



## RESOURCE LIST:

### SEX EDUCATION RESOURCES

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*Item availability and contact information are subject to change. In such cases, our staff members would be pleased to help you find appropriate alternatives and updated addresses as they are able. Inclusion on this list does not necessarily constitute endorsement of material content or organizational viewpoint by Focus on the Family. All videos are VHS format, Close Captioned (CC) where indicated. Items in sets are available separately where an item code lists product as such.*

#### BOOKS

**BLOOM: A GIRL'S GUIDE TO GROWING UP** by Susie Shellenberger (FOF/Tyndale)

• BL241 •

From changing bodies, to dating and sex, to 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. Also included is a sexual purity pledge to sign.

**BOOM: A GUY'S GUIDE TO GROWING UP** by Michael Ross (FOF/Tyndale)

• BL242 •

This book for 13- to 18-year-old guys tackles physical changes, sexuality, masturbation, pornography, money management, spiritual growth, peer pressure, friendship, relationship to parents, coping with divorce, influence by the media, Internet usage, dating and courting

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

• P00244B •

Ignorance about sexual matters is downright dangerous! Your child's future depends greatly on receiving the right guidance from you. This practical book is not just another development manual, but it focuses on intellectual matters, where decisions about sex are made, and relationships with parents are cultivated.

**GOD'S DESIGN FOR SEX BOOK 1: THE STORY OF ME** by Stan and Brenna Jones (NavPress)

• P00567B • Ages 3-5

It's never too early to explain God's love and the goodness of His creation, that God 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 a few special moments with your child sharing with them about their wonderful body that is God's gift to them.

**GOD'S DESIGN FOR SEX BOOK 2: BEFORE I WAS BORN** by Carolyn Nystrom (Navpress)

• P00568B • 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)

• P00569B • Ages 8-11

Straightforward answers to discover what's taking place in your body, why God created adults to desire sex, why it's important to 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** by Stan and Brenna Jones (Navpress)

• P00570B • Ages 11-14

Help your teen understand the basic facts about sex, such as 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 ahead of them during puberty.

**HOW TO TALK TO YOUR KIDS ABOUT SEXUALITY** by David L. Scherrer and Linda M. Klepacki (NexGen)

• P00083B •

Worried about having the dreaded sex talk with your kids? This book delivers the undiluted truth of God's Word to demonstrate His beautiful design for sexuality. Part of the "Worth Waiting For" teen sexuality program. Includes leader guides in each chapter.

**LINTBALL LEO'S NOT-SO-STUPID QUESTIONS ABOUT YOUR BODY** by Dr. Walt L. Larimore and John Riddle (Zonderkidz)

• CB563 •

This book for preteen boys answers questions about the changes a boy experiences as he approaches adolescence. Specific topics include genital development, body odor, sleep, emotional extremes, acne, jock itch, tattoos and body piercing, masturbation, abstinence, and wet dreams.

**A PARENT'S GUIDE TO PREVENTING HOMOSEXUALITY** by Dr. Joseph Nicolosi and Linda Ames Nicolosi (Intervarsity)

• BD671 •

Many insist we believe that nothing can be done about homosexuality, but research indicates otherwise. Clear insight is provided for identifying potential developmental problems in children and gives practical advice for addressing them. For all those who seek a healthy heterosexual identity for children, you will find compassion and hope.

**PREPARING FOR ADOLESCENCE: HOW TO SURVIVE THE COMING YEARS OF CHANGE** by Dr. James C.

Dobson (Regal)

• BK089 •

A powerful message to adolescents, they'll discover how to develop self-confidence, handle peer pressure, understand physical changes, make sound decisions, and learn the truth about real romantic love. Includes a message to parents.

**PREPARING FOR ADOLESCENCE FAMILY GUIDE** by Dr. James C. Dobson

• D00002B •

Parents and preteens prepare together for the confusing road of adolescence! Twenty 10-minute sessions full of activities and discussion starters to prepare each of you for the challenges of puberty.

**PREPARING FOR ADOLESCENCE GROUP GUIDE** by Dr. James C. Dobson

• D00028B •

This complete youth course is filled with discussion-provoking ideas, self-tests and projects that will teach them how to deal with inferiority, conformity, romantic love and more.

**PURE EXCITEMENT** by Joe White (FOF/Tyndale)

• BL528 •

Captivating author and youth speaker Joe White addresses every aspect of God's plan for sex, love and dating. This book candidly equips teens to make smart choices now to experience God's best for their lives.

