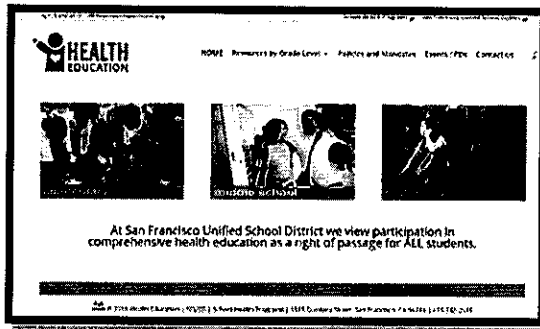
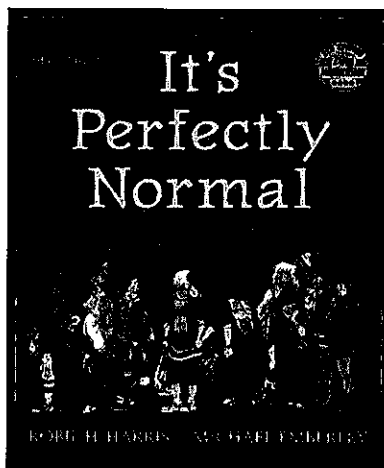


Resources for parents:



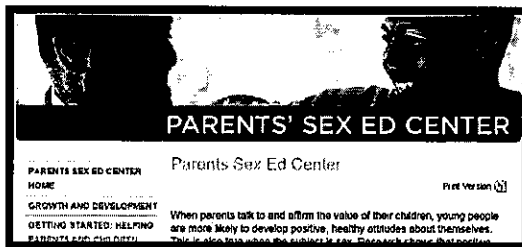
SFUSD is here to help!

We offer health education in our classrooms and social work/nursing services in our schools. To find out more about what's taught at each grade, go to www.SFUSDhealtheducation.org



It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health

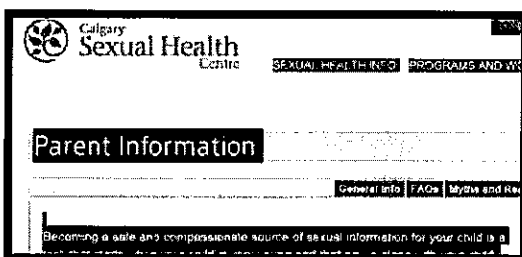
For two decades, this universally acclaimed book on sexuality has been a trusted and accessible resource for kids, parents, and teachers of tweens and teens. **It's Perfectly Normal** provides accurate and up-to-date answers to nearly every imaginable question, from conception and puberty to birth control and STDs. The book offers young people the information they need to make responsible decisions and stay healthy. This book is widely available at bookstores and libraries.



Parents' Sex Ed Center

<http://tinyurl.com/parentsexed>

This website from Advocates for Youth collects the best articles and information for parents about how to talk to kids, tweens and teens about sexuality.



Calgary Sexual Health Centre

<http://tinyurl.com/calgaryparent>

This Canadian website offers detailed tips for parents about how to talk to kids about sexuality, and aims to help parents to "Become a safe and compassionate source of sexual information for your child."