



## Resources for Parents

Further information about **Kidz Biz Education** is available:  
[www.kidzbiz.edu.au](http://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://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.*

#### 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/> (Cath Hakanson)
- <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)

#### Online Safety & 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.internetsafeeducation.com/>
- <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://www.pornharmskids.org.au/the\\_facts](http://www.pornharmskids.org.au/the_facts)
- <http://www.youthwellbeingproject.com.au/parent-workshops/>

# 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 Sanders
- 🌻 **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
- 🌻 **The Sex Education Answer Book** by Cath Hakanson
- 🌻 **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 Damour

**Note:** All books listed above have written reviews by **Cath Hakanson**: <https://sexedrescue.com>  
She also reviews them individually on **YouTube**.

## Puberty & Growing Up

- 🌻 **A Guide for parents on how to explain transgender to a child** by Cath Hakanson
- 🌻 **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
- 🌻 **Help your Kids with Growing Up** by Dorling Kindersley Limited DK
- 🌻 **He'll Be OK: Growing Gorgeous Boys into Good Men** by Celia Lashlie
- 🌻 **The Parent's Helping Handbook** by Holly-ann Martin
- 🌻 **The Princess Bitchface Syndrome** by Michael Carr-Gregg
- 🌻 **The Butterfly Effect - a positive approach to raising happy, confident teen girls** by Dannielle Miller
- 🌻 **This is a Book for Parents Of Gay Kids** by Danielle Owen-Reid and Kristin Russo
- 🌻 **Sexts, Texts & Selfies - how to keep your children safe in the digital space** by Susan McLean
- 🌻 **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

## Online Safety & Pornography

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