



Resource List: Sex Education

The resources listed below align with Focus on the Family's philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, call us toll free at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (The information is regularly updated, but there is still the possibility that an item originally available from Focus on the Family might now be unavailable.) You may also be interested in the content posted on our website at focusonthefamily.com.

Included

Books
Broadcasts and Audio
Websites, Q&As, and Resource Lists
Referrals

Books

Boom: A Guy's Guide to Growing Up by Michael Ross (2003) • 9781589970601 •

This book for teen guys tackles physical changes, pornography, money management, spiritual growth, peer pressure, friendship, relationships, media, parents, and more—all to help them grow into confident men of faith.

A Chicken's Guide to Talking Turkey With Your Kids About Sex by Dr. Kevin Leman and Kathy Flores Bell (2009)

• 9780310283508 •

Even the bravest parents can feel timid about discussing sex with their 8- to 14-year-olds. Leman and Bell offer reassuring, real-life anecdotes along with reliable information so you're prepared to be a positive influence to your children.

Concordia Publishing House:

Where Do Babies Come From? Boy Ages 6–8

by Ruth Hummel (2015) • 9780758649539 •

Where Do Babies Come From? Girls Ages 6–8

by Ruth Hummel (2015) • 9780758649546 •

How You Are Changing: Girls Ages 9–11

by Jane Graver (2015) • 9780758649560 •

How You Are Changing: Boys Ages 9–11

by Jane Graver (2015) • 9780758649553 •

Sex & the New You: Boys Ages 12–14

by Rich Bilmer (2015) • 9780758649577 •

Sex & the New You: Girls Ages 12–14

by Rich Bilmer (2015) • 9780758649584 •

Love, Sex & God: Young Men Ages 14 and Up

by Bill Ameiss (2015) • 9780758649591 •

Love, Sex & God: Young Women Ages 14 and Up

by Bill Ameiss (2015) • 9780758649607 •

The Focus on the Family Guide to Talking With Your Kids About Sex edited by J. Thomas Fitch, M.D. and David Davis (2013)

• 9780800722289 •

Focus on the Family's Physicians Resource Council along with research from The Medical Institute for Sexual Health provides tools and encouragement to help you communicate effectively and biblically about sex, self-control, and self-respect at every stage of your child's development.

Girls Uncovered: New Research on What America's Sexual Culture Does to Young Women by Dr. Joe McIlhaney, Dr. Freda Bush, and Stan Guthrie (2012) • 9780802462985 •

Taking a stand against cultural trends, *Girls Uncovered* explores the emotional and physical challenges facing our daughters and how to help them choose God's best for their lives.

God Made All of Me: A Book to Help Children Protect Their Bodies by Justin and Lindsey Holcomb (2015)

• 9781942572305 • ages 2–8

Help children understand the worth of their bodies—and the difference between appropriate and inappropriate touch.

God's Design for Sex (1): The Story of Me by Stan and Brenna Jones (2007) • 9781600060137 • ages 3–5

It's never too early to explain God's love, the goodness of His creation, that He 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.

God's Design for Sex (2): Before I Was Born by Carolyn Nystrom (2007) • 9781600060144 • 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 (3): What's the Big Deal? Why God Cares About Sex by Stan and Brenna Jones (2007) • 9781600060168 • ages 8–11

Get straightforward answers to help children discover what's taking place in their bodies, why God created adults to desire sex, why sex should only be shared in marriage, what the Bible says about sex, and much more.

God's Design for Sex (4): Facing the Facts—The Truth About Sex and You by Stan and Brenna Jones (2007) • 9781600060151 • ages 11–14

Help your teen understand why God made sex for marriage; why He made adults desire sex; how to respond to sexual pressure from peers, TV shows, movies, and magazines; and changes to expect during puberty.

How to Talk Confidently With Your Child About Sex by Lenore Buth (2008) • 9780758649614 •

Find the right words to encourage children to have a Christ-centered understanding of one of God's most precious gifts. Whether you have a son or daughter, this book can help you point them in the right direction.

Lintball Leo's Not-So-Stupid Questions About Your Body by Dr. Walt Larimore (2003) • 9780310705451 •

This book for preteen boys answers questions about the changes a boy experiences as he approaches adolescence.

Preparing for Adolescence by Dr. James Dobson (2005) • 9780800726287 •

This book covers topics that trouble teens most, including inferiority, conformity, puberty, the meaning of love, and the search for identity.

Sex Is Not the Problem (Lust Is): Sexual Purity in a Lust-Saturated World by Joshua Harris (2005) • 9781590525197 •

Lust contaminates what God intended as a gift. Learn to reclaim sexuality as God originally planned as you cut through the deceptive lies of lust.

The Talk by Jeremy Keeton • Focus on the Family online booklet

This booklet offers parents basic goals and guidance for instilling in their children – birth to age 18 – a healthy sex education. Included in the suggestions are referrals to other recommended, age-appropriate resources.

Teaching True Love to a Sex-at-13 Generation by Eric and Leslie Ludy (2005) • 9780849942563 •

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

Teaching Your Children Healthy Sexuality by Jim Burns (2008) • 9780764202087 •

Burns outlines a biblical approach for preparing children for life. More than just the when and how of having "the talk," this resource encourages parents to build a theology of healthy sexuality throughout children's lives.

The Ultimate Girls' Body Book: Not-So-Silly Questions About Your Body by Dr. Walt Larimore and Dr. Amaryllis Sanchez Wohlever (2013) • 9780310739814 •

Solid advice shared in a fun format helps answer common questions about puberty.

