

Dating and Sexuality



Books

1. **What's Happening to My Body? Book for Girls: A Growing Up Guide for Parents and Daughters** by Lynda Madaras, Newmarket Press (2007) ISBN:9781557047649
2. **What's Happening to My Body? Book for Boys: A Growing Up Guide for Parents and Sons** by Lynda Madaras, Newmarket Press (2007) ISBN:9781557047694
3. **The Care and Keeping of You** by Valorie Schaefer, Pleasant Company Publications (1998) ISBN:9781562476663
4. **From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children From Infancy to Middle School** by Debra W. Haffner, William Morrow Paperbacks (2008) ISBN:9781557048103
5. **The Underground Guide to Teenage Sexuality, 2nd ed.** by Micheal J. Basso, Fairview Press (2003) ISBN:1577491319
6. **Puberty Girl** by Shushann Moysessian, Allen & Unwin (2005) ISBN:1741141044
7. **Puberty Boy** by Geoff Price, Allen & Unwin (2006) ISBN:1741145635
8. **The Teen Survival Guide to Dating & Relating: Real-World Advice for Teens on Guys, Girls, Growing Up, and Getting Along** by Annie Fox and Elizabeth Verdick, Free Spirit Publishing (2005) ISBN:9781575421902
9. **Always My Child: A Parent's Guide to Understanding Your Gay, Lesbian, Bisexual, Transgendered, or Questioning Son or Daughter** by Kevin Jennings, Fireside (2003) ISBN:0743226496
10. **GLBTQ: The Survival Guide for Gay, Lesbian, Bisexual, Transgender, and Questioning Teens** by Kelly Huegel, Free Spirit Publishing (2011) ISBN:9781575423630
11. **Talking Sex With Your Kids: Keeping Them Safe and You Sane by Knowing What They're Really Thinking** by Amber Madison, Adams Media (2010) ISBN:1605506621

Websites

<http://sexualityandu.ca>
<http://www.cfsh.ca/>
<http://www.kidshealth.org/parent/> (use search terms "dating" or "sexuality")

About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centre at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

Family Resource Centre

The Family Resource Centre's mission is to help families and the community to become active participants in their own health and medical care. The Family Resource Centre offers resources to understand and cope with illness and hospitalization, to learn more about your child's health, to help other family members learn how to help the patient and themselves, and to learn more about wellness, prevention and the human body.

The centre has a wide collection of books, DVDs, pamphlets and online resources about the problems and concerns that bring patients to McMaster Children's Hospital. Services provided include:

Check-out

Borrowing privileges are available to families, staff, and community members.

On-line Resources

In addition to books, DVDs and pamphlets, much health information is available through the Internet. The family Resource Centre can help you to find these resources, as well as information from our consumer health information database.

Audio-visual Materials

Your health-care provider may suggest that you view a particular DVD, or you may want to browse our collection.

For more information visit www.mcmasterchildrenshospital.ca

*The Family Resource Centre,
where knowledge grows.*