**RAISING YOUR KIDS TO BE SEXUALLY PURE** by Richard & Renee Durfield (Baker Publishing)

• P00776B •

Rick and Renee Durfield offer encouragement to parents that even in this godless culture you can raise kids to be sexually pure. Packed with proven, biblical advice, this is a must-have handbook for helping your kids stand strong against the bombardment of sexual imagery and godless philosophy from every side.

**THE SWIMSUIT LESSON** by Jon Holsten (Holsten Books)

- P00583B •

The author introduces a simple, yet effective, way for parents to educate their children about the dangers of sexual abuse. Author Jon Holsten, a police officer, provides a realistic view of the danger facing children today and what families can do to reduce the chances of being victimized. This illustrated story includes a separate step-by-step parents' guide.

**TEACHING TRUE LOVE TO A SEX-AT-13 GENERATION** by Eric and Leslie Ludy (Thomas Nelson)

- P00397B •

Many of today's Christian kids are living double lives of sexual experimentation and compromise. This insightful and practical book will equip you to motivate your kids to pursue true love rather than our culture's perversion of it.

*CDs, TAPES*

**"The Importance of Sexual Health" I, II (Panel)**

- B00910D •

Dr. Joe McIlhane and Amy Stephens discuss the adverse physical, emotional and spiritual repercussions of sex outside of marriage and emphasize how important it is for parents to educate their children about these dangers.

**"A Message to Teens About Sex" (Fran Sciacca)**

- CD088 •

Fran Sciacca shows teens how to manage peer pressure to have sex in high school. He emphasizes the importance of drawing a line in regards to sexual issues before teens find themselves in dangerous situations.

**"Parents Prepare for Adolescence" I-II (Panel)**

- CD240 •

This two-day broadcast features a discussion of the concept of a "Preparing for Adolescence" trip, where the same-sex parent goes away with his or her child for the weekend to explain to them, immediately prior to adolescence, what to expect during adolescence. JCD is joined by a panel of parents who have taken their children on such a trip.

**"Preparing for Adolescence" (Dr. James C. Dobson)**

- D00029D • 8 CD Album ( includes 6 CDs for teen/pre-teens, and 2 leadership CDs for parents.)
- AL014 • 8 Cassette Album (includes 6 cassettes for teen/pre-teens, and 2 leadership cassettes for parents.)

Dr. Dobson brings the conversational warmth straight to you and your adolescent. Among the many topics reviewed are the physical and emotional changes, peer pressure, the meaning of love and communication with parents.

**"Straight Talk to Teens About Sex" (Joe White)**

- B01018D •

The program is addressed to young people and contains actual (recorded) letters and poems read by teens concerning what they are experiencing as a result of submitting to sexual pressures. Deals with safe sex, consequences of promiscuity, guilt, depression, loss of self respect, emotions tied to abortion, forgiveness, hope in Christ, boy's responsibility for leadership in the relationship, what teens really want to hear.

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

- B00906D •

Dannah Gresh and Leslie Ludy discuss the rampant 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 young children.

**"Teaching Your Kids About Sex" I-II (Dr. Kevin Leman and Kathy Flores Bell)**

- B00274D •

Many parents avoid the topic of sex because it's so awkward to address. Overcome your fears and better educate your children as Dr. Kevin Leman and Kathy Flores Bell provide encouragement and helpful answers in a discussion about their new book, *A Chicken's Guide to Talking Turkey with Your Kids About Sex*.

**“Why Purity Matters”** (Joe White)

- CD172 •

Joe White discusses the importance of sexual purity to an audience of teens. Using five chairs, he illustrates who will be affected by their choices regarding purity: future spouse, future children, Jesus, future spouse of their present girlfriend, and themselves.

**BOOKLETS**

**“Dare to Dig Deeper Series”**

**“Crossing the Line: The Power of Sexual Thoughts”** by Focus on the Family

- YC074 •

Everywhere you look it’s there: the temptation to have sex. Two teen guys share their choices – good and bad – to help you resist the pull of the world and be the pure, godly man you (and your future wife) want you to be.

**“Forever: Sex Without Regrets”** by Focus on the Family

- YC073 •

This booklet for teen girls chronicles the stories of Jane and Sarah, two girls who seem to have the same things going for them. One, however, chooses abstinence and the other does not; the differences in their futures are made clear. Also included in the booklet are examples of how to tell the difference between love and infatuation.

**“Talking With Your Children About Sex and Sexuality”** by Focus on the Family

- LF237 •

This booklet is designed to help parents educate their children about sex: giving advice on how much to tell a younger child, how to prepare for the onset of puberty, and how to continue the discussion through the adolescent years. The booklet also provides suggestions on what parents can do to reduce the risk of premarital adolescent sex.

