



# **Comprehensive Sexual Health for Youth: A Guide for Parents and Caregivers**

TALKING WITH YOUR YOUNG PERSON ABOUT SEXUAL HEALTH

COMPREHENSIVE SEXUAL HEALTH EDUCATION (CSHE) IN WASHINGTON:  
FREQUENTLY ASKED QUESTIONS

COMPREHENSIVE SEXUAL HEALTH EDUCATION (CSHE): RESOURCES



# Content



## TALKING WITH YOUR YOUNG PERSON ABOUT SEXUAL HEALTH

|                                    |    |
|------------------------------------|----|
| INTRODUCTION.....                  | 04 |
| WHAT TO TALK ABOUT WHEN.....       | 05 |
| CONVERSATION STARTERS.....         | 10 |
| ANSWERING SENSITIVE QUESTIONS..... | 12 |

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## COMPREHENSIVE SEXUAL HEALTH EDUCATION (CSHE) IN WASHINGTON: FREQUENTLY ASKED QUESTIONS

14

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## COMPREHENSIVE SEXUAL HEALTH EDUCATION (CSHE): RESOURCES

18

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# Talking with Your Young Person About Sexual Health

|                                    |    |
|------------------------------------|----|
| INTRODUCTION.....                  | 4  |
| WHAT TO TALK ABOUT WHEN.....       | 5  |
| CONVERSATION STARTERS.....         | 10 |
| ANSWERING SENSITIVE QUESTIONS..... | 12 |

## Introduction

Talking with young people about their bodies, puberty, relationships, consent, safety, and sexuality is important, but it can sometimes feel uncomfortable. Many parents and caregivers want to be a trusted source of support, yet knowing what to say, when to say it, and how to start can be challenging.

Remember, you don't need to have all the answers, and it doesn't need to be a one-time conversation. The goal is to build trust over time, so your young person feels comfortable coming to you with questions, concerns, mistakes, and big feelings. This guide provides simple tips to help you start these conversations. Every young person is different, so use these suggestions as a guide and adapt them to fit your child's unique personality and needs.

## What to Talk About When

The charts below offer general guidance on topics and questions that may come up at different ages and stages. Use them as a starting point and adjust based on your young person's interests, experiences, and needs. For additional tips on sexual health conversations and topics with young people with intellectual and developmental disabilities or neurodiversity, see our [companion handout](#).

### Ages 0–5: Building the Foundation

Young children are already learning about bodies, feelings, boundaries, and relationships by watching the grown-ups around them interact with their world. Early childhood is a perfect time to start building the foundational knowledge needed to help keep their bodies safe and healthy. [Reading books](#) together can be a comfortable way to introduce these topics.

| Possible Topics to Discuss                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Common Questions                                                                                                                                                                                                                                                         |
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| <ul style="list-style-type: none"><li>• Correct names for body parts</li><li>• Safe and respectful touch</li><li>• Asking permission before touching others</li><li>• Privacy and personal boundaries</li><li>• Simple facts about pregnancy and babies</li><li>• Respect and awareness that families and gender expression can look many ways</li><li>• The difference between safe and unsafe secrets</li><li>• Identifying adults they can trust to answer their questions</li></ul> | <ul style="list-style-type: none"><li>• “Where is mommy’s penis?”</li><li>• “How does a baby get in and out of its mama?”</li><li>• “Why are there toys ‘for boys’ and toys ‘for girls’?”</li><li>• “Why does my friend have two mommies but I only have one?”</li></ul> |
| <b>Tips</b> <ul style="list-style-type: none"><li>• Answer questions simply and honestly</li><li>• Keep explanations brief and age-appropriate</li><li>• Model consent in everyday interactions</li><li>• Use consistent messages with other trusted caregivers</li></ul>                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                          |



## Ages 6–8: Curiosity, Boundaries, and Body Changes

Children at this age are often curious about bodies, relationships, and words they hear from friends, media, or the internet. This is a great time to support curiosity. [Books](#) and everyday conversations can help keep these topics age-appropriate and approachable.

