

Girls and Sexuality (Resources for Adults)

Akagi, C. (1994). *Dear Larissa: Sexuality education for girls ages 11 to 17*. Littleton, CO: Gylantic Publishing. \$12.95 ISBN 1-880197-10-3 229 p.

Written for pre-teen and teen girls, these letters from a mother to her daughter should help parents and daughters feel more comfortable talking about sexuality issues together.

Alan Guttmacher Institute. (1994). *Sex and America's teenagers*. (2nd Edition). New York, NY: Author. \$25.00 ISBN 0-939253-34-8 88 p.

Although several years old, this report on teens and their sexual behavior is an excellent resource. The Alan Guttmacher Institute is a not-for-profit corporation for reproductive health research and public education.

Bartle, N. & Lieberman, S. (1998). *Venus in blue jeans: Why mothers and daughters need to talk about sex*. Boston, MA: Houghton Mifflin. \$24.00 ISBN 0-395-84172-0 252 p.

Based on interviews with several pairs of mothers and daughters, this book is a guide to help mothers and daughters communicate about sex. Examples from case studies are included, and the author outlines common communication barriers and offers advice for overcoming these barriers.

Bass, E. & Kaufman, K. (1996) *Free your mind: The book for gay, lesbian, and bisexual youth and their allies*. New York, NY: HarperCollins Publishers. \$14.00 ISBN -06-095104-4 417 p.

Free your mind is a great resource for parents, families, educators and friends of gay, lesbian, and bisexual youth. Information on how to create a supportive community and safe schools is provided. A comprehensive list of resources is also included.

Blumenfeld, W. (1992) *Homophobia: How we all pay the price*. Boston, MA: Beacon Press. \$18.00 ISBN 0-8070-7919-7 308 p.

This collection of essays explains homophobia and its dangers for everyone in society. Some of the impacts discussed are the costs that families, relationships and society must pay as a result of homophobia. Explanation of how to facilitate an anti-homophobia workshop is included.

Brumberg, J.J. (1997). *The body project: An intimate history of American girls*. New York, NY: Random House. \$25.00 ISBN 0-679-40297-7 267 p.

This look at the history of girls in America documents the different pressures and expectations that are placed on girls to achieve the “perfect” body. The influence of the advertising industry on girls is examined. Menstruation and sexuality information is included as well.

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Girls and Sexuality (Resources for Adults) 2

The Henry J. Kaiser Family Foundation, Children Now (1996). *Talking with kids about tough issues.* Menlo Park, CA: Author. (For additional information call: 1-916-441-2444)

A guide for parents to talk to their children about AIDS, sex and sexuality, violence and substance abuse, this booklet contains a list of resources helpful to parents and adult caregivers.

Irvine, J. (1995) *Sexuality education across cultures: Working with differences.* San Francisco, CA: Jossey-Bass. \$30.95 ISBN 0-7879-0154-7 184 p.

Cultural differences affect sexuality education. This book includes information on approaching the topic with different cultures and gaining an understanding of the diverse perspectives of sexual speech. Examples of how to develop culturally appropriate education programs are also included.

Leadbeater, B., & Way, N. (1996). *Urban girls: Resisting stereotypes, creating identities.* New York, NY: University Press. \$19.95 paperback ISBN 0-8147-5108-3 409 p.

Examining the negative images associated with the term "Urban Girls," this book focuses on development of urban, poor and working class adolescent girls. Sections on sexuality and psychological development of adolescent girls are also included.

Madaras, L. with Madaras, A. (1988). *The what's Happening to my body? Book for girls, a growing up guide for parents and daughters.* New York, NY: New Market Press \$9.95 ISBN 0-937858-98-6 269 p.

This guide to growing up explains what will happen to girls' bodies, reproductive organs, and menstrual cycle during puberty. Though an older book, good basic information on changes taking place during puberty is offered.

Marcus, E. (1999). *Is it a choice?: Answers to 300 of the most frequently asked questions about gay and lesbian people.* San Francisco, CA: HarperSanFrancisco. \$13.00 ISBN 0-06-251623-X 224 p.