The Ultimate Guys' Body Book: Not-So-Stupid Questions About Your Body by Dr. Walt Larimore (2012) • 9780310723233 •

Helpful advice in an easy-to-read format answers common questions about puberty.

Broadcasts & Audio

A Healthy Approach to Teaching Kids About Sex (Dr. Marilyn Maxwell) • 9781624715426 •

A pediatrician and doctor of internal medicine, Maxwell discusses God's design for healthy sexuality and emphasizes the important role parents play in teaching children to view sex properly.

Talking to Your Daughter About Puberty (Dr. Walt Larimore) • 9781624717956 •

Larimore offers advice to parents about discussing with daughters the changes they'll experience in becoming women. He also speaks about body image and its cultural impact, including potential problems with dieting.

Teaching Kids the Simple Truth About Sex (Mary Flo Ridley) • 9781624711657 •

Ridley encourages parents to recognize that even while you're playing defense against the harmful messages about sexuality in our culture, you also need to put an offensive plan in place. Don't shy away from children's curious questions—learn to impress upon their hearts the truth about *God's* design for healthy sexuality.

Training Your Child to Be Sexually Pure (Fred Stoeker) • 9781624715501 •

Revealing his former struggles with pornography and promiscuity, Stoeker shares how he and his sons have taken a stand against generational sin to experience freedom in Christ. He talks about how and when to start a conversation with sons about sexual purity.

Uncovering the Dangers of Hooking Up – I, II (Dr. Freda Bush, Dr. Joe McIlhaney) • 9781624715372 •

Sharing from their book *Hooked*, Bush and McIlhaney present scientific and medical evidence to help young people make wise choices regarding their purity. They advise parents about how to share with children *God's* design for healthy sexuality.

Why Waiting Until Marriage Matters – I, II (Dannah Gresh) • 9781683321446 •

Gresh speaks candidly about *God's* design for sexuality and offers a biblical perspective on why physical intimacy is reserved for a committed marriage. She offers encouragement and practical ways you can talk your children about sex.



Passport 2 Purity: Weekend Retreat Kit by Dennis and Barbara Rainey (FamilyLife Ministries) • 9781602005228 •

Connect with your children to teach them godly principles of sexuality. The parents' manual provides step-by-step guidance to successfully plan, prepare for, and implement the weekend event; and all sessions include a special project to help preteens and teens learn concepts more clearly.

Preparing for Adolescence by Dr. James Dobson (Gospel Light) • 9780800726539 •

In a casual, conversational style, pre-teens are introduced to subjects of inferiority, puberty, love, and more. The CD set also includes information directed to parents, which discusses how to help a child during the difficulties of adolescence.

**Websites, Q&As,
and Resource Lists**

Focus on the Family: Abstinence Education

- focusonthefamily.com/socialissues/family/abstinence-education/abstinence-education-issue

This article series discusses the differences between comprehensive sex education and abstinence-until-marriage education.

Focus on the Family: Parenting—Sexuality

- focusonthefamily.com/parenting/sexuality

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

Focus on the Family: Social Issues—Digital Pornography Addiction

- focusonthefamily.com/socialissues/family/digital-pornography-addiction-free-download

More than one in five children have access to pornographic websites. Our free downloadable guide will educate you on the changing trends and where you can find help.

Focus on the Family Website: Pure Intimacy (Parents – Teaching Children Healthy Sexuality)

- pureintimacy.org/parents

This website site offers insights on raising healthy children and understanding child sexual development.

Focus on the Family Q&As

- family.custhelp.com

Browse our Q&As for advice and encouragement.

Focus on the Family Resource Lists

- family.custhelp.com/app/answers/detail/a_id/26500

Find recommended resources and referrals listed by topic, including:

- **Overcoming Sexual Brokenness** • RL050 •

Referrals

Abstinence Clearinghouse

801 East 41st Street
Sioux Falls, SD 57105
605-335-3643
abstinence.net

- Through age-appropriate, medically accurate materials, Abstinence Clearinghouse encourages appreciation for and practice of sexual abstinence until marriage.

The Choice Game

Respect Challenges, Inc.
74 Central Avenue
Newark, NJ 07102
877/211-4263
thechoicegame.com

- This interactive program helps students build strong moral decision-making skills regarding healthy sexuality.

Concordia Publishing House

3558 South Jefferson Street
St. Louis, MO 63118
800/325-3040
cph.org

- Concordia's resources include several helpful sex education series.

Educational Guidance Institute, Inc.

540/305-7777
egionline.com

- This organization promotes abstinence through sex education curriculum.

Josh McDowell Ministry

2001 West Plano Parkway
Suite 2400
Plano, TX 75075
866/252-5424
josh.org

- This organization equips believers to better understand their faith and share it with others.

Medical Institute for Sexual Health

1101 South Capital of Texas Highway
Building B, Suite 100
Austin, TX 78746
800/892-9484
medinstitute.org

- Headed by Dr. Joe McIlhaney, this organization creates and distributes medically accurate, research-based materials on sexuality.

Referrals to secular organizations dealing with specialized areas of knowledge shouldn't be read as an indication that their stances necessarily align with Focus on the Family's perspective in all areas.

Please also note that Focus on the Family doesn't necessarily endorse all of the outside organizations you'll find through the links above—they're listed for informational purposes only. If you have any questions or concerns about a particular organization, we encourage you to contact them directly.