

CONSENT RESOURCES:

Consent & Healthy Relationships:

For you to read and, also, your kids (when older): *Sex, Teens & Everything In Between* by Shafia Zaloom

For your kids to read (in my opinion, likely sooner than later, but that's up to you): *Consent. The New Rules of Sex Education: Every Teen's Guide to Healthy Sexual Relationships* by Jennifer Lang, MD.

<https://www.100conversations.org>

"The Talk: How Adults Can Promote Young People's Healthy Relationships and Prevent Misogyny and Sexual Harassment," *Making Caring Common*, Harvard Graduate School of Education (2017):

<https://mcc.gse.harvard.edu/reports/the-talk>

Video of parents talking to teens about consent: <https://youtu.be/1wD7eVzM2PA>

Resources for Families. *Making Caring Common*. <https://mcc.gse.harvard.edu/resources-for-families/category/The+Talk>

www.Teachconsent.org

"The Complete Guide to Teaching Kids Consent at Every Age," *Healthline* (2018);

<https://www.healthline.com/health/parenting/consent-at-every-age>

OneLove.org - great resources about healthy & unhealthy relationships: e.g.,

10 signs of a healthy relationship: <https://www.joinonelove.org/signs-healthy-relationship/>

10 signs of an unhealthy relationship: <https://www.joinonelove.org/signs-unhealthy-relationship/>

Or for visual learners, here's a video on these 20 signs: <https://www.joinonelove.org/videos/>

Start the Conversation: How Adults Can Talk to Young People in their Lives About Healthy and Unhealthy Relationships <https://www.joinonelove.org/wp-content/uploads/2020/09/Start-the-Conversation-With-Youth-Guide-1.pdf>

Primary through high schoolers:

<https://sexpositivefamilies.com>

See great one-pagers here that are guides for developmentally appropriate (and concerning) sexual behaviors at different ages/stages: <https://drive.google.com/file/d/1P-8vA0fVmusHsZ0Zp87Qor3OEYmsQIJT/view>

<https://sexpositivefamilies.com/resources/results/?bycat=consent>

<https://sexpositivefamilies.com/resources/results/?bycat=consent>

For primary schoolers:

I Just Don't Like the Sound of No by Julia Cook (Google "I just don't like the sound of no" for additional resources on the web.)

Consent for Kids video: <https://youtu.be/h3nhM9UIJc>

Day One – New York:

EPIC Talks: Supporting Healthy Relationship Development in Children as Violence Prevention, I facilitated earlier this year focused on equipping adults with tools to support healthy relationships among young children which you are welcome to share:

- Part 1: <https://www.youtube.com/watch?v=AdWYO2LhSpE&t=4s>
- Part 2: https://www.youtube.com/watch?v=PTd_bGrIHwY&t=42s

Day One's first guide for caregivers of young children to support children's healthy relationship development and you can order up to 200 for free on our website.

here: <https://www.dayoneny.org/guides/healthy-friendships-from-day-one-a-caregivers-guide-to-supporting-young-children>

Gender, Biological Sex, Sex and Sexual Health

Local sexual health programs for all ages, starting grades K-1:

Our Whole Lives www.uua.org/re/owl

“Comprehensive Sexual Health & HIV/AIDS Instruction,” *California Department of Education* (2016); <https://www.cde.ca.gov/ls/he/se/>

“Incorporating Sexual Pleasure in Educational Sexual Health Programs Can Improve Safe Sex Behaviors.” <https://neurosciencenews.com/sexual-behavior-pleasure-education-20061/>

“Not everyone is male or female - The growing controversy over sex designation.” *Neuroscience News*. <https://neurosciencenews.com/gender-designation-20026/>

S.E.X. The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties by Heather Corinna

Come As You Are: The Surprising New Science That Will Transform Your Sex Life

Man Enough: Undefined My Masculinity by Justin Baldoni

Beyond the Gender Binary by Alok Vaid-Menon

“Gender Stereotypes are Destroying Girls, and They’re Killing Boys,” (a very triggering title!!!) by Alia Dastagir <https://www.usatoday.com/story/news/2017/09/21/gender-stereotypes-destroying-girls-and-theyre-killing-boys/688317001/>

“Sex and Gender Identity:” <https://www.plannedparenthood.org/learn/gender-identity/sex-gender-identity>

“Sex Redefined: The Idea of 2 Sexes is Overly Simplistic,” *Nature Magazine* 10/22/18: <https://www.scientificamerican.com/article/sex-redefined-the-idea-of-2-sexes-is-overly-simplistic1/>

“2011 A Public Health Approach for Advancing Sexual Health in the United States...,” <https://www.cdc.gov/sexualhealth/docs/sexualhealthreport-2011-508s.pdf>

Delusions of Gender: How Our Minds, Society and Neurosexism Create Difference by Cordelia Fine

The End of Gender: Debunking the Myths about Sex and Identity in Our Society by Dr. Debra Soh

For tweens:

It's Perfectly Normal by Robie H. Harris & Michael Emberley

Sexual Assault Prevention (including in schools):

<https://stopsexualassaultinschools.org/january-campaign/> Includes resources for students and families who want to hold their schools accountable for addressing sexual harm among students.

<https://www.americaspromise.org/news/three-ways-schools-can-help-prevent-sexual-assault>

K-12 prevention program in Oregon: <https://stopsexualassaultinschools.org>

<https://stopsexualassaultinschools.org/january-campaign/>

Interventions to prevent sexual violence: <http://eknygos.lsmuni.lt/springer/678/223-240.pdf>

Interesting workshop outline on “Causes and Effects of Gender-Based Violence,”

http://hrlibrary.umn.edu/svaw/advocacy/modelsessions/causes_effects.PDF

Risky Digital Communication Media:

“Social media dangers exposed by mom posing as 11-year-old” on YouTube (a disturbing yet informative video...to consider sharing with your kids); https://www.youtube.com/watch?v=dbg4hNHsc_8

YouTube video: “Social Media Dangers Exposed By Mom Posing as 11 Year-Old”

https://www.youtube.com/watch?v=dbg4hNHsc_8

Research tab at www.yourbrainonporn.com

The Social Dilemma (Netflix documentary to watch with your kids)

“The Legality of Sexting in California,” (2020); <https://jdlaw.law/blog/the-legality-of-sexting-in-california/>

“Sexting Facts,” <https://casexcrimesattorney.com/practice-area/sex-crimes/sexting>

“Update on Cyberbullying Laws,” (2018); <https://www.internetlawyer-blog.com/update-on-cyberbullying-laws/>

Raising/Supporting Teens:

Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood by Lisa Damour

Boys’ Friendships and the Crisis of Connection by Niobe Way

The Teenage Brain: A Neuroscientist’s Survival Guide to Raising Adolescents and Young Adults by Frances Jensen and Amy Ellis Nutt

Decoding Boys: New Science Behind the Subtle Art of Raising Sons by Cara Natterson

Age of Opportunity: Lesson from the New Science of Adolescence by Laurence Steinberg

Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens by Stephanie Brill and Lisa Kenney

Positive Discipline for Teenagers: Empowering Teens and Yourself Through Kind and Firm Parenting by Jane Nelsen & Lynn Lott

Other stuff:

RSA short with Brené Brown on Empathy: <https://www.youtube.com/watch?v=1Ewgu369Jw>