

## Teens & Their Bodies: Sex and Sexuality

### BOOKS

#### [101 Questions About Sex and Sexuality: With Answers for the Curious, Cautious and Confused](#)

Brynie, Faith Hickman

Emphasizes sexuality as an integral part of human life, and urges young adults to make wise choices, armed with the facts.

#### [Abstinence: Postponing Sexual Involvement](#) (Perspectives on Healthy Sexuality series)

Peacock, Judith

Explains the benefits and challenges in being abstinent, provides some self-control techniques and verbal responses to pressure lines.

#### [Am I Weird or Is This Normal?](#)

Potash, Marlin S. and Laura Potash Fruitman with Lisa Sussman

A mother and teenage daughter team discuss the physical and emotional changes experienced by teenage girls approaching adulthood. Useful information about dating and sex, drugs alcohol, family, boyfriends, and all of life's awkward moments.

#### [A Baby Doesn't Make the Man: Alternative Sources of Power and Manhood for Young Men](#)

Jamiolkowski, Raymond

Discusses the reasons why teenage boys engage in sex, the consequences of irresponsible sexual activity, and alternative ways for young men to feel good about themselves.

#### [Birth Control and Protection: Options for Teens](#) (Perspectives on Healthy Sexuality series)

Peacock, Judith

Birth control options (including abstinence) are explained to teens, and ways to make a decision and get help are also outlined. Also contains a list of useful addresses and Internet sites.

#### [Come Clean](#)

Herman, Doug

Through real life stories, Herman helps equip today's youth with the support and information they need to combat the sexual pressures they face.

#### [Dating and Sex: Defining and Setting Boundaries](#) (Perspectives on Healthy Sexuality series)

Peacock, Judith

This title helps teens learn about dating relationships, the challenges that face couples, making decisions about sexual activity and handling break-ups.

### [Dilemmas of Desire: Teenage Girls Talk about Sexuality](#)

Tolman, Deborah L.

A unique look into the world of teenage sexuality, this book offers an intimate and often disturbing, sometimes inspiring, picture of how teenage girls experience, understand, and respond to their sexual feelings and the role society plays in doing so.

### [The Dirt on Sex: A Dateable Book](#)

Lookadoo, Justin and Hayley Morgan

Christian perspective on sex presented in an edgy, glossy format.

### [Every Young Man's Battle: Strategies for Victory in the Real World of Temptation](#)

Arterburn, Stephen

This is an evangelical Christian view of male sexuality, in particular that of adolescent men. The authors are tastefully explicit, discussing a number of topics--premarital sex, masturbation, desire and lust, and pornography--and presenting ways to handle them according to the authors' interpretation of scripture.

### [GLBTQ: The Survival Guide for Queer and Questioning Teens](#)

Huegel, Kelly

This frank, sensitive book is written for teens who are beginning to question their sexual or gender identity, those who are ready to work for GLBTQ rights, and those who need advice, guidance, and reassurance that they're not alone.

### [The Guy Book: An Owner's Manual](#)

Jukes, Mavis

Designed like a car manual, this lively guide provides tips on "maintenance," "safety," and "operating instructions." Humorous photos from the '50s illustrate the serious topics of sexuality, STDs, birth control, dating, female health and physical functions, personal hygiene and healthy relationships. This unique format gives both the facts and the fun.

### [Influences on Sexuality: Understanding Their Effect](#) (Perspectives on Healthy Sexuality series)

Peacock, Judith

An overview on the biological and sociological influences teens experience which shape their sexual attitudes and values. The roles of family, religion, school, peers, and the media are examined and teens are encouraged to gain a better understanding of these influences in order to make healthy decisions about their own lives.

### [It's Okay to Say No: Choosing Sexual Abstinence](#) (Teen Pregnancy Prevention Library)

Ayer, Eleanor H.

Teen testimony and personal vignettes present the benefits of abstinence before marriage.

[Homosexuality: What Does It Mean?](#) (Perspectives on Healthy Sexuality series)

Endersbe, Julie K.

Provides an overview of sexuality and sexual orientation, discusses the concerns of teenage homosexuals, including coming out, support systems, fears and risks, safer sex and healthy sexual behavior.

[Sari Says: The Real Dirt on Everything from Sex to School](#)

Locker, Sari

As the advice columnist for Teen People Online, Sari receives a lot of correspondence from young people. In this volume, Sari answers many of the questions the teens ask her, from kissing to dealing with snooping parents.

[Sex](#) (Teen Decisions series)

Roleff, Tamara (ed.)

This series is aimed at helping teens make responsible decisions by providing a variety of perspectives on sexual issues. Teens relate their stories focusing on moral or ethical dilemmas, and the editors provide additional legal and scientific information. Lists a variety of organizations that can be contacted for further help and support.

