

*(Note: Inclusion in this list does not imply endorsement by the School District of West De Pere. We encourage you to investigate your local bookstores, schools, faith communities, neighborhood and community centers and libraries for additional resources.)*

## **Resource List**

*Campaign for Our Children (CFOC).* CFOC has a parent resource center that includes interactive quizzes, frequently asked questions, and fact sheets about a variety of human growth and development topics that are available to view or to print.

<http://www.cfoc.org/index.php/parent-resource-center>

A teen guide is also available: <http://www.cfoc.org/index.php/teen-guide>

Contact: Campaign for Our Children, 120 West Fayette Street, Suite 1200, Baltimore, MD 21201. Tel: 410-576-9015.

*The Gentle Art of Communicating With Kids: Toddlers to Teens* by Suzette Haden Elgin, Ph.D. This book outlines techniques to help parents discuss with their children more than thirty tough topics, including handling children reluctant to go to bed, bolstering self-esteem, and preventing teen pregnancy and drug abuse. Available at bookstores for retail price of \$19.95.

*How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish. This book walks parents through a wide range of typical talks with kids, while at the same time encouraging them to listen fully to what their children are saying. Available at bookstores for retail price of \$15.99.

*You and Your Adolescent: The Essential Guide for Ages 10-25*, by Laurence Steinberg, Ph.D. This book includes tips on parenting and describes the warning signs for pre-teen and teen risky sexual behavior and tobacco, alcohol, and marijuana use, and addresses e-issues. Available at bookstores for retail price of \$15.00.

*The Care and Keeping of You: The Body Book for Girls*, edited by The American Girl Library. This book is a guide to health and hygiene for preteen girls. Available at bookstores for retail price of \$20.80.

*Asking About Sex and Growing Up*, by Joanna Cole. Written especially for preteens, this book uses a question-and-answer format to offer information on a wide variety of subjects related to sex and puberty. Available at bookstores for retail \$6.99.

*What's Happening to My Body: Book for Boys* and *What's Happening to My Body: Book for Girls*, both by Lynda Madaras. These books were written for parents and their children. They can be read by parent/child together or by parents/children alone. Available at bookstores for retail \$12.95 each.

*Boy's Guide to Becoming a Teen* and *Girl's Guide to Becoming a Teen*, both by American Medical Association, Kate Gruenwald Pfeifer and Amy Middleman. These books cover subjects such as healthy eating, exercise, skin care, feelings, relationships, and sex. Appropriate for students in grades 4-8. Available in bookstores for retail \$14.95 each.

*Changing You: A Guide to Body Changes and Sexuality*, by Gail Saltz. This book takes a conversational approach to topics such as body changes for boys and girls, reproduction, and emerging sexuality. Appropriate for students in grades 4-8. Available in bookstores for retail \$16.99.

*Hair, There and Everywhere: A Book About Growing Up*, by Jacqui Bailey. This book utilizes text and full-color cartoon-style illustrations to explain conception, pregnancy, birth, and the experience of puberty (with separate chapters for boys and girls.) Available in bookstores for retail \$12.99.

*My Changing Body: A Boy's Edition* and *My Changing Body: A Girl's Edition*, both by Linda Picone. These books offer gender-specific facts about the changes that are experienced before and after puberty. Available in bookstores for retail \$9.95 each.