| Possible Topics to Discuss                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Common Questions                                                                                                                                                                                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Review previous topics and build on prior learning, plus:</b></p> <ul style="list-style-type: none"><li>• Puberty and body changes before they begin</li><li>• Asking for consent and respecting others' boundaries</li><li>• Emotional regulation skills for receiving and accepting "no"</li><li>• Healthy friendships and relationships</li><li>• How to safely intervene when witnessing bullying or harassment</li><li>• Respect for different identities and families</li><li>• Understanding of gender stereotypes and how they show up in the world</li><li>• Positive body image</li><li>• Media messages and online information</li><li>• How to ask questions and find trusted answers</li></ul> | <ul style="list-style-type: none"><li>• "When will my body change?"</li><li>• "What is a period?"</li><li>• "What should I do if someone won't stop touching me?"</li><li>• "What does sex mean?"</li></ul> |
| <p><b>Tips</b></p> <p>Continue using tips from previous years, plus:</p> <ul style="list-style-type: none"><li>• Ask what they already know before answering</li><li>• Share trusted books and resources</li><li>• Check in later to make sure they understood</li><li>• Set clear boundaries around privacy, play, and touch without shaming curiosity</li></ul>                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                             |

## Ages 9–12: Puberty, Identity, and Relationships

As young people enter puberty, they may become more private, self-conscious, and influenced by friends and media. This is an important time to talk about puberty, identity, and relationships. Encourage your young person to come to you with questions before looking for answers online.

| Possible Topics to Discuss                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Common Questions                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Review previous topics and build on prior learning, plus:</b></p> <ul style="list-style-type: none"><li>• Puberty, reproductive anatomy, and body changes</li><li>• Emotional changes and self-esteem</li><li>• Body diversity and body image</li><li>• Family values about crushes, dating, and relationships</li><li>• Boundaries, consent, and personal safety</li><li>• Bystander intervention and supporting friends</li><li>• Healthy and unhealthy relationship behaviors</li><li>• Sexual feelings, masturbation, and intimacy</li><li>• Respect for LGBTQ+ and gender-expansive people</li><li>• Online safety and media literacy</li></ul> | <ul style="list-style-type: none"><li>• “When does puberty start and how long will it last?”</li><li>• “What should I do if I get my period/get an erection at school?”</li><li>• “What should I do if I have a crush or if someone has a crush on me?”</li><li>• “What is 69? (or other slang terms that they might have heard)”</li><li>• “How do twins happen?”</li><li>• “How does someone know if they are gay?”</li></ul> |
| <p><b>Tips</b></p> <p>Continue using tips from previous years, plus:</p> <ul style="list-style-type: none"><li>• Use media, music, news, books to bring up topics in authentic ways</li><li>• Return to/have short conversations to add on over time</li><li>• Provide supplies for managing a period and information for where to get supplies at school</li><li>• Role play/ practice navigating potential challenging or embarrassing situations and conversations with friends/ crushes</li></ul>                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                 |

## Ages 13–15: Independence, Dating, Media, and Decision-Making

Young teens are developing their identity, gaining independence, and spending more time with friends and online communities. They may be exploring relationships, asking more questions about sex and dating, and navigating messages from social media and peers. Encourage open conversations and help teens think critically about what they might be experiencing in their peer group, seeing online, in video games, and/or in advertisements. Let them know they can come to you with questions, concerns, or confusing experiences, while encouraging them to practice figuring out what is right for themselves.

| Possible Topics to Discuss                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Common Questions                                                                                                                                                                                                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Review previous topics and build on prior learning, plus:</b></p> <ul style="list-style-type: none"> <li>• Consent, coercion, boundaries, and communication</li> <li>• Breakups, rejection, and managing big emotions</li> <li>• Birth control, STI prevention, and sexual health</li> <li>• Online safety, social media, and pornography</li> <li>• How to avoid exploitative relationships</li> <li>• Accessing trusted information, resources, clinical services, and support</li> <li>• Discuss mental health changes during and after puberty, like anxiety and depression</li> <li>• Gender identity, gender expression, and sexual orientation</li> </ul> | <ul style="list-style-type: none"> <li>• “When is it okay to have sex?”</li> <li>• “Is it okay to meet up with friends I met online?”</li> <li>• “When should I go to a health clinic?”</li> <li>• “How do I tell someone I don’t like them that way?”</li> <li>• “What is safer sex?”</li> <li>• “How do I know if I’m LGBTQ+?”</li> <li>• “Why do some kids sometimes exclude others?”</li> </ul> |
| <p><b>Tips</b></p> <p>Continue using tips from previous years, plus:</p> <ul style="list-style-type: none"> <li>• Respect privacy while staying available and involved</li> <li>• Have frequent and ongoing short conversations and/or check-ins</li> <li>• Talk about values, relationships, and safety without fear or shame</li> <li>• Ask what they’re seeing and hearing from friends and social media</li> <li>• Make sure they know where to find accurate information and support</li> <li>• Avoid making assumptions about their sexual orientation/ attractions</li> </ul>                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                     |

