

Resources for Educators and Trainers

**Parent-Child Communication about Sexuality for
Asian/Pacific Islander, Latino, and Native American Families**



By
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Advocates for Youth

Advocates for Youth

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Who We Are

Established in 1980 as the Center for Population Options, Advocates for Youth champions efforts to help young people make informed and responsible decisions about their reproductive and sexual health. Advocates believes it can best serve the field by boldly advocating for a more positive and realistic approach to adolescent sexual health.

What We Believe

Advocates for Youth envisions a society that views sexuality as normal and healthy and treats young people as a valuable resource.

The core values of Rights, Respect, Responsibility® (3Rs) animate this vision—

- **Rights:** Youth have *rights* to accurate and complete sexual health information, confidential reproductive and sexual health services, and a secure stake in the future.
- **Respect:** Youth deserve *respect*. Today, young people are largely perceived as part of the problem. Valuing young people means they are part of the solution and are included in developing programs and policies that affect their well-being.
- **Responsibility:** Society has the *responsibility* to provide young people with the tools they need to safeguard their sexual health, and young people have the responsibility to protect themselves from too-early childbearing and sexually transmitted infections (STIs), including HIV.

Parent-Child Communication Resources for Asian/Pacific Islander, Native American, and Latino Families

This bibliography focuses on parent-child communication about sexuality issues for Asian/Pacific Islander, Latino, and Native American families. The bibliography includes curricula, pamphlets, booklets, research, videos, and music.

Parent-child communication materials for Latino families appear to be more prevalent than are materials for the other populations. As Latinos become a larger proportion of the population in the United States, many organizations are developing materials in Spanish. According to the National Latina Institute for Reproductive Health, Latinos in the United States are disproportionately infected and affected by AIDS. The female population is 8.4 percent Latino, yet Latinas constitute 21 percent of all women with AIDS.

Communication between parents and their children is increasingly important in today's society. Research indicates that teens who talk with their parents about sexuality are more likely to delay the initiation of sexual intercourse and more likely to use contraception and protection when they become sexually active. Issues of sexuality are much larger than pregnancy prevention. Currently, one in four HIV infections in the United States occurs in people under the age of 21. Classic STDs such as gonorrhea and syphilis are increasing disproportionately among urban minority populations in the United States. Chlamydia, herpes, and genital warts appear to be rampant in the teen population. The threat that these diseases pose for adolescents, especially minority teens, is significant especially to future childbearing and relationships. Qualitative and quantitative communication between parents and their children is vital for adolescent well being and reduction of sexual risk-taking behaviors. Most teens tell us that they want their parents to talk to them, but unfortunately communication around issues of sexuality can be uncomfortable for many parents.

Numerous research studies have shown that increased parent-child communication leads to a raised awareness and reduction in risk taking behaviors.

- Parents who transmit clear messages about sexual conduct, the value of school, and the adverse consequences of risk-taking behaviors have teens who describe themselves as low frequency participants in risky behaviors.^{1,2,3,4}
- Teens who report previous discussions of sexual matters with parents are seven and a half times more likely to feel able to communicate with a partner about AIDS than those who have not had such discussions with parents.⁵
- A study of Hispanic teens found that 77 percent of pregnant females reported having their first sexual experience by the tenth grade, compared with less than 20 percent of the non-pregnant teens. Among these young women, pregnant teenagers had significantly poorer communication with their mothers than their non-pregnant peers.⁶
- Good relationships between adolescents and parents are consistently associated with positive emotional functioning and healthy self-esteem.^{7,8}
- In a national sample of parents, 54 percent reported never talking with their children about sex, 28 percent said discussions rarely occur, and five percent had discussions once a year.⁹
- A significant majority of children and parents report dissatisfaction with the quantity and quality of family discussions about sexual issues.⁹
- In a recent survey, 84 percent of women polled indicated that they needed help talking to their children about sex and less than two percent believe parents are doing an excellent job in educating their kids about sexuality.¹⁰
- According to a Center for Disease Control and Prevention update to a research study on patterns of condom use among adolescents, teens who never discussed condoms with their mother or who discussed condoms after initial sexual intercourse were three times less likely to use a condom than those who had better timed conversations.^{2,11}

Many organizations have materials pertinent to general sexuality issues, but few specifically relate to parent-child communication, thus revealing the need for further resource development in this area. There is a strong need for parent education and communication skills development to aid in the reduction of risk-taking behaviors that can lead to HIV/AIDS, and adolescent pregnancy.