**“Prepare for Adolescence”** by Dr. James C. Dobson

- LF001 •

This booklet defines and discusses issues related to adolescence including: the dramatic physical changes; feelings of confusion, inferiority; emotional, personality changes, sexual fears, fascination; increasing independence, modesty, the unisex trend, and homosexuality.

**WEB SITES**

**CitizenLink Web site**

- <http://www.citizenlink.org/FOSI/abstinence/>

Includes issue analysis of abstinence policy and statistics on sexually transmitted diseases.

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

- <http://www.family.org/parenting/A000000692.cfm>

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

**Pure Intimacy Web site: Parents**

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

Insights on how to raise healthy children and understand child sexual development.

**TroubledWith Web site: Talking About Sex**

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

This website offers online articles, resources, and referrals for various issues, including talking about sex with your children.

## MISCELLANEOUS

### **PASSPORT2PURITY** by Dennis and Barbara Rainey (FamilyLife Ministries)

- P00659M • 5 CD Set, Parent's guide, Student guide

Passport2Purity is a weekend experience consisting of five sessions that feature an audio message and discussion questions. All of the sessions include a special project that will help preteens learn the concepts even more clearly. The parent's manual provides step-by-step guidance to successfully plan, prepare for, and implement the event.

### **PREPARING FOR ADOLESCENCE SET** by Dr. James C. Dobson

- D00032K • 8 CD Set and Paperback

Convenient pack for parents and pre-teens preparing for the years ahead.

#### **PREPARING FOR ADOLESCENCE GROUP GUIDE**

- D00028B •

This 10-session course is a road map for the coming years as your young person heads into adolescence. Inside the interactive group guide/workbook, pages of reproducible activities allow you and your young person the opportunity to preemptively work through a number of issues together: sexual development, inferiority, identity and much more.

#### **"Preparing for Adolescence"**

- D00029D • 8 CD Set

Eight-CD package is great for the family to listen to together and even comes with two CDs to offer guidance just for parents—answering questions today's teens are asking.

## REFERRALS

### **CPH Publishing**

3558 S. Jefferson Avenue  
St. Louis, MO 63118-3968  
314/268-1000  
314/268-1329 - Fax  
800/325-3040  
<http://www.cph.org> – Web site

- A sex education series is among available publications

### **Educational Guidance Institute**

188 Berbusse Lane  
Front Royal, VA 22630  
540/635-4420  
540/635-7206 - Fax

- Promoting abstinence through a sex education curriculum called "Foundation for Family Life Education" is the emphasis of this organization.

### **Freedom Road**

Pat Socia  
P.O. Box 105  
Frankston, TX 75763  
903/586-6236  
903/589-6536 - Fax

- A nationally known abstinence speaker, Pat Socia speaks primarily in public junior and senior high school assemblies. She lectures at some conferences and youth gatherings as well.

**Josh McDowell Ministry**

P.O. Box 131000

Dallas, TX 75313

972/907-1000 x1352

972/669-1542 - Fax

866/252-5424 – orders

josh@josh.org – E-mail

<http://www.josh.org> – Web site

- This ministry is an outreach of Campus Crusade for Christ and publishes the "Why Wait?" series on teen sexuality, along with many other materials for teens and parents. Most resources are also available in Spanish.

**Medical Institute for Sexual Health**

1101 S. Capital of Texas Hwy.

Bldg. B, Suite 100

Austin, TX 78746

512/328-6268

512/328-6269 - Fax

800/892-9484 – orders

medinstitute@medinstitute.org – E-mail

<http://www.medinstitute.org> – Web site

- Headed by Dr. Joseph (Joe) McIlhane, this organization seeks to create and distribute medically accurate, research-based materials on healthy sexuality and sexually transmitted diseases.

**Project Reality**

1701 E. Lake Avenue, Suite #371

Glenview, IL 60025

847/729-3298

847/729-9744 - Fax

info@projectreality.org – E-mail

<http://www.projectreality.org> – Web site

- Since 1985, Project Reality has been providing abstinence-centered curriculum for middle and high schools. The organization publishes a newsletter, the "Project Reality News," and offers seminars and conferences.

**Teen-Aid**

723 East Jackson

Spokane, WA 99207-2647

509/482-2868

800/357-2868

509/482-7994 - Fax

teenaid@teen-aid.org - E-mail

<http://www.teen-aid.org> – Web site

- The purpose of this group is to reduce the adverse consequences of premarital sexual activity among teens by encouraging abstinence as a premarital lifestyle. It provides curriculum for junior and senior high students and videos, including "Windows to the Womb" and "Why Wait?" (not the same as Josh McDowell's).