## Ages 16–18: Support, Safety, and Preparing for Adulthood

Older teens are making more of their own decisions while preparing for adulthood. Even as they become more independent, they still need support, guidance, and trusted information. Romantic relationships can be more common during this stage. Focus on listening, asking questions, and helping your teen explore their own values and goals before offering advice or solving their problems for them. A nonjudgmental approach can help keep communication open during this important stage. If you disagree with their choices or values, you can state that honestly but reassure them that your love and support is unconditional.

| Possible Topics to Discuss                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Common Questions                                                                                                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Review previous topics and build on prior learning, plus:</b></p> <ul style="list-style-type: none"><li>• Self-advocacy, including making health care appointments and talking with health care providers</li><li>• Navigating intimacy, love, and more serious relationships, including ending relationships</li><li>• Pleasure and sexual arousal</li><li>• Sexual pressure and coercion</li><li>• Distorted sexual expectations that can come from social media, movies, and pornography</li><li>• How alcohol and other substances can interact/ impact sexual encounters and relationships</li><li>• The intersection of mental health and sexual health; discussing body dysmorphia, disordered eating, exclusion and their connection to mental health</li></ul> | <ul style="list-style-type: none"><li>• “How do I know I’m in love?”</li><li>• “My friend thinks they are in an unhealthy/unsafe relationship. What can I do to support them?”</li><li>• “How do I get someone to notice me/ like me?”</li><li>• “What can I do if I don’t like the way my body looks?”</li><li>• “Is sex supposed to hurt sometimes?”</li></ul> |
| <p><b>Tips</b></p> <p>Continue using tips from previous years, plus:</p> <ul style="list-style-type: none"><li>• Teach them to identify healthy and unhealthy characteristics and behaviors in relationships</li><li>• Create an emergency plan together to support safety</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                  |

## Conversation Starters

Now that you know WHAT to talk about, let's offer some suggestions for HOW you can start these conversations. The earlier you start, and the more you treat these talks like everyday conversations, the easier they get; however, it's never too late to start and reinforce that you can be their trusted adult about these important topics. Short, low-stakes and common conversations can be supportive for keeping communication open. It may feel awkward at first, and that's okay. With practice, it usually starts to feel more natural. Use the ideas below in whatever words sound most like your family.

### USE TEACHABLE MOMENTS

There are teachable moments all day long when it comes to bodies, relationships, media, and growing up. Movies, music, TV shows, social media, school assignments, news stories, or comments from peers can all open the door to a conversation. Once you start listening for these moments, you may notice them everywhere.

#### Try saying:

- "I noticed that \_\_\_\_ came up in the show we were watching. What did you think about it?"
- "That song brought up something important. Can we talk about what those lyrics mean?"
- "It sounds like your class is going to be studying \_\_\_\_\_. I'd love to hear more about what you learn."

### ASK WHAT THEY THINK

Young people may be more willing to talk when adults ask for their opinions instead of jumping right into advice. This can help the conversation feel less like a lecture and more like a two-way conversation.

#### Try saying:

- "What do you think someone should do in that situation?"
- "Why do you think people your age talk about this?"
- "What advice would you give a friend who had that question?"
- "What do you think about what that person/character did/said in that show/book? Why do you think they did/said that?"

## BE DIRECT

Sometimes it is best to be simple and clear. A calm opening can be enough to get started.

### Try saying:

- “There is something important I want to talk with you about. Is now a good time?”  
*(Important: if they say “NO” respect their boundaries and ask them to come up with a better time this week.)*
- “I want you to have accurate information about \_\_\_, and I want you to know you can always come to me if you have questions.”

## IT’S OKAY IF IT FEELS AWKWARD

It’s completely okay to name that these conversations may feel uncomfortable for you, your young person, or both of you. Naming the awkwardness can actually make it easier to keep going.

### Try saying:

- “I know this may be uncomfortable to talk to me about this subject, but I love you and it’s important to me that you have information to make good decisions for yourself.”

## TRY AGAIN LATER

No parent or caregiver gets every conversation right the first time and that’s why it’s important to have many small conversations over time. You can always come back, clarify, and try again. That also shows your young person that learning and repairing are part of healthy communication.

