulu
 - Main characters Connell and Marianne have conversations covering contraception, pleasure and consent easily and positively. **TV-14**
- [Heartstopper](#) – Available on Netflix
 - Teens Charlie and Nick discover their unlikely friendship might be something more as they navigate school and young love. **TV-14**
- [Never Have I Ever](#) - Available on Netflix
 - This series follows the life of Devi, a first-generation Indian American teenager who is beginning her sophomore year. Devi is like many teenagers: both obsessed with and apprehensive about having sex for the first time. This show also tackles grief, family and interpersonal relationships and sexuality. **TV-14**

Movies

Healthy Relationships

- [To All The Boys: P.S. I Still Love You](#) – Available on Netflix
 - Main characters Lara Jean and Peter talk about sex in a realistic and respectful way. They establish their boundaries and what they do, and don't, feel ready to do. The To All the Boys I've Loved Before trilogy gives teen audiences a refreshing model of not only how to clearly express their needs and desires, but also to know how they should expect their partners to respond. **TV-14**

Podcasts

- [The Declassified Guide to Love and Life](#) (Youth)
 - A youth-led podcast hosted by Empower RVA Teens of the YWCA Richmond. The goal of this podcast is to expose listeners to topics and issues often overlooked. This podcast centers youth voices, experiences, and opinions and hopes to bring new perspectives in order to normalize these discussions.

Recursos en español para padres y jóvenes:

Sitios Web

Educación sexual y relaciones saludables

- [Love is Respect](#) (En Español)
 - Brindamos educación integral a través de recursos que incluyen cuestionarios, páginas interactivas y testimonios, así como capacitación, herramientas y currículo para educadores, compañeros y padres para promover las relaciones saludables y prevenir abuso en el futuro.
- [Amaze](#) (En Español)
 - AMAZE crea videos animados para adolescentes entre **10 y 14 años**. Asimismo, ofrece a sus papás, mamás y educadores, recursos confiables que les permiten iniciar conversaciones –en un formato más relajado y divertido– con sus hijos, hijas o estudiantes, sobre temas relacionados con la salud sexual.
- [Amaze Jr.](#) (En Español)
 - Brinda a los padres recursos de educación sexual apropiados para la edad sobre cómo hablar con niños pequeños y videos divertidos para compartir con sus hijos. Apto para edades de **4 a 9 años**.
- [Cómo ayudar a los niños a enfrentar el hostigamiento](#)
 - Brinda educación a padres e hijos sobre las señales de acoso y consejos tanto para padres como para hijos.

Libros

Raza y genero

- [¿Cómo se hace un bebé?](#) (libro de niños 3-7 años)
 - Álbum ilustrado en el que se explica a los niños de dónde vienen los niños y como son concebidos. ¿De dónde vienen los bebés? ¿De dónde vengo yo? Dos preguntas que se hacen todos los niños en un momento determinado, sobre todo cuando está a punto de llegar un nuevo miembro a la familia. Escrito e ilustrado para incluir todo tipo de bebés, adultos y familias, este libro enseña qué es la concepción, la gestación y el nacimiento. Los padres encontrarán el

espacio idóneo para educar a sus hijos sin tener que eludir su propia experiencia.

- [Nuestra piel: una primera conversación sobre la raza](#)
 - * Disponible 04/25/2023* Estos álbumes ilustrados, enfocados en temas específicos y desarrollados por expertos en las áreas de primera infancia y activismo contra la injusticia, ofrecen un lenguaje claro y concreto, e imágenes atractivas que los niños entenderán y los adultos podrán aprovechar para ampliar la conversación.

Vídeos

Consentimiento y aceptación familiar

- [Somos Familia: Entre Nos \(Between Us\)](#)
 - una novela animada sobre la aceptación familiar/ an animated novela about family acceptance
- [Tea consent - español on Vimeo](#)
 - Un video que enseña inteligentemente sobre el consentimiento sexual.

Manuales

Genero y sexualidad

- [Somos Familia: Cómo Hablar Sobre El Género y La Orientación Sexual](#) / Talking about Gender and Sexual Orientation
 - Herramientas para todas las familias/ A toolkit for all families

Bullying

- [Plan de Acción del Estudiante en Contra del Bullying](#)
 - Ya sea que tu seas el blanco de bullying, un testigo o la persona que hace el bullying, este plan te puede ayudar a pensar a través de posibles respuestas y dar los siguientes pasos para ayudar a prevenir el bullying.