Using a question-and-answer approach, Marcus addresses a wide range of topics including, but not limited to, self-discovery, coming out, socializing and friends, dating, relationships and marriage, family and children, work, sex, mass media, sports, education, hate crime, religion, AIDS and activism.

Mathes, P.G. & Irby, B.J. (1993). *Teen pregnancy & parenting handbook.* Champaign, IL: Research Press. \$19.95 ISBN 0-87822-333-9 431 p.

A guide for pregnant teens or teen mothers, this handbook walks step-by-step through changes to the body and how the baby develops in the uterus. Tips on childproofing a home, eating right and delivery are also included. It is also a good resource to aid adults in explaining what happens during a pregnancy. This is an older book, but offers good basic information.

Girls and Sexuality (Resources for Adults) 3

Maynard, R.A. (1996) ***Kids having kids: A Robin Hood Foundation report on the costs of adolescent childbearing.*** New York, NY: Robin Hood Foundation, 111 Broadway, 19th floor, New York, NY 10006 Phone: (212) 227-6601

Kids having kids is a report of the literature and research that details the effects of adolescent childbearing on mothers, fathers, children, society and taxpayers.

Phillips, L. (1998). ***The girl's report: What we know & need to know about growing up female.*** New York: National Council for Research on Women. Available from NCRW, 11 Hanover Square, New York, NY 10005 Phone (212) 785-7335 \$20.00 ISBN 1-880547-24-4 121 p.

This report commissioned by the National Council for Research on Women compiles findings on lives of girls in the United States. Information is included on topics such as girls' sexual activity, pregnancy, reproductive decisions, access to information, and resources.

Pipher, M. (1994). ***Reviving Ophelia: Saving the Selves of Adolescent Girls.*** New York, NY: Ballantine Books. \$12.50 ISBN: 0399139443 304 p.

Providing insight into the struggles and dangers faced by adolescent girls, *Reviving Ophelia* is a good resource for parents and anyone working with adolescent girls.

Schaefer, C & DiGeronimo, T. (1999). ***How to talk to teens about really important things: Specific questions and answers and useful things to say.*** San Francisco, CA: Jossey-Bass \$16.00 ISBN 0-7879-4358-4 307 p.

A good resource for adults when wondering how to answer teens' questions about homosexuality, puberty, HIV/AIDS and other STDs, date rape, sex, and contraception. Advice, sample questions with answers, and additional resources are all included.

Sutton, R. (1997). ***Hearing us out: Voices from the gay and lesbian community.*** Boston, MA: Little, Brown and Company. \$8.95 ISBN: 0316823139 144 p.

Nineteen American gay and lesbian people share their experiences. The variety of different ages and backgrounds offers insight into the challenges and triumphs of gay and lesbian people.

Thompson, S. (1996). ***Going all the way: Teenage girls' tales of sex, romance & pregnancy.*** New York, NY: Hill and Wang. \$13.00 ISBN: 0809015994 352 p.

Interesting and easy to read, this book reports on the romantic and sexual thoughts and experiences of 400 teenage girls. The tales are from several years ago so the impact of HIV and STDs is not as prevalent as today.

Girls and Sexuality (Resources for Adults) 4

Westheimer, R. (1995). *Sex for dummies* Ô. Foster City, CA: IDG Books Worldwide. \$16.99 ISBN 1-56884-384-4 406 p.

“Dr. Ruth” contributes her expertise to the well-known Dummies Series™. This is a guide to getting through the teen years, choosing the right contraception, and making smart decisions about safer sex and sexually transmitted diseases.

Westheimer, R. (1998). *Dr. Ruth talks to kids: where you came from, how your body changes, and what sex is all about*. New York, NY: Aladdin Paperbacks. \$6.00 ISBN 0-689-82041-0 96 p.

The famous sex therapist offers advice to kids about STDs, pregnancy, and the changes their body will go through during puberty. It is also a good resource for adults to get up-to-date information.