### Try saying:

- “I was thinking about what I said earlier, and I want to say it differently.”
- “I realized I didn’t answer your question very clearly. Can I try again?”
- “I want to add something important to our conversation.”

## OFFER RESOURCES AND LET THEM GO AT THEIR OWN PACE

Even with good conversation starters, some young people may not be ready to talk yet. Keep the door open and consider offering [books and educational materials](#) you have previewed so they can look at them on their own time. Then, try re-opening the conversation from time to time in a gentle way.



## Answering Sensitive Questions

When discussing these topics, all sorts of questions might come up for your young person that might challenge or surprise you. These tips can help you respond to difficult or sensitive questions with calm, care, and confidence.

**When responding to difficult questions, remember to **B**RACE yourself!**

**BREATHE**

**REPEAT**

**AFFIRM**

**CLARIFY**

**EXPLAIN**

**+ENCOURAGE**

**+EMPOWER**

**BREATHE** and pause before responding. Take a breath so you can listen fully and answer calmly. *(Even if you don't feel calm on the inside!)*

**REPEAT** the question back to your child to make sure you are hearing them correctly. This is an opportunity to clarify what they want to know, identify the motivation behind the question, and ensure that you aren't misunderstanding them.

- *"I want to make sure I heard you correctly. Are you asking...?"*

**AFFIRM** your child for asking the question. This helps keep the conversation open and reassures them that all of their questions are welcome. Then take a moment (or more!) to think if you need it.

- *"I'm so glad you asked me that question."*
- *"You know I will always love you no matter what, even if you tell me something you think I might not want to hear."*

**CLARIFY** what your child already knows and believes about the topic. Ask questions to understand what type of answer your child is looking for. This helps you understand where they are coming from before you respond.

- *"What do you know about (this topic) already?"*
- *"I'm just wondering, what brought up this question for you?"*

**EXPLAIN** clear, concise, age-appropriate answers. Correct misinformation, share your values, and keep the door open for more questions and conversations. It's okay to tell them you don't know and take time to find the information you need.

- *"Hmmm... that's an interesting question. Let me think about that for a second."*
- *"I'm not really sure how to answer that question right now, but I'm glad you asked! I need to (talk to someone else/do some research) and get back to you. Can I tell you tomorrow?"*

**ENCOURAGE AND EMPOWER** your child to identify trusted people, books, websites, or other resources they can turn to for support.

- *"Do you want me to help you find some websites/books that might be helpful for this topic?"*
- *"Who else can we ask about this topic? Where else can you go to get information?"*

## Being a Trusted Adult Through Every Stage

Not even the most prepared adult can anticipate all of the "curveballs" that might get thrown your way as your young person grows up. Especially when things get tough for themselves or their friends, young people need accurate information and an adult that they can depend on to be available, safe, and non-judgmental. *This can require adults to do their own reflecting and healing!*

If this information feels overwhelming, just remember, you don't need to have all (or any!) of the answers — you just need to be willing to stay in the conversation. If you have continued learning you need to do or are interested in more resources, please check out our parent/caregiver resource [list](#).





# Comprehensive Sexual Health Education (CSHE) in Washington: Frequently Asked Questions

## What is Comprehensive Sexual Health Education (CSHE)?

Comprehensive Sexual Health Education (CSHE) is a curriculum-based approach that teaches students about the emotional, physical, and social aspects of human sexuality and healthy relationships. In Washington State, CSHE is required to be medically accurate, evidence-based, inclusive of all students, and age-appropriate. Topics may include puberty, anatomy, reproduction, consent, safety, healthy relationships, gender, and sexuality, depending on age level. A detailed breakdown of the topics required at each grade level can be found on the [Washington State Office of the Superintendent of Public Instruction Website](#).

## Why is CSHE taught in schools?

[Washington Senate Bill 5395](#), approved by the Legislature and Washington voters in 2020, requires public schools to provide CSHE. School-based CSHE is **protective and preventative**; it supports students' health, safety, and well-being while providing opportunities at home for young people to receive guidance from families and trusted adults.

