



## Relationship & Sexuality Education Resources for Parents & Young People

### Websites

- Scarletteen - Comprehensive information for teens about all things sex and relationships. <https://www.scarleteen.com>
- Get the Facts (WA Health – for teens to do self-learning). [www.getthefacts.health.wa.gov.au](http://www.getthefacts.health.wa.gov.au)
- Sex Ed Rescue (Cath Hakanson). [www.sexedrescue.com](http://www.sexedrescue.com)
  - Detailed guides for Parents to have conversations about specific topics with their kids (e.g., Porn, Puberty)
- Labia Gallery by Women’s Health Victoria. [https://www.labialibrary.org.au/labia\\_gallery/](https://www.labialibrary.org.au/labia_gallery/)
  - Contains nude photos of dozens of different labia to show the diversity of “normal”

### Books/Documents

#### For Parents

- **Talk Soon, Talk Often** – *WA Department of Health*
  - A free, evidence-based resource to help parents start early conversations about relationships and sexuality. <https://www.healthywa.wa.gov.au/~media/HWA/Documents/Healthy-living/Sexual-health/talk-soon-talk-often.pdf>
- **Talking Sex** – *Vanessa Hamilton*
  - A practical guide for parents on discussing sex, relationships, and safety.
- **The Sex Education Answer Book** – *Cath Hakanson*
  - Guides parents on how to answer all those sticky questions.
- **Parenting Teenage Girls in the Age of a New Normal** – *Michelle Mitchell*



- A practical guide for navigating puberty, relationships, and social pressures with teenage girls.
- **Parenting Teenage Boys in the Age of a New Normal** – *Michelle Mitchell*
  - A counterpart to the above book, addressing the challenges of raising teenage boys.

### For Young Children

- **It's Not the Stork! A Book About Girls, Boys, Babies, Bodies, Families, and Friends** – *Robie H. Harris & Michael Emberley*
  - A fantastic, inclusive, and age-appropriate book explaining reproduction and body differences.
- **What Makes a Baby?** – *Cory Silverberg*
  - A modern, inclusive book that explains conception in a way that works for all kinds of families, including IVF and surrogacy.
- **Everyone's Got a Bottom** – *Tess Rowley*
  - A gentle, age-appropriate book about body safety, consent, and respect.
- **My Body! What I Say Goes!** – *Jayneen Sanders*
  - Teaches young children about personal safety, boundaries, and autonomy.
- **Love your body** – *Jessica Sanders*
  - A book about positive body image.

### For Primary School Kids

- **Welcome to Your Period!** – *Yumi Stynes & Dr. Melissa Kang*
  - A fun, engaging guide to help kids understand puberty and menstruation.
- **Welcome to Consent** – *Yumi Stynes & Dr. Melissa Kang*
  - Explains consent in a way that is accessible to preteens.
- **The Girl's Guide to Puberty** – *Michelle Mitchell*
  - A fun and informative book for girls navigating puberty.
- **The Boy's Guide to Puberty** – *Michelle Mitchell*



- Helps boys understand puberty, emotions, and relationships.
- **Sex is a Funny Word** – *Cory Silverberg*
  - A highly inclusive book covering bodies, boundaries, and relationships.
- **How Do You Make a Baby?** – *Anna Fiske*
  - A fun and inclusive look at different ways babies are made, including IVF, sperm/egg donation, and natural conception.
- **The Every Body Book: LGBTQ+ Inclusive Guide for Teens** – *Rachel E. Simon*
  - A guide to gender, sex, and relationships for teens.
- **Making a Baby: An Inclusive Guide to How Every Family Begins** – *Rachel Greener & Clare Owen*
  - Covers all the different ways families are made, including surrogacy and adoption.

### **For Teens**

- **Welcome to Your Boobs** – *Yumi Stynes & Dr. Melissa Kang*
  - Covers everything teens need to know about breast development, bras, and body image.
- **Queer Up: An Uplifting Guide to LGBTQ+ Love, Life and Mental Health** – *Alexis Caught*
  - A supportive book for LGBTQ+ teens and allies.
- **The Teenage Guide to Sex and Relationships** – *Nicola Morgan*
  - Provides clear, no-nonsense advice on sex, consent, and relationships.

### **TV SHOWS AND MOVIES**

Media that celebrate diversity and promote discussions with children and teens.

### **Younger Kids**

- **Bluey** (TV Series – ABC iview / Disney+)



- Beloved Aussie kids' show exploring family, play, emotions, and problem-solving. Great for early lessons about empathy, relationships, and imagination.
- **Inside Out** (Movie – Disney+)
  - Animated film about emotions personified; helps kids understand feelings, resilience, and communication.
- **Turning Red** (Movie – Disney+)
  - A 13-year-old girl navigates puberty, periods, friendship, and identity (plus a giant red panda!). Opens the door to conversations about growing up.
- **Queer Kid Stuff** (YouTube Series – YouTube)
  - Fun, age-appropriate videos that explain concepts like gender, love, and identity in simple language for children.
- **The Mitchells vs. the Machines** (Movie – Netflix)
  - Animated adventure with a quirky, queer teen protagonist; explores family dynamics, acceptance, and creativity.

## Tweens & Teens

- **Love, Simon** (Movie – Disney+)
  - A rom-com about a closeted teen navigating coming out, friendships, and family love. Light, warm, and affirming.
- **The Half of It** (Movie – Netflix)
  - A queer coming-of-age story where a shy, bookish teen helps a classmate woo a girl they both like. Explores friendship, love, and self-discovery.
- **Modern Family** (TV Series – Disney+)
  - Sitcom featuring a diverse family, including a same-sex couple. Explores modern family life, acceptance, and relationships with humour.

## Older Teens

- **Heartbreak High (2022 reboot)** (TV Series – Netflix)



- Set in an Australian high school; explores sex, identity, consent, race, and disability. Candid and relatable for today's teens.
- **Sex Education** (TV Series – Netflix)
  - Comedy-drama about teens learning about sex, relationships, and identity in often awkward, funny, and insightful ways.
- **Puberty Blues** (TV Series – Stan)
  - Aussie coming-of-age drama set in the 1970s; explores gender roles, peer pressure, and sexuality in adolescence.