



Resources for Parents

Further information about **Kidz Biz Education** is available:

www.kidzbiz.edu.au

YouTube Clips, Apps & Online Products

Sex Education

- **13 really good reasons to talk to your kids about sex** 1.34
- **Sex Ed Quickies - Quick easy, answers to your kid's sex questions** 1.12
- **The best books for explaining sexual intercourse to kids** 1.44
- **Where do babies come from** 1.14
- **Parents, Tweens + Sex App** by Sarah Calleja (aged 10-13)
- **Traffic Light App for mobile devices** (app not a book)
(This app by TRUE Relationships & Reproductive Health: helps parents with monitoring and managing sexual behaviour in children and teens).
- <https://goodmenproject.com/families/the-healthy-sex-talk-teaching-kids-consent-ages-1-21/>
- http://healthywa.wa.gov.au/Articles/S_T/Talk-soon-Talk-often
- <https://sexedrescue.com>
- <https://sexedrescue.com/sexedquickies/> (online \$59.99)
Sex Ed Quickies is a website, not an app, and works right in the browser of your iPhone, iPad, android or laptop/desktop.
- <https://teachingsexualhealth.ca/parents/>

Puberty

- **Brain Development in Puberty: Why is my child arguing with me?** 2.23
- **Don't Just Say No! How to satisfy the desire for more freedom in your preteen or teen** 2.57
- **How to spot the first signs of puberty in boys** 1.27
- **How to spot the first signs of puberty in girls** 1.20
- **Raging Hormones or Bad Attitude? Facebook LIVE - March 24,2017** 19.16
- **Teen Brain Development: The To Do List** 2.28
- <https://sexedrescue.com/category/puberty/>
- <https://sexedrescue.com/shop/product/getting-ready-for-puberty-boys/> (workshop \$26.99)
- <https://sexedrescue.com/shop/product/getting-ready-for-puberty-girls/> (workshop \$26.99)
- <http://www.anatomyforkids.com/> (Dr Shelley Metten)

Cyber Safety & Online Pornography

- **5 steps to protecting your child from online pornography** 1.54
- **For kids today it is harder to avoid online porn than it is to find it** 1.53
- **Kids and porn: How to use books to talk about pornography with kids** 5.46
- **The best books for talking about cybersafety and staying safe** 1.29
- <http://www.itstimewetalked.com.au/resources/parent-tip-sheets> (Maree Crabbe)
- <http://www.itstimewetalked.com.au/resources/in-the-picture> (Maree Crabbe)
- <https://www.esafety.gov.au/education-resources/iparent>
- <http://www.thinkuknow.org.au/site/parental-control-guides>
- <http://www.thinkuknow.org.au/site/factsheets>
- <http://mediasmarts.ca/tipsheet/family-online-rules-tip-sheet>
- <http://mediasmarts.ca/sites/mediasmarts/files/pdfs/tipsheet/Are-you-web-aware-checklist-parents.pdf>

Books for Parents

Sex Education

- ☀ **A Blessing Not A Curse** by Jane Bennett
- ☀ **Body Safety Education: A parent's guide to protecting kids from sexual abuse** by Jayneen Saunders
- ☀ **for goodness sex! Changing the Way We Talk to Teens About Sexuality, Values and Health** by Al Vernacchio
- ☀ **Parent's Guide to Child Protection Education: How to teach children body safety and abuse prevention** by Holly-ann Martin
- ☀ **There's No Place Like Home For Sex Education: A guidebook for parents** by Mary Gossart
- ☀ **Talk Sex Today** by Saleema Noon and Meg Hickling
- ☀ **Untangled** by Lisa Damo

Note: All books listed above have written reviews by (Cath Hakanson)

<https://sexedrescue.com/sex-education-books-for-children/>

She also reviews them individually on **YouTube**.

Puberty & Growing Up

- ☀ **Help your Kids with Growing Up** by Dorling Kingsley Limited DK
- ☀ **Closing The Gap: A Strategy for Bringing Parents and Teens Together** by Jay McGraw
- ☀ **Gratitude: A positive new approach to raising thankful kids** by Dannielle Miller
- ☀ **He'll Be OK: Growing Gorgeous Boys into Good Men** by Celia Lashlie
- ☀ **The Princess Bitchface Syndrome** by Michael Carr-Gregg
- ☀ **The Butterfly Effect - a positive approach to raising happy, confident teen girls** by Dannielle Miller
- ☀ **Surviving Adolescents - The must have manual for all parents** by Michael Carr-Gregg
- ☀ **What's Happening To Our Girls?** by Maggie Hamilton
- ☀ **What's Happening To Our Boys?** by Maggie Hamilton
- ☀ **When To Really Worry: Mental Health problems in teenagers and what to do about them** by Michael Carr-Gregg
- ☀ **Queen Bees and Wannabes - Helping Your Daughter Survive Cliques, Gossip, Boyfriends and the New Realities of Girl World** by Rosalind Wiseman
- ☀ **Masterminds & Wingmen - Helping Our Boys Cope with Schoolyard Power, Locker-Room Tests, Girlfriends, and the New Rules of Boy World** by Rosalind Wiseman

Cyber Safety & Online Pornography

- ☀ **Beyond Cyberbullying - An Essential Guide For Parenting in the Digital Age** by Michael Carr-Gregg
- ☀ **Big Porn Inc** by Melinda Tankard Reist & Abigail Bray
- ☀ **Real Wired Child** by Michael Carr-Gregg
- ☀ **Sexts, Texts & Selfies - how to keep your children safe in the digital space:** Susan McLean
- ☀ **The Porn Factor** by David Corlett & Maree Crabbe (DVD). Also seen on SBS TV