[Decades of research](#) have shown that comprehensive and inclusive sex education is associated with positive adolescent health outcomes, including:

- Supporting delayed sexual initiation and reducing sexual risk behaviors
- Supporting healthy relationships, social-emotional learning, and safer decision-making
- Preventing abuse by teaching boundaries, consent, and how to seek help
- Reducing bullying and promoting respect for all people
- Increasing the use of contraception and protection when young people do become sexually active
- Lowering rates of unintended pregnancies, STIs and HIV

CSHE is taught in developmentally appropriate ways. Younger students focus on safety, friendships, boundaries, respect, and communicating with trusted adults. Older students receive additional information that matches their age, maturity, and health needs.

## How is CSHE implemented?

CSHE curricula vary by district. Families can contact their school or district to learn what materials are being used, how they were selected, who will teach the lessons, and how to review the instructional materials. The WA State Office of the Superintendent of Public Instruction has published [reviews of many common curricula](#) used in the WA schools.

## Can parents/caregivers opt their young people out of certain sexuality education components?

Yes. In Washington, schools must notify parents and guardians before providing CSHE and make instructional materials available for review by grade level. Parents and guardians may request that their young person be excused from some or all of the CSHE instruction.

## How is CSHE instruction inclusive of all students?

Washington law requires CSHE to be [inclusive of all students](#). This means curricula, materials, and instructional materials use language and strategies that recognize and affirm all members of [protected classes](#) and help ensure every student can access information that is relevant to their health, safety, relationships, and well-being.

Inclusive CSHE means young people are taught in ways that support respect, dignity, and belonging. It also helps students learn how to treat others with care, which contributes to a [safer](#) and more [welcoming school community](#) for all students. Districts are required to provide CSHE in ways that are aligned with each student's supports and services, including students with intellectual and developmental disabilities so they can learn essential information about safety, relationships, boundaries, and health. Families can contact their school to understand the plan for including their young person in CSHE.

## Why do students learn CSHE in mixed gender/gender inclusive classrooms?

Keeping students of all genders together is a best practice for CSHE and puberty education. Gender-inclusive instruction helps ensure all students receive the same medically accurate information, reduces stigma and misinformation, and gives students practice communicating with respect and navigating conversations with peers.

This approach also helps create an inclusive classroom where transgender, nonbinary, intersex, and cisgender students are all authentically included, pivoting from limited and harmful narratives about gender towards a more equitable and informed educational experience for every student. [Gender-inclusive instruction](#) also teaches empathy for other experiences, models healthy peer relationships, and encourages more informed conversations with peers, trusted adults, and health providers throughout young people's lives.

## What is the role of parents and caregivers in sex education?

Parents and caregivers play a central role in their young person's sexuality education. Families are the first and most important place young people learn about bodies, relationships, values, boundaries, safety, and respect.

School-based CSHE is designed to support, not replace, the important conversations families have at home. Schools provide medically accurate and age-appropriate information, while families can build on classroom learning to help their young people connect those lessons to their own values, beliefs, expectations, and lived experiences.

Families are encouraged to review materials, ask questions, and partner with their school to understand how CSHE is taught. Cardea's [resource guide](#) offers additional support on ages and stages of sexual development and ideas for what to talk about when.





# Comprehensive Sexual Health Education (CSHE): Resources

## General CSHE Support

| Title & Access                                                                                                                                                                                                                                                | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <p><b>Elementary</b></p> <p><a href="#">Nemours KidsHealth</a></p> <p><a href="#">Amaze</a></p> <p><a href="#">The Every Body Book: The LGBTQ+ Inclusive Guide for Kids about Sex, Gender, Bodies, and Families</a><br/>by Rachel Simon &amp; Noah Grigli</p> | <p><b>Nemours KidsHealth</b> provides trusted, doctor-reviewed information on children’s health, development, and puberty, with resources for <u>parents</u> and <u>caregivers</u>, <u>kids</u>, and <u>teens</u>, <i>and the <u>puberty section</u> is especially comprehensive.</i></p> <p><b>AMAZE</b> provides engaging, age-appropriate animated videos on puberty, relationships, and sexual health, with content for older and younger children.</p> <p><b>The Everybody Book</b> provides an inclusive introduction to bodies, puberty, relationships, families, and identity, helping children ages 8–12 start conversations with trusted adults.</p> |
| <p><b>Secondary</b></p> <p><a href="#">Planned Parenthood Education</a></p> <p><a href="#">Scarleteen</a></p>                                                                                                                                                 | <p><b>Planned Parenthood</b> provides clear, teen-friendly information on sexual and reproductive health, relationships, and consent.</p> <p><b>Scarleteen</b> centers youth voice and provides comprehensive, inclusive information on sex, relationships, identity, and sexual health for older teens, young adults, and the adults who support them.</p>                                                                                                                                                                                                                                                                                                    |

