

**Resource List for Sexuality**  
 Family & Community Resource Center  
 Special School District of St. Louis County  
 12110 Clayton Road  
 St. Louis, MO 63131  
 314-989-8438/989-8108/989-8194

All Women Have Periods. (video) (11 minutes) (1979)

**Am I Fat? Helping Young Children Accept Differences in Body Size. Joanne Ikeda, et al (1993)**

**The Birds, The Bees and Me. (2 videos - One for Boys, One for Girls) (18 minutes) (2003)**

Educational video for pre-teens. Each video (one version for girls and one for boys) will replace that awkward, embarrassing, task of introducing puberty, sex and childbirth to your pre-teen child.

**Boy Stuff (video) (16 minutes) (1987)**

Lighthearted look at puberty and hygiene.

**A Boy's Guide to Growing Up (video and DVD) (15 min.) (2005)**

Designed for boys with special needs, present straightforward information about puberty. Includes privacy and safety.

**Caution: Do Not Open Until Puberty! An Introduction to Sexuality for Young Adults with Disabilities. Rick Enright**

Young adults. Recommended for parents and professionals looking for a non-threatening and humorous way to discuss sexuality with children and adolescents (37 pages)

**Changes in You for Boys. Peggy C. Siegel (1992)**

Grades 4-8. This book explains changes of puberty in a simple, positive manner. It covers such topics as physical development, erections, masturbation, wet dreams and sexual abuse prevention (41 pages)

**Changes in You for Girls. Peggy C. Siegel (1992)**

Grades 4-8. This popular book explains changes of puberty in a simple, positive manner. It covers such topics as physical development, masturbation, and sexual abuse prevention (47 pages)

**Child Sexual Abuse: A Solution. (6 VHS tapes)(3DVDs) (1985)**

Provides all you need to implement a child protection program in your school.

**Circles I: Intimacy and Relationships – Part Two - Relationships. (6 video set) (1989)**

Helps your students to recognize exploitative relationships as well as develop mutually respectful ones.

**Circles II: Stop Abuse. (3 videos and workbook) (1986)**

Your students are prime targets for abuse. Teach them how to recognize and avoid sexually threatening or abusive situations.

**Circles: Level 2: Intimacy and Relationships. 2 part set. (4 DVD set and 1 teacher guide)**

Many teachers currently using Circles: Intimacy & Relationships requested this “second” program that would illustrate the application of the Circles' Rules of Social Intimacy in more complex social settings.

**Dating Games: An Introduction to Human Sexuality. University of Minnesota (2002)**

This training module seeks to supply people with a starting point for providing or seeking supports in sexuality for people who have developmental disabilities.

**Doing What Comes Naturally: Dispelling Myths and Fallacies About Sexuality and People with Developmental Disabilities. Orieda Horn Anderson (2000)**

Book not just about intercourse and genitalia, but about engaging in relationships and is about self-esteem. Addresses topics such as signs of sexual abuse, sexual incident reporting and counseling techniques.

**An Easy Guide to Loving Carefully for Women and Men. Lynn McKee et al (1997)**

This is a book about the sexual aspects of women and men's bodies, about sexual health and sexual feelings. It teaches about medical services available in the care of our sexual parts and related reproductive organs to keep them healthy, or to cure them if they are sick.

**The Facts of Life...and More: Sexuality and Intimacy for People with Intellectual Disabilities. Leslie Walker-Hirsch**  
Comprehensive information they need to educate people with disabilities about sexuality and help them make the best possible choices across the lifespan.

**A Girl's Guide to Growing Up (video and DVD) (15 min.) (2005)**

Designed for girls with special needs, present straightforward information about puberty.

**Girl Stuff (video) (20 minutes)**

Sensible, straightforward explanation of changes of puberty and tips about hygiene.

**Growing Up! For Boys. (DVD) (18 minutes) (2007)**

Recommended for Grades 4-6. Eases the growing pains as boys try to cope with physical and psychological changes that are a normal part of growing up. .

**Growing Up! For Girls (DVD) (18 minutes) (2007)**

Recommended for Grades 4-6. Promotes self-confidence as girls face the challenges of change and growth.

**Guide to Dating for Teenagers with Asperger Syndrome. Jeannie Uhlenkamp (2009)**

A dating and relationship guide that provides answers to questions that teens have about developing relationships with others.

**Human Growth – 5<sup>th</sup> Edition (video) (22 minutes) (1998)**

Program is designed to help students understand changes, such as puberty and menstruation, and to show them these physical changes are perfectly normal.

**I Am A Beautiful Person: Sexuality and Me. Pacer Center (video) (1996)**

Teens.

**It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health. Robie Harris (1994)**

Ages 9-12. From conception and puberty to birth control and AIDS, thorough presentation of the facts of sex, both biological and psychological. (89 pages)

**It's So Amazing! A Book About Eggs, Sperm, Birth, Babies and Families. Robie Harris (1999)**

Ages 7 and up. Specific topics covered include changes in boys' and girls' bodies during puberty, intercourse, birth control, chromosomes and genes, adoption and adjusting to a newborn sibling.

