

Additional Health & Sex Resources for Families

Personal Resources

- Identify trusted adults in one's family, school, and community for advice and counseling regarding reproductive and sexual health
 - Community: Your community may be your local church or your local PFLAG club chapter
 - School & Educators
- Parent Groups

Medical Resources

- Identify your family's health care providers for reproductive and sexual health services and let your children know who those people are and where their offices are located
 - **California's Safely Surrendered Baby Law:** "Safely Surrendered Baby Law (California Health and Safety Code, section 1255.7) provides a safe alternative for the surrender of a newborn baby in specified circumstances. A parent or person with lawful custody can safely surrender a baby confidentially, and without fear of prosecution, within 72 hours of birth. The SSB law requires the baby be taken to a public or private hospital, designated fire station or other safe surrender site, as determined by the local County Board of Supervisors. No questions will be asked and Code protects surrendering individuals from prosecution of abandonment."
 - **Age of Consent:** The age of consent in California is 18. It is worth emphasizing that unlike some other states, the close-in-age rule in California do not provide an exception nor provide any defense; it merely lowers the crime to a misdemeanor (under this law, two minors of the same age could both be prosecuted). Penalties increase if the adult is 21 or older and the child is 15 or younger (it is automatically a felony if the minor is under 14).
 - **Parental Notification:** All 50 states and the District of Columbia explicitly allow minors to consent for their own health services for STD/Is. No state requires parental consent for STD/I care or requires that providers notify parents that an adolescent minor has received STD/I services, except in limited or unusual circumstances. In California if you are over 12 years old you do not need parental consent.
- Identify the location of your local Planned Parenthood

Books

- For Parents
 - The Real Truth About Teens and Sex - Sabrina Weill
 - Talk to Me First - Deborah Roffman
 - Sexuality: Your Sons and Daughters With Intellectual Disabilities - Karin Melberg Schwier and David Hingsburger
- For Kids
 - Where Did I Come From - Peter Mayle
 - Boys, Girls & Body Science - Meg Hickling
 - What's the Big Secret? - Laurie Krasny Brown
 - Amazing You! - Gail Saltz
 - The Care and Keeping of You - American Girl Library
 - The Boy's Body Book - Kelli Dunham
 - Our Bodies, Ourselves - Boston Women's Health Book Collective
 - Trans Bodies, Trans Selves - Laura Erickson-Schroth
 - ¡Es Alucinante! -Robie Harris
 - The "What's Happening to My Body?" Book - Madaras and Herman-Giddens (Available in "For Girls" and "For Boys")

Websites

- Planned Parenthood:
 - <https://www.plannedparenthood.org/parents>
 - *Tips for Talking With Your Teen about Sexuality* Handout
- CDC
 - <https://www.cdc.gov/teenpregnancy/parent-guardian-resources/index.htm>
 - *Talking with Your Teens about Sex: Going Beyond "the Talk"* Handout
- PFLAG
 - <https://www.pflag.org/publications>
 - *Our Children* Handout
- AdvocatesForYouth.org
 - <http://www.advocatesforyouth.org/the-facts-parent-child-communication>
 - *Parent-Child Communication: Promoting Sexually Healthy Youth* Handout
 - Also available as PDF in Amharic, Chinese, French, Spanish, and Vietnamese
- SailorJerri.com
 - SailorJerri.com (Resources Link)
 - Growth, Development, and Sexual Health Checklists: For Parents and Children