

Sexuality Education in Lower School: Before and Beyond the Birds and the Bees

The Nightingale-Bamford School | Updated September 10, 2019

Recommended Readings and Resources for Talking with Children about Sexuality

Conversation Starters

- *A Family is a Family is a Family* by Sara O'Leary
- *Don't Touch My Hair!* by Sharee Miller
- *Harriet Gets Carried Away* by Jessie Sima
- *Introducing Teddy: A Gentle Story about Gender and Friendship* by Jessica Walton
- *Julián is a Mermaid* by Jessica Love
- *Love, Z* by Jessie Sima
- *One of a Kind, Like Me/Único Como Yo* by Laurin Mayeno
- *Prince and Knight* by Daniel Haack
- *Red: A Crayon's Story* by Michael Hall
- *Stella Brings the Family* by Miriam Schiffer
- *The True Adventures of Esther the Wonder Pig* by S. Jenkins, D. Walter, and C. Crane
- *This Day in June* by Gayle Pitman
- *When Aidan Became a Brother* by Kyle Lukoff

Nonfiction

- *The Care and Keeping of You* by Valorie Schaefer
- *Celebrate Your Body (and its changes too!)* by Sonya Renee Taylor
- *It Feels Good to Be Yourself: A Book About Gender Identity* by Theresa Thorn
- *A House for Everyone* by Jo Hirst
- *It's Not the Stork* by Robie Harris
- *It's Perfectly Normal* by Robie Harris
- *It's So Amazing* by Robie Harris
- *Sex is a Funny Word* by Cory Silverberg (for older elementary, early middle, and beyond)
- *They She He Me: Free to Be!* by Maya and Matthew Smith-Gonzalez
- *What Makes a Baby?* by Cory Silverberg
- *Who Are You? The Kid's Guide to Gender Identity* by Brook Pessin-Whedbee

For Adults

- *For Goodness Sex: Changing the Way We Talk to Teens About Sexuality, Values, and Health* by Al Vernacchio
- *Girls & Sex* by Peggy Orenstein
- *Talk to me First: Everything You Need to Know to Become Your Kids' "Go-to" Person About Sex* by Debra Roffman

Additional Resources

- Amaze Jr.
 - <https://amaze.org/jr/>
- Answer, sex ed honestly
 - <http://answer.rutgers.edu/page/parentresources>
- Talkwithyourkids.org
- Six Minute Sex Ed podcast (Level one episodes)