[Sex Explained: Honest Answers to Your Questions about Guys and Girls](#)

Clausener-Petit, Magil

Answers questions about the male and female bodies and the changes that occur at puberty and discusses various aspects of sex, including emotions, contraception, pregnancy, orgasm, masturbations, and sexually-transmitted diseases.

[Sex Files](#)

Teen People

A collection of stories from teens relating personal experiences about many aspects of sexuality. Also includes a glossary and list of selected resources.

[Sex Has a Price Tag](#)

Stenzel, Pam

Provides medical facts and statistics about the consequences of sexual activity outside of marriage, biblical teachings about sexual behavior, and practical techniques for practicing abstinence.

[Sex, Puberty and All That Stuff: A Guide to Growing Up](#)

Bailey, Jacqui

Puberty and sex is discussed in detail for both boys and girls from the body changes, emotions, sexuality, contraception, and pregnancy with illustrations and diagrams.

[Sex Smart: 501 Reasons to Hold Off on Sex](#)

Pogany, Susan Browning

Emphasizing abstinence as the healthiest option for teens, this book provides straightforward answers to hundreds of questions teens have about sex, love, relationships, pregnancy, abortion, masturbation and AIDS.

[Teen Pregnancy](#) (Focus on Family Matters)

Alpern, Michele

A guide for teenagers coping with pregnancy in the teen years. Teens will learn the facts about sexuality and birth control, abortion, and what to expect if they chose to raise their child or place the child for adoption.

[Teenage Sexuality](#) (Opposing Viewpoint series)

Roleff, Tamara (ed.)

Presents various articles that discuss opposing viewpoints on issues influencing teen sexual behavior. A great resource for debates or for discovering other opinions, this thought-provoking book also has a list of contact organizations for additional information.

[This Book Is About Sex](#)

Shaw, Tucker and Fiona Gibb

Alloy.com's sex experts explore the facts, myths and misconceptions about sex and sexuality by answering candid questions from teens on the topic. Full of personal anecdotes and comments from teens about their peers' concerns, this volume is packed with great advice, the cold hard facts and lots of support.

[Truth About Sexual Behavior and Unplanned Pregnancy](#)

Kittleston, Mark J., William Kane and Richelle Rennegarbe

Straightforward information about everything from contraception to the media's portrayal of sex. Providing a clear picture of teen sexual behavior and its consequences, this book offers sound advice to teenagers and encourages discussion with parents and peers.

[The Underground Guide to Teenage Sexuality: An Essential Handbook for Today's Teens and Parents](#)

Basso, Michael J.

Current, accurate, objective information about sexuality so that they can understand the changes occurring in their bodies and make informed decisions about sexual activity. Basso, an experienced sex educator, discusses anatomy and physiology, sexually transmitted diseases, pregnancy, birth control, abortion, and sexuality in terms that teenagers comprehend.

[What Smart Teenagers Know...About Dating, Relationships, and Sex](#)

Hatchell, Deborah

Real-life stories by teenagers pepper each chapter giving the topics an edge. But, this isn't just a collection of stories. It's hands-on information that teens can use.

[You Ought to Know: A Guy's Guide to Sex](#) (Guy's Guides)

Kelly, Bill

Examines the physical and emotional changes brought on by puberty, the mechanics of sex and healthy attitudes towards it, having respect for one's personal choices and those of girlfriends and leading a balanced lifestyle.

## VIDEOS

### [Abstinence: Choosing to Wait](#)

Sunburst Media

Real teens' personal stories send a strong message that sexual abstinence is a desirable and attainable.

### [Let's Talk about Sex](#)

Dating For Real, Part 2

Human Relations Media

Explores how communication is a vital aspect of true intimacy and connection.

### [The New Improved Me: Accepting Body Changes](#)

Sunburst Media

Gives young teens and preteens an information-packed, supportive explanation of male and female body changes. This program is designed to help them accept puberty as an exciting and important event in their lives and a normal, healthy part of growing up.

### [Sex I.Q. Test](#)

How much do you really know about sex? This video helps teens examine the myths and discover the truths about sexuality. Includes information on the reproductive cycle, pregnancy, STDs, contraception and more.

### [Teen Relationships and Sexual Pressure](#)

Gateway Films

This video provides a Christian perspective on sex and premarital abstinence, acknowledging that it is normal for teens to seek emotional and physical intimacy, but showing real-life consequences when sexual decisions are made too quickly.

### [What Teens Want to Know About Sex](#)

Sunburst Media

Without being preachy, provides straightforward answers to teens' concerns about sexual development, pregnancy, contraception, and STDs. Debunks common myths about sex and carries a strong abstinence message.