

## Jo Langford Bio

Jo Langford, M.A. is a dad, a Master's-level therapist, author, and sex educator for tweens, teens, and parents, in Seattle, Washington. For the last 20 years, Jo has worked at the intersection of adolescence, sexuality, technology, and behavior.

From working in peer counseling and student outreach programs in high schools to medical, residential, and psychiatric settings, Jo now provides training for organizations and agencies as well therapy to adolescents and families around a gambit of sexuality themes - with an emphasis on LGBT issues, Internet safety, digital citizenship, and comprehensive sex education.

He is the author of the *Spare Me*, *'The Talk'!* series – guides to sex, relationships, and growing up for modern teens and their parents, as well as several other books on the topics of healthy sexuality for teens of all genders.

Jo uses information, education, and humor to help parents and professionals increase their knowledge and self-confidence in supporting teens' healthy, positive, and safe sexual and social behavior.

More info on Jo at [Beheroes.net](http://Beheroes.net).