National Center on the Sexual Behavior of Youth
Better Lives through Better Choices

For Parents, Caregivers, Youth and Family Members
Books and Booklets

Disclaimer: Talking with children about sex, sexual development, relationships and other sex education topics has multiple challenges. Books can be helpful to facilitate the conversation, provide facts, and provide other perspectives. A range of books are listed below, providing different perspectives on ways to approach these topics. No single book will be perfect for all families. Reviewing multiple books will likely be needed to find the ones that fit you and your family.

Human Sexuality, Sex Education


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• Harris, R. H. (1994). *Changing bodies, growing up, sex and sexual health; It’s perfectly normal.* Cambridge: Candlewick Press.


Problematic Sexual Behavior of Youth


Sexual Abuse


