



SEXUAL AND REPRODUCTIVE HEALTH RESOURCES FOR PARENTS OF ADOLESCENTS AND YOUNG ADULTS

SEXUAL AND REPRODUCTIVE HEALTH ONLINE RESOURCES FOR PARENTS

- **THRIVE:** Developed by the Society for Adolescent Health and Medicine, this app provides parents with a resource to help adolescents increase ownership over their own health, including their reproductive and sexual health. www.adolescenthealth.org/About-SAHM/Healthy-Student-App-Info.aspx
- **American Sexual Health Association:** This association provides a wealth of resources on sexual health for both men and women, and specific resources directed at parents. www.ashsexualhealth.org/parents/
- **Answer:** Answer provides links to books, organizations, websites, and workshops that support parents in their critical role as sex educators for their children. <http://answer.rutgers.edu/page/parentresources>
- **Center for Disease Control and Prevention:** The CDC offers parent and guardian resources to help teens make healthy choices about sex. www.cdc.gov/teenpregnancy/parent-guardian-resources/index.htm
- **Center for Parent Information and Resources:** This resource page addresses development of sexuality for young people with disabilities. <http://www.parentcenterhub.org/repository/sexed/>
- **Guttmacher Institute:** Through research, policy analysis and public education, the Guttmacher Institute advances sexual and reproductive health and provides resources about adolescents. www.guttmacher.org
- **FamilyDoctor.Org:** Operated by the American Academy of Family Physicians, this website provides scientifically accurate information from a family medicine perspective on puberty and sexuality of teenagers. <http://familydoctor.org/>
- **HealthyChildren.Org:** Sponsored by the American Academy of Pediatrics, this website provides a wide-range of sexuality and dating resources for parents of adolescents. <https://www.healthychildren.org>
- **PFLAG:** This website provides resources for parents, families, friends, and allies of LGBTQ people including publications, educational programs, and advocacy campaigns. <https://community.pflag.org/>
- **Planned Parenthood Federation of America:** These tools found on the Planned Parenthood website offer videos, tips, and additional resources on puberty, setting healthy limits, parent-teen relationships, talking to kids about sexuality, and parenting LGBTQ kids. <https://www.plannedparenthood.org/parents>
- **SIECUS:** The resources found on the SIECUS website help parents and caregivers communicate messages about their values and beliefs and includes fact sheets of FAQs and access to the *Families are Talking* newsletter, available also in Spanish. <http://bit.ly/1P3XAcJ>
- **Teaching Sexual Health:** Providing sexual development questions, tips, and strategies, as well as resources, factsheets, parent packages, and webisodes, this website offers a wealth of information for parent educators. <http://parents.teachingsexualhealth.ca/education/parents-role>
- **Teen Health:** This website helps parents care for their child's changing body and mind, as well as their sexual development from infancy through teen years. <http://teenshealth.org/parent/growth/>

TOOLS FOR TALKING TO YOUR CHILD ABOUT SEXUAL AND REPRODUCTIVE HEALTH ISSUES

- **Advocates for Youth:** The Parents' Sex Ed Center contains information and resources parents need to begin talking to their children about sex and sexuality. www.advocatesforyouth.org/parents-sex-ed-center-home
- **Center for Young Women's Health** and **Young Men's Health:** These websites provide information targeted at parents of adolescents, including guides on how to talk to teens about sexuality and contraceptives. <http://youngwomenshealth.org/parents/> and <http://youngmenshealthsite.org/parents/>
- **Children Now:** This website offers tips on how to talk to children about difficult topics including sex, relationships, and HIV. www.childrennow.org/parenting-resources/
- **Office of Adolescent Health:** The *Talking with Teens* section of this website provides tips to start difficult conversations with adolescents and a conversation toolkit. www.hhs.gov/ash/oah/resources-and-publications/info/parents/
- **Options for Sexual Health:** Offering interactive courses for parents and adults, Options for Sexual Health works to improve the knowledge and skills adults need to be approachable, non-judgmental sources of reliable sexual health information. www.optionsforsexualhealth.org/education/askable-adult
- **Safe Teens:** Parents can use this youth-friendly website to find information and tips on talking to teens about sex and relationships. www.safeteens.org/resource-corner/parents-corner/

INSURANCE INFORMATION

- **Healthy Young America:** A part of the Young Invincibles national organization, this website provides insurance information and resources for parents of young adults, including coverage flowcharts for each state, a free App, and FAQs on pregnancy and contraceptive coverage. <http://health.younginvincibles.org/>

SEXUAL AND REPRODUCTIVE HEALTH CAMPAIGNS

- **Advocates for Youth:** Advocates for Youth works to educate Members of Congress, State Legislators, the Administration, and local elected officials on a variety of issues that impact the sexual and reproductive health of young people. Their website provides many ways to become involved. www.advocatesforyouth.org/policy-and-advocacy
- **The National Campaign:** The National Campaigns works to prevent unplanned pregnancy among teens and single, young adults by supporting numerous policies and projects, including resources directed at parents and their role in preventing teen pregnancy. <http://thenationalcampaign.org/featured-topics/parents>