Recommended Resources for Parents and Teens

Below are some of our favorite resources to support children and their families. We recommend previewing each resource to ensure it's a match with your family's values.

Resources for Parents and Families

Amaze: Having the Talks

www.amaze.org/having-the-talks

Videos and resources to help parents appropriately and effectively start conversations about sexual health with their young people. Also provides animated videos for youth to help "take the awkward out of sex ed."

Center for Parent Information and Resources: Sexuality Education for Students with Disabilities

www.parentcenterhub.org/sexed

Sexuality education resources for students with disabilities, including information, special products, helpful articles about teaching children and teens with various developmental disabilities.

Common Sense Media

www.commonsensemedia.org

A library of age-based ratings and reviews of movies, TV, shows, books, and more. Also offers parenting advice and programs to support families as they "navigate the challenges and possibilities of raising kids in the digital age."

Connect Safely

www.connectsafely.org

Research-based safety tips, parents' guidebook, advice, news and commentary on the most popular websites, apps, and games used by young people, as well as general information for online safety and privacy.

Recommended Resources for Parents and Teens Continued

Essential Access Health: Talk with your kids

www.talkwithyourkids.org

Resources, including an interactive timeline and talking tips, developed to help parents build a foundation of trust and mutual respect with their kids, and support ongoing family conversations as young people develop and grow.

Gender and Spectrum: Parenting and Family

www.genderspectrum.org/explore-topics/parenting-and-family

A comprehensive guide to supporting families with LGBTQ+ children, including resources and information on communication, privacy, safety, mental health, and transitioning, as well as legal, medical, and school considerations.

Health Connected: Let's Talk

www.lets-talk.how

An online resource for parents/guardians to gain the knowledge and confidence to communicate openly and honestly with their children about all aspects of sexuality, at every age, so adolescents can make informed and empowered decisions about sexual health and relationships throughout their lifetime.

Planned Parenthood: For Parents

www.plannedparenthood.org/learn/parents

Information and guidance for parents/guardians to talk with the young people in their lives about sex, puberty, bodies, identities, and relationships; explore by topic or by age group.

Power to Decide: Talking is Power

www.powertodecide.org/sexual-health/resources-for-parents-champions-mentors/talkingispower

A national effort to spark meaningful conversations between young people and champions who care about them most. #TalkingIsPower includes resources, articles, videos, and shareable graphics to help trusted adults communicate with young people about important sexual health topics.