**Just Say Know! Dave Hingsburger (1995)**

This book explores the victimization of people with disabilities and helps reduce the risk of sexual assault. The ring of safety presents the skills to teach people with disabilities to enable them to protect themselves.

**Learn About Life: Sexuality and Social Skills. Don Basitan (2003)**

An illustrated sexual education and social skills program for secondary students with low or no reading skills. With candid graphics and simple text, it helps low level readers understand important sexual issues.

**Making Sense of Sex: A Forthright Guide to Puberty, Sex and Relationships for People with Asperger Syndrome. Sarah Attwood. (2008)**

Detailed explanations and direct answers to the many questions raised by puberty and sexual maturity.

**My Body Is Mine, My Feelings Are Mine: A Storybook About Body Safety for Young Children with an Adult Guide Book. Susan Hoke (1995)**

Ages 3 to 8. Teaches young children the most important information about protecting themselves from the possibility of sexual abuse. (78 pages)

**My Body is Private (1984)**

Ages 6 to 10. A mother-child conversation introduces the topic of sexual abuse and ways to keep one's body private (23

**No! How? (video) (9 minutes) (1998)**

Adults with developmental disabilities teach how to recognize, stop and report abuse.

**The Period Book: Everything You Don't Want to Ask (But Need to Know). Karen and Jennifer Gravelle (1996)**

Ages 9-12. Book about menstruation and puberty doesn't just give the facts, ma'am: it addresses many private worries that girls may have a hard time talking about and offers truly practical tips that most girls have had to figure out for themselves -- the hard way. (126 pages)

**Person to Person: A Video Program About the Sexuality Education of Persons with Developmental Disabilities. (video) (1991)**

Video shows the techniques of expert educators as they provide information on topics such as menstrual hygiene, sexually-transmitted diseases, personal space and safety issues, appropriate behaviors on the job and in public places, and marriage for people with special needs.

**Real People Talking About Sexual Harassment. Teacher's Guide. (Video) (21 minutes)**

**Sex, Sexuality and the Autism Spectrum. Wendy Lawson (2005)**

Wendy is an insider', an openly gay adult woman with autism. Here she writes frankly about autism, sex, sexuality and relationships.

**Sexuality and Me: I Am a Beautiful Person. (video) (13 minutes) (1996)**

Teens and young adults with disabilities discuss sexuality.

**Sexual Harassment and Teens: A Program for Positive Change. Susan Strauss (1992)**

Grades 7-12. This curriculum gives adolescents a safe, supervised opportunity to examine their own attitudes and behaviors regarding gender roles and sexual harassment.

**Sexuality and People with Disabilities. Marilyn Irwin (1997)**

Sexuality information for people with disabilities and their families is available, but finding it may be a problem for the very people who need it.

**Sexuality and People With Intellectual Disabilities. Lydia Fegan and Anne Rauch (1993)**

Equips parents and caregivers with candid, accurate information about all aspects of sexual development.

**Sexuality: Your Sons and Daughters with Intellectual Disabilities. David Melberg Schwier (2000)**

Parents share the joys and challenges of raising a child with an intellectual disability as they offer you helpful advice and practical strategies. Individuals with intellectual disabilities explain what's important to them.

**So That's How I Was Born! Dr. Robert Brooks (2003)**

Pre-K. When Joey's friend Lisa tells him how babies are born, he asks his mother and father to tell him how he was really born (35 pages)

**Straight Talk About Sexual Choices and Consequences. (DVD) (19 minutes) (2007)**

Featuring a show within a show, this title is designed to help young people resolve important growing up issues. After a brief overview of the male and female reproductive systems, the host asks students to think about the responsibility of decision-making; discussing STD's, pregnancy, what makes a healthy relationship and more.

Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism. Mary Wrobel  
Through a combination of Social Stories and easy to understand activities, this unique book offer a curriculum that guides the child and caregiver on issues of health, hygiene and the challenges of puberty.

**Understanding and Expressing Sexuality. R.K. Monat-Haller (1992)**

One of the authoritative works on sexuality and people with developmental disabilities.

What Do I Say Now? How to Protect Your Child From Sexual Abuse. (video) (30 minutes) (1991)

An educational videotape for parents and teachers providing tips and techniques about how they can talk to their children and/or students about sexual abuse prevention.

**What's the Big Secret? Talking About Sex with Girls and Boy. Laura Krasny Brown (2000)**

Ages 4-8. Present answers to tough questions. An introduction to sex along with the ways girls and boys differ...and are the same.

**What's Going On Down There? Answers to Questions Books Find Hard To Ask. Karen Gravelle, et al. (1998)**

Grades 5-10. Facts about puberty, sex, and sexually transmitted diseases, and also what happens to girls during puberty are presented clearly and completely, along with answers to an assortment of related questions.

**Where Did I come From? The Facts of Life without any Nonsense and with Illustrations. Peter Mayle (1977)**

Ages 4-8. Helps parents explain the facts of life to their children. (48 pages)

Where Did I come From? A Facts of Life Teaching Aid. (video) (2002) (30 minutes)

Animated production helps you explain the difficult subject of sexuality to your children. With the use of proper terminology, this story follows the love of an everyday couple through the birth of their child