

## ADDITIONAL RESOURCES

This book is designed as a comprehensive, low-cost resource, but if trainers are able to supplement the material, the following curricula and resources are highly recommended. Price and ordering instructions are provided for books and manuals (all prices in US dollars unless otherwise indicated). You will also find an annotated list of lesson plans that can be downloaded directly from the websites provided.

### ADDITIONAL RESOURCES: BOOKS

#### General Sexuality Education

*F.L.A.S.H.: Family Life and Sexual Health Grades 5-6, 7-8, 9-10, and 11-12*, by Elizabeth Reis.

Seattle-King County Department of Public Health: Grades 5-6: 1985, \$25; Grades 7-8: 1986, \$40; Grades 9-10: 1988, \$55; Grades 11-12: 1992, \$40.

Order online: [www.metrokc.gov/health/famplan/flash](http://www.metrokc.gov/health/famplan/flash)

*Our Whole Lives: Sexuality Education for Grades 7-9*, by Pamela M. Wilson. Unitarian Universalist Association: 1999, \$75.

Order online: [www.uua.org/bookstore](http://www.uua.org/bookstore)

*Our Whole Lives: Sexuality Education for Grades 10-12*, by Eva S. Goldfarb and Elizabeth M. Casparian. Unitarian Universalist Association: 2000, \$60.

See UUA ordering information above.

*Streetwise to Sex-Wise: Sexuality Education for High-Risk Youth, 2nd ed.*, by Steve Brown and Bill Taverner. Planned Parenthood of Greater Northern New Jersey: 2001, \$30.

Order by fax 1-973-539-3828

Order by sending a check to:

PPGNNJ Education Department

196 Speedwell Avenue

Morristown, NJ 07960-3889 USA

Order form available at [www.ppgnnj.org](http://www.ppgnnj.org)

#### Puberty

*New Methods for Puberty Education*, by Carolyn Cooperman and Chuck Rhoades. Planned Parenthood of Greater Northern New Jersey: 1983, \$25.

See PPGNNJ ordering information above.



## **Relationships**

*Talk With Teens About Feelings, Family, Relationships, and the Future: 50 Guided Discussions for School and Counseling Groups*, by Jean Sunde Peterson. Free Spirit Publishing, Inc.: 1995, \$23.95.

Order by fax: 1-612-337-5050

Order online: [www.freespirit.com](http://www.freespirit.com)

*Unequal Partners: Teaching about Power and Consent in Adult-Teen and Other Relationships, 2nd ed.*, by Sue Montfort and Peggy Brick. Planned Parenthood of Greater Northern New Jersey: 2000, \$25.  
See PPGNNJ ordering information above.

## **Harassment and Violence**

*Flirting or Hurting? A Teacher's Guide on Student-to-Student Sexual Harassment in Schools (Grades 6 through 12)*, by Nan D. Stein and Lisa Sjostrom. Wellesley Center for Research on Women: 1994, \$19.95.

Order online: [www.wcwonline.org/title229.html](http://www.wcwonline.org/title229.html)

## **Contraception and Fertility**

*Positive Images: Teaching Abstinence, Contraception, and Sexual Health, 3rd ed.*, by Peggy Brick and Bill Taverner. Planned Parenthood of Greater Northern New Jersey: 2001, \$30.

See PPGNNJ ordering information above.

*Taking Charge of Your Fertility (Revised Edition): The Definitive Guide to Natural Birth Control and Pregnancy Achievement*, by Toni Weschler. Harper Collins Perennial: 2001, \$23.95.

Order online: [www.harpercollins.com/catalog/book\\_xml.asp?isbn=0060937645](http://www.harpercollins.com/catalog/book_xml.asp?isbn=0060937645)

## **Sexual Behavior and Health**

*The NEW Teaching Safer Sex*, by Peggy Brick et al. Planned Parenthood of Greater Northern New Jersey: 1998, \$25.

See PPGNNJ ordering information above.

*Project SNAPP: Skills and Knowledge for AIDS and Pregnancy Prevention for the Middle Grades*, by Carla Adivi, Jennifer Weissman et al. ETR Associates: 1996, \$45.

Order by regular mail:

ETR Associates

P.O. Box 1830

Santa Cruz, CA 95061-1830, USA

Order online: [www.etr.org](http://www.etr.org)

*Reducing the Risk, Fourth Edition: Building Skills to Prevent Pregnancy, STD and HIV*, by Richard P. Barth. ETR Associates: 2003, \$42.95.

See ETR Associates ordering information above.

### **Abortion**

*Educating About Abortion, 2nd ed.*, by Peggy Brick and Bill Taverner. Planned Parenthood of Greater Northern New Jersey: 2003, \$20.

See PPGNNJ ordering information above.

### **ADDITIONAL RESOURCES: ONLINE**

#### **Complete Kit**

*School Health Education to Prevent AIDS and STD: A Resource Package for Curriculum Planners.* World Health Organization (WHO), United Nations Educational, Scientific and Cultural Organization (UNESCO), and the Joint United Nations Programme on HIV/AIDS (UNAIDS), 1994, Geneva.