## General CSHE Support (Continued)

| Title & Access                                                                                                                                                                                                                                                                                            | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Secondary</b></p> <p><a href="#">Wait, What? A Comic Book Guide to Relationships, Bodies, and Growing Up</a> by Heather Corinna, Luke Howard &amp; Isabella Rotman</p> <p><a href="#">The Sex Education Answer Book: Essential Guide to Sexuality, Relationships, and Health</a> by Aurora Neal</p> | <p><b>Wait, What? A Comic Book Guide to Relationships, Bodies, and Growing Up</b> provides a fun, age-appropriate introduction to bodies, relationships, sex, and sexual health, helping preteens and young teens understand their changing bodies and emotions and start conversations with trusted adults.</p> <p><b>The Sex Education Answer Book: Essential Guide to Sexuality, Relationships, and Health</b> provides clear, age-appropriate information on puberty, anatomy, consent, relationships, gender identity, and sexual health, helping teens and young adults build understanding and make informed decisions.</p> |

## Tools for Talking with Young People

| Title & Access                                                                                                                                                                                                                                                                                                                  | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <p><a href="#">Talk with Your Kids</a></p> <p><a href="#">Teaching Sexual Health: For Parents</a></p> <p><a href="#">Sex, Teens, and Everything in Between: The New and Necessary Conversations Today's Teenagers Need to Have about Consent, Sexual Harassment, Healthy Relationships, Love, and More</a> by Shafia Zaloom</p> | <p><b>Talk with Your Kids</b> provides practical tips, age-appropriate guidance, and conversation starters about relationships, sexual health, and growing up, helping parents and caregivers talk with young people at every stage of development.</p> <p><b>Teaching Sexual Health: For Parents</b> provides practical information on sexual health, development, and stage-by-stage communication tips, along with resources to support learning and conversations at home.</p> <p><b>Sex, Teens, and Everything in Between</b> provides practical information on consent, sexual harassment, healthy relationships, love, and communication, helping parents and caregivers have informed conversations with teens and young adults.</p> |

## Tools for Talking with Young People (Continued)

| Title & Access                        | Description                                                                                                                                                                                                                                  |
|---------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <a href="#">Sex Ed Rescue</a>         | <b>Sex Ed Rescue</b> provides comprehensive information on sexual health, puberty, body development, media influences, and relationships, along with an extensive library of resources, book reviews, and videos for parents and caregivers. |
| <a href="#">Sex Positive Families</a> | <b>Sex Positive Families</b> provides book recommendations, resources, and information on topics such as bodies, consent, gender, disability, media literacy, feelings, and sexual health for parents and caregivers.                        |

## Affirmative Consent

| Title & Access                                                                                                                                                 | Description                                                                                                                                                                                                                                                                                  |
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| <b>Elementary</b><br><a href="#">The Every Body Book of Consent: An LGBTQIA-Inclusive Guide to Respecting Boundaries, Bodies, and Beyond</a> by Rachel E Simon | <b>The Every Body Book of Consent</b> provides age-appropriate information on consent, body boundaries, gender identity, neurodiversity, and inclusive body diversity, helping children ages 8–12 build healthy relationship skills and understand when to seek support from trusted adults. |
| <a href="#">8 Ways to Teach Kids About Consent and Healthy Boundaries</a> by The Alliance                                                                      | <b>8 Ways to Teach Kids about Consent and Healthy Boundaries</b> provides practical strategies for teaching consent, body autonomy, and healthy boundaries, helping parents and caregivers build these skills through everyday interactions and conversations.                               |
| <b>Secondary</b><br><a href="#">Teach Consent</a>                                                                                                              | <b>Teach Consent</b> provides videos and discussion resources about consent, communication, and healthy boundaries, helping parents, caregivers, and educators start meaningful conversations with young people.                                                                             |

## Affirmative Consent (Continued)

| Title & Access                                      | Description                                                                                                                                                                                                                                         |
|-----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Secondary</b><br><a href="#">Consent Academy</a> | <b>Consent Academy</b> provides resources on the complexities of consent, including communication, relationships, boundaries, and real-life decision-making, helping teens and young adults navigate nuanced consent conversations with confidence. |

