

## Resources

*For both boys and girls:*

**It's Perfectly Normal**

Harris, Robie

**It's So Amazing**

Harris, Robie

**What's Happening to Me?**

Mayle, Peter *et. al.*

**[www.kidshealth.org](http://www.kidshealth.org)**

*For girls:*

**The Feelings Book**

Madison, Lynda

**The Care and Keeping of You**

Schaefer, Valerie Lee

**[www.4girls.gov](http://www.4girls.gov)**

*For boys:*

**What's Happening Down There?**

Gravelle, Karen

**From Boys to Men: All About Adolescence and You (plugged in)**

Gurian, Michael

*For parents/adults:*

**Raising an Emotionally Intelligent Child: The Heart of Parenting**

Gottman, John

**The Wonder of Girls and The Wonder of Boys**

Gurian, Michael

**How Can You Say That? Turning Hurtful Words into Conversations that Heal**

Lynch, Amy, with Dr. Linda Ashford

**Real Boys**

Pollack, William

**Sex and Sensibility**

Roffman, Deborah M.

**Why do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen**

Walsh, David

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**American Academy of Child & Adolescent Psychiatry**

[www.aacap.org/publications/factsfam/](http://www.aacap.org/publications/factsfam/)

**Information on Decision Making about Sex**

[www.familiesaretalking.org](http://www.familiesaretalking.org)

**Research: Freeze Frame - A Snapshot of America's Teen**

[www.teenpregnancy.org/works/pdf/FreezeFrame.pdf](http://www.teenpregnancy.org/works/pdf/FreezeFrame.pdf)

**Adults Who Care About Teens/WA State Dept. of Health**

[www3.doh.wa.gov/here/materials/HERE\\_CRAListing.aspx?ID=104&Cnt=24&NAME=Adolescent%20Health](http://www3.doh.wa.gov/here/materials/HERE_CRAListing.aspx?ID=104&Cnt=24&NAME=Adolescent%20Health)

**Daughters a newsletter for parents of girls**

[www.daughters.com](http://www.daughters.com)