RESOURCE LIST: SEX EDUCATION

The resources listed below are in alignment 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, simply call our toll free number 1-800-A-FAMILY or visit our Family Store at www.family.christianbook.com. (The information is regularly updated, but there is still the possibility that an item originally available from Focus on the Family may now be unavailable.) You may also be interested in the content posted on our website at www.focusonthefamily.com.

BOOKS

BOOM: A GUY’S GUIDE TO GROWING UP by Michael Ross • 970608 •
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 • 283508 •
Even the bravest parents can feel timid about discussing sex with their 8- to 14-year-olds. But Leman and Bell offer reassuring, real-life anecdotes along with reliable information so you’re prepared to be a positive influence to your children in this area.

THE FOCUS ON THE FAMILY GUIDE TO TALKING WITH YOUR KIDS ABOUT SEX edited by J. Thomas Fitch, M.D. and David Davis • 722283 •
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 • 462985 •
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’S DESIGN FOR SEX BOOK 1: THE STORY OF ME by Stan and Brenna Jones • 060137 • 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 BOOK 2: BEFORE I WAS BORN by Carolyn Nystrom • 060145 • 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 • 060161 • 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 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 ABOUT SEX AND YOU by Stan and Brenna Jones • 60159 • 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 the changes to expect during puberty.

GOD’S VERY GOOD DESIGN by Mary Flo Ridley • 831707 •
Conversations about sexuality can be intimidating, uncomfortable, and sometimes completely overwhelming — but they don’t have to be! Taking parents back to basics, Ridley helps you point your children to God’s good design for sexuality.
HOOLED: NEW SCIENCE ON HOW CASUAL SEX IS AFFECTING OUR CHILDREN by Drs. Joe S. McLhaney, Jr. and Freda McKissic Bush • 450609
Scientific research shows how sexual activity triggers emotional bonding and a powerful desire to repeat the activity. Offering a Christian philosophy of sexuality, McLhaney and Bush help parents and singles understand why “safe sex” isn’t safe at all.

HOW TO TALK CONFIDENTLY WITH YOUR CHILD ABOUT SEX by Lenore Buth • 614148
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 • 0545X
This book for preteen boys answers questions about the changes a boy experiences as he approaches adolescence.

PREPARING FOR ADOLESCENCE by Dr. James Dobson • 738260
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 • 525191
Lust contaminates what God intended as a gift. Learn how to reclaim sexuality as God originally planned as you cut through the deceptive lies of lust.

THE TALK by Geremy Keeton (Focus on the Family Counseling Department) • 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 • 94256X
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 • 202087
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 by Dr. Walt Larimore and Dr. Amaryllis Sanchez Wohlever • 739814
Solid advice shared in a fun format helps answer common questions about puberty.

“A Healthy Approach to Teaching Kids About Sex” (Dr. Marilyn Maxwell) • 1002578
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.

“Passport 2 Purity: Weekend Retreat Kit” by Dennis and Barbara Rainey (FamilyLife Ministries) • 0005228 • 5 CD Set
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) • 726542
In a casual, conversational style, pre-teens are introduced to subjects of inferiority, puberty, love, and more. The set also includes information directed to parents, which discusses how to help a child during the difficulties of adolescence.

“Talking to Your Daughter About Puberty” (Dr. Walt Larimore) • 1002649
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 Girls the Truth About Modesty and Purity” I-III (Dannah Gresh and Leslie Ludy) • 5008572
Gresh and Ludy discuss sexual promiscuity and how the line between purity and impurity has been blurred by our culture. They share lessons learned from their own experiences and offer practical advice on instilling values of emotional, spiritual, and physical purity in your children.
“Teaching Kids the Simple Truth About Sex” (Mary Flo Ridley) • 1000936 •
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 Stoecker) • 1002582 •
Revealing his former struggles with pornography and promiscuity, Stoker 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) • 1002574 •
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.

“Simple Truths: A Simple, Natural Approach to Discussing Sex with Your Child” by Mary Flo Ridley (Just Say Yes) • 787519 •
2 DVDs, 1 Audio CD, Discussion Guide
We live in a sex-saturated society, and you can’t fully shield your children from the provocative images and false messages — but you can prepare them. In this curriculum, Ridley offers insightful information that can help you confidently connect with your kids and discuss a subject that will affect their future health and happiness.

WEBSITES & Q&As

CitizenLink: Abstinence Education
• www.citizenlink.com/analysis/sexuality/abstinence-education
CitizenLink (a public policy partner of Focus on the Family) offers analyses of issues and abstinence policies, as well as statistics on sexually transmitted infections.

Focus on the Family Webpage: Parenting — Sexuality
• www.focusonthefamily.com/parenting/sexuality
Find tips on how to approach “the talk” with your children.

Focus on the Family Website: Pure Intimacy (Parents — Teaching Children Healthy Sexuality)
• www.pureintimacy.org/parents
This site offers insights on raising healthy children and understanding child sexual development.

Focus on the Family Q&As
• Browse our Q&As for help and advice.

Abstinence Clearinghouse
801 East 41st Street
Sioux Falls, SD 57105
888/577-2966 — Phone
www.abstinence.net — Website
• 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 — Ordering Information
www.thechoicegame.com — Website
• 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 — Phone
www.cph.org — Website
- Their resources include several helpful sex education series.

**Educational Guidance Institute, Inc.**
540/305-7777 — Phone
www.egionline.com — Website
- This organization promotes abstinence through sex education curriculum.

**Josh McDowell Ministry**
2001 West Plano Parkway
Suite 2400
Plano, TX 75075
866/252-5424 — Phone
www.josh.org — Website
- 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 — Phone
www.medinstitute.org — Website
- Headed by Dr. Joe McIlhaney, this organization creates and distributes medically accurate, research-based materials on sexuality.

**Teen-Aid**
723 East Jackson
Spokane, WA 99207
509/482-2868 — Phone
www.teen-aid.org — Website
- This group seeks to reduce the adverse consequences of premarital sexual activity among teens by encouraging abstinence as a premarital lifestyle.

**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 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.**