## Accessing Care

| Title & Access                                | Description                                                                                                                                                                                                                                            |
|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <a href="#">TeenSource.org</a>                | <b>TeenSource</b> provides accurate, nonjudgmental information on sexual and reproductive health, legal rights, confidential care, and accessing health services, helping teens make informed decisions and find local support resources.              |
| <a href="#">Planned Parenthood Clinics</a>    | <b>Planned Parenthood Clinics</b> provides information on reproductive and sexual health services, along with tools to find local clinics that offer confidential care, low-cost services, and insurance-supported options.                            |
| <a href="#">Family Planning Clinic Finder</a> | <b>Family Planning Clinic Finder</b> provides information on Title X-funded family planning and preventive health services, along with tools to find clinics offering contraception, STI testing, vaccinations, screenings, and other supportive care. |

## Supporting Young People with Disabilities

| Title & Access                                                                                                                                                                   | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <p><b>Elementary</b></p> <p><a href="#">Consent and Kids with Disabilities</a></p> <p><a href="#">Planet Puberty</a></p>                                                         | <p><b>Consent and Kids with Disabilities</b> provides a video from Rooted in Rights on consent, body autonomy, boundaries, and self-advocacy for young people with disabilities, along with additional resources to support learning and discussion.</p> <p><b>Planet Puberty</b> is a website that provides information on puberty, body changes, hygiene, and daily living skills for children with intellectual disabilities, along with visual storyboards and communication tools for parents and caregivers.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <p><b>Secondary</b></p> <p><a href="#">Sexual Health Toolkit</a></p> <p><a href="#">Sex Ed for Self Advocates</a></p> <p><a href="#">Sex Ed For People with Disabilities</a></p> | <p><b>Sexual Health Toolkit</b> is an interactive toolkit that provides information on relationships, sexual health, and self-advocacy for people with intellectual and developmental disabilities, with activities designed for parents, caregivers, and young people to learn together.</p> <p><b>Sex Ed for Self Advocates</b> is a website that provides information on sexuality, relationships, body changes, and sexual health for autistic teens and young adults, with articles, videos, knowledge checks, and skill-building activities designed for self-directed learning.</p> <p><b>Sex Ed for People with Disabilities</b> is a YouTube video series that provides accessible information on puberty, consent, healthy relationships, gender, sexual health, and self-advocacy for people with intellectual and developmental disabilities. It includes videos created by and for people with disabilities to support learning and discussion.</p> |

## Gender and Sexual Diversity

| Title & Access                                                                                                                                                                                                                | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <p><b>Elementary</b></p> <p><a href="#">It Feels Good to Be Yourself: A Book About Gender Identity</a> by Theresa Thorn &amp; Noah Grigni</p> <p><a href="#">Gender Spectrum</a></p> <p><a href="#">Welcoming Schools</a></p> | <p><b>It Feels Good to Be Yourself: A Book About Gender Identity</b> is a children's book that provides an age-appropriate introduction to gender identity, using clear language and engaging illustrations to help young readers and their families build understanding and discuss gender with confidence and care.</p> <p><b>Gender Spectrum</b> is a website that provides information on gender identity, affirmation, and support for gender-expansive young people, along with books, tools, and resources for parents, caregivers, and families.</p> <p><b>Welcoming Schools</b> is a website that provides books, lesson materials, and family resources that support LGBTQ+ inclusion, helping families and schools create safe, welcoming, and affirming environments for all young people.</p> |
| <p><b>Secondary</b></p> <p><a href="#">Glisten- For Students</a></p> <p><a href="#">The Trevor Project</a></p> <p><a href="#">PFLAG</a></p>                                                                                   | <p><b>Glisten: For Students</b> is a website that provides student-focused resources on LGBTQ+ inclusion, leadership, and advocacy, along with tools, stories, and programs that help young people create safer and more welcoming schools.</p> <p><b>The Trevor Project</b> is a website that provides information on LGBTQ+ identities, mental health, and well-being, along with 24/7 crisis support services and resources for LGBTQ+ young people and those who support them.</p> <p><b>PFLAG</b> is a website that provides information on LGBTQ+ identities, coming out, mental health, and advocacy, along with educational resources, support networks, and local chapter connections for LGBTQ+ people and their families.</p>                                                                   |

