

RELATIONSHIP AND SEXUALITY SELF-EDUCATION

RESOURCES FOR TEENS

SCARLETEEN.COM

Ask questions on a message board or explore blogs with inclusive and comprehensive information on any sexuality or relationship topic you could think of...as well as those you didn't know existed.

LOVEISRESPECT.ORG

Free text/call/chat lines run by the National Domestic Violence Hotline. They have interactive quizzes, blogs on relationship skills, and an interactive safety planning tool.

PLANNEDPARENTHOOD.ORG

The "learn" tab has a lot of easy but informative reading about sexual development and health, including information specifically geared towards teens, parents, or educators.

SEXETC.ORG

A glossary of terms, common questions and answers, and every sex education resource you can think of, all written by actual teenagers.

AMAZE.ORG

Have a younger sibling or just love cute, animated videos? This website has amaz(e)ing short videos on topics for younger audiences, from bullying and communication to identity development and consent.

INSTAS TO FOLLOW:

@sexetc
@mybodymystoryppil
@pleasurepie
@loveisrespectofficial
@scarleteenorg
@incaseyourecurious
@icahgram

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RESOURCES FOR PARENTS

SEXPOSITIVEFAMILIES.COM

In addition to a book with conversation guides, this website's "resource" tab allows you to sort blogs, videos, podcasts, and other resources by topic areas or age ranges. There are also amazing, affordable workshops for both parents and parents and kids, as well as a one-on-one coaching service for specific questions/needs. They also run a great instagram with daily tips and support!

TEAANDINTIMACY.COM

"6 Minute Sex Ed" is a podcast about sex ed topics to help spark conversations in families. the episodes are separated into different levels – some are just for parents, some are for parents to listen to with teens, and some are for listeners of all ages. Listening to these together consistently is a great way to model open, ongoing conversations!

BIRDSANDBEESANDKIDS.COM

Resource lists, classes/trainings, and a great podcast answering parents' real questions about sex ed.

GIVINGTHETALK.COM

Parent support and workshops, and another great Instagram to follow too!

SCARLETEEN.COM

While this resource is geared toward teens and adolescents, the information transcends age ranges! There is plenty to learn about sexual health, sexual politics, and topics you never knew you needed to learn more about for people of all ages.

AMAZE.ORG/PARENTS

In addition to all of the cute, funny videos for kids of different ages to aid conversations, be sure to check out the parent tab for key messaging guidelines and conversations starters under the tab "having the talks." You can also find a resource to sort the videos by age ranges.

[YWCA EVANSTON/NORTH SHORE](http://YWCAEVANSTON/NORTHSHORE)