

Sheryl Overby's Favorite Resources for Caregivers

Sexual Respect

1. www.common sense media.org We exist because media and entertainment profoundly impact the social, emotional, and physical development of our nation's children. As a non-partisan, not-for-profit organization, we provide trustworthy information and tools, as well as an independent forum, so that families can have a choice and a voice about the media they consume.
2. Kirberger, K (2003) *No Body's perfect; stories by teens about body image, self acceptance, and the search for identity.*
3. Miss Representation documentary style video, 2011. Clips available on You Tube. Explores how the mainstream media contributes to the under-representation of women in influential positions by circulating limited and often disparaging portrayals of women.
4. The Mask You Live In documentary style video, 2015. Shows how boys and young men struggle to stay true to themselves while negotiating America's limited definition of masculinity.

Having the Strength to Say No

1. Hindman, Jan. (1985). *A Very touching book.* Durkee, OR: McClure-Hindman Associates.
2. www.kidpower.org A website for kids and teens to deal with issues of bullying, sexual abuse, kidnapping, and other violence

Sexual Abuse

1. www.stopitnow.com Stop it now is a non profit group dedicated to the prevention of child abuse. The web site has many resources including stories of hope from parents of abusers and victims. Also has an archive of articles about children with sexual behavior problems. Includes newsletter available for parents of children and teens with sexual behavior problems.
2. www.darkness2light.org Website about sexual abuse and information on how to prevent abuse in the community. Information on how to recognize signs in adults that they are unsafe.
3. www.nctsnet.org Website of National Child Traumatic Stress network provide info on child trauma and child mental health. Information (pdf files) in English and Spanish under resources section.
4. Adams, Caren & Fay, Jennifer. (1992). *Helping your child recover from sexual abuse.* Vancouver, WA: University of Washington Press.

Problematic Sexual Behaviors (PSB)

1. www.ncsby.org National Center on Sexual Behavior of Youth. The overall goal of the National Center on Sexual Behavior of Youth is to provide information and support through national training to help children and adolescents with problematic sexual behavior. Best website for caregivers, all information is updated and current with best practices.
2. "Understanding Children's Sexual Behaviors, What Natural and Healthy", by Toni Cavanagh Johnson, Ph.D – booklets obtained from www.TCavJohn.com

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3. South Eastern CASA, an Australian sexual assault center website has a 44 page booklet called "Age Appropriate Sexual Behaviours in Children and Young People". Includes chart and research and information to explain PSB in children. <https://www.secasa.com.au/assets/Documents/Age-appropriate-behaviours-book.pdf?>

Pornography Education and Resistance

1. www.fightthenewdrug.org. Their mission is to raise awareness on the harmful effects of pornography through creative mediums. Best website for youth with engaging video information on how porn affects the brain and stories from other teens who have been addicted to porn.

Internet use and abuse

1. www.netsmartzkids.org/ is parents' and guardians' premier, online resource for answering questions about Internet safety, computers, and the Web
2. <https://www.netnanny.com/blog/> Net Nanny's mission is to be the world leader in creating Parental Controls and Internet Protection tools and services that provide families with a safe Internet experience. In this section we provide articles of our Web site so you can continue to increase your understanding of the complex World Wide Web.

Sexual Health and Sexual Education

1. www.advocatesforyouth.org Advocates for Youth champions efforts to help young people make informed and responsible decisions about their reproductive and sexual health. Advocates believes it can best serve the field by boldly advocating for a more positive and realistic approach to adolescent sexual health.
2. *It's So Amazing: A Book about Eggs, Sperm, Birth, Babies, and Families (age 7+)* by Robie H. Harris (1999)
3. *It's not the stork (age 4+)*_by Robie H. Harris(2006)
4. *It's Perfectly normal (age 10+)*_by Robie H. Harris (2004)
5. Berman, Laura Dr. (2015). *Talking to your kids about sex.*
6. Brown, L.K. and Brown, M. (2000) *What's the big secret? Talking about sex with girls and boys,*_sex education book for kids ages 3 to 7
7. *The Care and Keeping of You 1* by Valerie Schaeffer, body development book for girls ages 8 to 12.
8. *The Care and Keeping of You 2*_by Cara Natterson, ages 10 to 12, body development book for girls ages 10 to 12
9. *Guy Stuff: The Body Book For Boys* by Cara Natterson, body development books for boys ages 9 to 12 published by American Girl Library

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10. <https://itspronouncedmetrosexual.com>. Free online resource for social justice, gender, and sexuality, the goals being learning about, teaching about and making positive change in all three realms.
11. <https://www.transstudent.org/>. Trans Student Educational Resources, author of the gender unicorn infographic. Website under construction as of 10.21.2019. Gender Unicorn is still available on Google.

Youth Culture and Social Media

1. www.aacap.org The American Academy of Child and Adolescent Psychiatry: – click Facts for Families, or search for talking about sex or other behavioral issues
2. Faber, A. & Mazlish, E. (2012) *How to talk so your kids will listen and listen so your kids will talk*.
3. Faber, A. & Mazlish, E. (2012) *Siblings without rivalry*.
4. www.common sense media.org We exist because media and entertainment profoundly impact the social, emotional, and physical development of our nation's children. As a non-partisan, not-for-profit organization, we provide trustworthy information and tools, as well as an independent forum, so that families can have a choice and a voice about the media they consume.
5. www.cnn.com/specials/us/being13. CNN Special with Cooper Anderson called *Being 13, Inside the Secret World of Teens*. Lots of good information about what the world is like for teenagers in 2015. Must watch on CNN's website.

Christian Based Youth and Sexuality Resources

1. www.cpyu.org Center for parent/Youth understanding (Christian view) is a nonprofit organization committed to building strong families by serving to bridge the cultural-generational gap between parents and teenagers. At a time when an already confusing youth culture is changing quickly, CPYU helps parents, youth workers, educators, and others understand teenagers and their culture so that they will be better equipped to help children and teens navigate the challenging world of adolescence
2. <https://archomaha.org/circleofgrace/> offer links to Circle of Grace, human sexuality curriculum for children and youth created by the Catholic Archdiocese in Omaha, NE. Protestant version is also available from <https://archomaha.org/circleofgrace/circle-of-grace-protestant-version/> and more resources at <https://dovesnest.net/>.
3. *How & When to Tell Your Kids About Sex* by Stan and Brenna Jones; help parents establish a biblical view of sexuality in their homes
4. *Mom, Dad...What's Sex?: Giving Your Kids a Gospel Centered view of Sex and our Culture* By Jessica Thompson. Tips on how to help your child understand the driving influences on pop culture and social media regarding sex and share a gospel-centered, hopeful message.