[www.unesco.org/education/educprog/pead/GB/AIDSGB/AIDSGBtx/GuideGB/GuideGB.html](http://www.unesco.org/education/educprog/pead/GB/AIDSGB/AIDSGBtx/GuideGB/GuideGB.html)

#### **Individual Lessons**

“Gender Perceptions and Expectations,” *Gender and Development*. Centre For Development and Population Activities (CEDPA), 1996, Washington, DC. Suitable for ages 12 to 18. Participants analyze cultural sources of gender discrimination, assess their impact, and develop strategies for change.

[www.cedpa.org/publications/pdf/gender.html](http://www.cedpa.org/publications/pdf/gender.html)

“Some People Say That...,” *Integrating Girl Child Issues into Population Education: Strategies and Sample Curriculum and Instructional Materials*, Volume 2. United Nations Population Fund (UNFPA), 1997, Bangkok. Suitable for ages 9 to 12. Proverbs and sayings that stereotype men and women are gathered and discussed, then participants brainstorm new sayings.

[www.unescobkk.org/ips/rechpec/pubs/poped\\_manuals/girl2/content.htm](http://www.unescobkk.org/ips/rechpec/pubs/poped_manuals/girl2/content.htm)

“Who Can Do This?,” *Ibid.* Suitable for ages 9 to 12. Challenges assumptions that certain activities are meant for one gender and emphasizes that no chore or activity is inherently male or female.



“Feelings, Fears and Frustrations,” *Life Planning Education: A Youth Development Program*. Advocates for Youth, 1995, Washington, DC. Suitable for ages 12 to 18. Focuses on the emotional and social changes associated with adolescence; a good complement to lessons that focus on physical changes.

[www.advocatesforyouth.org/publications/lpe/index.htm](http://www.advocatesforyouth.org/publications/lpe/index.htm)

“STD Basketball,” Ibid. Suitable for ages 12 to 18. A review exercise scored like basketball; groups decide if statements are true or false and get an extra point if they can explain why.

“What is Homophobia?,” *Tackling Gay Issues in School: A Resource Module* by Leif Mitchell. The Gay, Lesbian & Straight Education Network of Connecticut, Planned Parenthood Connecticut, 1998, Watertown, CT. Suitable for ages 12 to 18. Participants define homophobia and identify examples in small groups, then discuss prevention.

[www.ppct.org/education/curr/tackling/tackling.htm](http://www.ppct.org/education/curr/tackling/tackling.htm)

“The Connection Between Homophobia and Other Forms of Oppression,” Ibid. Suitable for ages 15 to 18. For advanced participants; case studies are used to explore links between homophobia, sexism, and racism.

“What if We Get to First Base And...? Dating and Courtship Skills,” *Filling the Gaps: Hard to Teach Topics in Sexuality Education*. Sexuality Information and Education Council of the United States (SIECUS), 1998, New York. Suitable for ages 12 to 18. Participants analyze a boy-girl dating scenario from the perspective of both characters and discuss communication issues.

[www.siecus.org/pubs/pubs0004.html](http://www.siecus.org/pubs/pubs0004.html)

“A Lesson on Masturbation,” Ibid. Suitable for ages 12 to 18. A myth-fact exercise, including an activity in which participants evaluate the dismissal of a U.S. Surgeon General for a statement about masturbation.

“Reasons Why Teens Have or Do Not Have Sexual Intercourse,” Ibid. Suitable for ages 12 to 18. Discussion focuses on the differences in girls’ and boys’ perspectives in deciding whether or not to have intercourse.

“Setting Sexual Limits,” Ibid. Suitable for ages 12 to 15. Participants discuss challenges to setting limits of sexual contact, strategize for better communication, and role-play conversations.

“Assessing Physical Risk,” Ibid. Suitable for ages 15 to 18. Participants confront the assumption that you can tell by looking at someone whether or not they are disease-free.

“Is Barbie Drunk? Alcohol and Safer Sex,” Ibid. Suitable for ages 12 to 18. Three pairs try to dress a doll with more and more impediments (to simulate the effects of alcohol), then discuss how drinking can interfere with safe sex.

“HIV/AIDS: Influence of Alcohol and Other Drugs,” *F.L.A.S.H.: Family Life and Sexual Health Grades 7-8*, by Elizabeth Reis. Seattle-King County Department of Public Health, 1986, Seattle, WA. Suitable for ages 12 to 15. Participants advise characters in two situations: one that involves drugs and unsafe sex and one that involves intravenous drug use.

[www.metrokc.gov/health/famplan/flash/](http://www.metrokc.gov/health/famplan/flash/)

“Description and Background of Female Genital Mutilation,” “Complications of FGM,” “Human Rights and FGM,” “Beliefs, Values and Attitudes,” “Traditional Beliefs, Values and Attitudes Towards FGM,” and “Strategies for Involving Individuals, Families and Communities in the Prevention of FGM,” *Female Genital Mutilation: A Teacher’s Guide*. World Health Organization, Department of Gender and Women’s Health, 2001, Geneva. The series explores female genital mutilation, its impact on women, and prevention strategies; it requires adaptation for young people.

[www.who.int/mipfiles/2288/00388-WHO-TeachersGuide.pdf](http://www.who.int/mipfiles/2288/00388-WHO-TeachersGuide.pdf)