## Puberty/Human Growth and Development

| Title & Access                                                                                                                                                                                                                                                                                                                                                                | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| <p><b>Elementary</b></p> <p><a href="#">Growing Up: An Inclusive Guide to Puberty and Your Changing Body</a> by Rachel Greener &amp; Clare Owen</p> <p><a href="#">Celebrate Your Body (and Its Changes Too!): The Ultimate Puberty Book for Girls</a> by Sonya Renee Taylor</p> <p><a href="#">Growing Up Great!: The Ultimate Puberty Book for Boys</a> by Scott Todnem</p> | <p><b>Growing Up: An Inclusive Guide to Puberty and Your Changing Body</b> is an illustrated book that provides age-appropriate information on puberty, body changes, and growing up, using inclusive language and engaging visuals to help young people build understanding and start conversations with trusted adults.</p> <p><b>Celebrate Your Body (and Its Changes Too!): The Ultimate Puberty Book for Girls</b> is an illustrated book that provides age-appropriate information on puberty, body changes, emotions, and body image, using a body-positive approach that reflects diverse sizes, shapes, skin tones, and abilities.</p> <p><b>Growing Up Great!: The Ultimate Puberty Book for Boys</b> is a book that provides age-appropriate information on puberty, body changes, health, hygiene, emotions, safety, and privacy, using a positive and reassuring approach to help boys ages 8–14 understand the changes of growing up.</p> |

## Internet Safety and Sexually Explicit Materials Supports

| Title & Access                                                     | Description                                                                                                                                                                                                                                                                          |
|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Elementary</b></p> <p><a href="#">Common Sense Media</a></p> | <p><b>Common Sense Media</b> is a website that provides information on media, technology, online safety, and digital citizenship, along with platform guides, family-focused reviews, and resources to help parents and caregivers navigate emerging technologies, including AI.</p> |

## Internet Safety and Sexually Explicit Materials Supports (Continued)

| Title & Access                                                                                                                                                                             | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| <p><b>Elementary</b></p> <p><a href="#">On the Internet: Our First Talk About Online Safety</a> by Jillian Roberts &amp; Jane Heinrichs</p>                                                | <p><b>On the Internet: Our First Talk About Online Safety</b> is a children's book that provides age-appropriate information on online safety, digital boundaries, cyberbullying, and social media, using real-world examples to help young people build safe and responsible online habits.</p>                                                                                                                                                                                                                                                                       |
| <p><b>Secondary</b></p> <p><a href="#">Porn is Not Sex Ed! A Young Person's Illustrated Guide to Debunking Sexuality Myths</a> by Jessica Melendez</p> <p><a href="#">Take It Down</a></p> | <p><b>Porn Is Not Sex Ed!</b> is an illustrated book that provides age-appropriate information on media literacy, body image, consent, relationships, and sexual health, helping young people think critically about messages they encounter and build a healthier understanding of relationships and well-being.</p> <p><b>Take It Down</b> is a website that provides information on online safety, image sharing, and digital privacy, along with resources and support for young people and families affected by the nonconsensual sharing of intimate images.</p> |

## Sexual Violence Prevention | Healthy & Unhealthy Behaviors in Relationships

| Title & Access                                                                                             | Description                                                                                                                                                                                                                                                               |
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| <p><b>Elementary</b></p> <p><a href="#">Problematic Sexual Behaviors in Childhood</a> by Michelle Shih</p> | <p><b>Problematic Sexual Behaviors in Childhood</b> is a web-based guide from The Child Mind Institute that helps parents and caregivers distinguish between typical and age-appropriate sexual behaviors and those that may warrant additional support or attention.</p> |

## Sexual Violence Prevention | Healthy & Unhealthy Behaviors in Relationships (Continued)

| Title & Access                           | Description                                                                                                                                                                                                                                                          |
|------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Secondary                                |                                                                                                                                                                                                                                                                      |
| <a href="#">One Love Foundation</a>      | <b>One Love Foundation</b> is a website that provides information on healthy and unhealthy relationship behaviors, using videos, stories, and educational resources to help young people recognize relationship warning signs and build healthy relationship skills. |
| <a href="#">Love is Respect</a>          | <b>Love Is Respect</b> is a website that provides information on healthy relationships, communication, boundaries, and dating abuse prevention, along with interactive tools and free 24/7 support services for teens and young adults.                              |
| <a href="#">Futures Without Violence</a> | <b>Futures Without Violence</b> is a website that provides information on relationship safety, violence prevention, and healthy relationships, along with fact sheets, safety resources, and educational materials for parents, caregivers, and communities.         |