References

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2. Jaccard J, Dittus PJ, Gordon VV. Maternal correlates of adolescent sexual and contraceptive behavior. *Family Planning Perspectives* 1996; 28(4):159-165, 185.

3. Levy SR, Weeks K, Handler A, Perhats C, Franck JA, Hedeker D, et al. A longitudinal comparison of the AIDS-related attitudes and knowledge of parents and their children. *Family Planning Perspectives* 1995; 27(1):4-10, 17.
4. Miller BC, Norton MC, Fan X, Christopherson CR. Pubertal development, parental communication, and sexual values in relation to adolescent sexual behaviors. *Journal of Early Adolescence* 1998; 18(1):27-52.
5. Shoop DM, Davidson PM. AIDS and adolescents: the relation of parent and partner communication to adolescent condom use. *Journal of Adolescence* 1994; 17(2):137-148.
6. Adolph C, Ramos DE, Linton KLP, Grimes DA. Pregnancy among Hispanic teenagers: is good parental communication a deterrent? *Contraception* 1995; 51(5):303-306.
7. Flannery DJ, Torquati JC, Lindemeier L. The method and meaning of emotional expression and experience during adolescence. *Journal of Adolescent Research* 1994; 9(1):8-27.
8. Schoen C, Davis K, Collins KS, Greenberg L, Des Roches C, et al. *The Commonwealth Fund Survey of the Health of Adolescent Girls*. New York, NY: The Commonwealth Fund 1997.
9. Warren C. Perspectives on international sex practices and American family sex communication relevant to teenage sexual behavior in the United States. *Health Communication* 1992; 4(2):121-136.
10. Durex. *Truth for Youth '97: A Campaign for Balanced Sexuality Education*. Atlanta, GA: Author, 1997.
11. Miller KS, Levin ML, Whitaker DJ, Xiaohe X. Patterns of condom use among adolescents: the impact of mother-adolescent communication. *American Journal of Public Health* 1998; 88(10):1542-1544.

Asian/Pacific Islander Resources

1. Girls Incorporated, National Resource Center

441 West Michigan Street
Indianapolis, IN 46202-3287
Phone: (317) 634-7546
Fax: (317) 634-3024
www.girlsinc.org

- *Sexual Cultures and the Construction of Adolescent Identities*, 1994. This book “describes the diverse worlds in which teenagers negotiate sexual pleasure and adventure, sexual danger and confusion. It encourages a close examination of the varied sexual cultures of adolescents so that we may more effectively plan programs, policies, and everyday conversations with them.” It’s operating premise is that “we want more than for some adolescents merely to survive an epidemic.” Discusses issues that include, but are not limited to, Asian-American and Latino populations.

2. Plain Talk

Neighborhood House
10041 6th Avenue SW
Seattle, WA 98146
Phone: (206) 767-9244
Fax: (206) 767-7671
www.speakeasy.org/plaintalk/

- *Plain Talk*, 1997. This resource aids in teaching children about boundaries, decision making, and sexuality. Includes a 179-page manual, promotional kit, trainer’s guide, and animated video. Available in English, Spanish, Cambodian, and Vietnamese.

3. Parental disclosure from the perspective of late adolescents. *Journal of Adolescence* 1993;16:439-455.

[Check with a public librarian for an interlibrary loan.]

- This study explores content and extent of parents’ disclosures, from the perspective of their children in late adolescence. Results of research concluded that greater disclosure would be exchanged with mother than father. Results also indicated parental disclosure beneficial. Subject deals with Asian-American populations.

4. Foundation for Adolescent Development

1164 R. Hidalgo Street
Quiapo, Manila, Philippines
Phone: 011 (63-2) 734-1788
Fax: 011 (63-2) 734-8914

- *Sex, AIDS and Me, How to Say No and True Love Waits*, 1996. This HIV/AIDS education video series and discussion guide includes information on parental involvement, adolescents, adolescent pregnancy, interpersonal communication, HIV/AIDS, sexually transmitted diseases, sex behavior, education, quality of life, peer pressure.

5. **Minnesota Organization on Adolescent Pregnancy, Prevention, and Parenting**

PO Box 40392

Saint Paul, MN 55104-8392

Phone: (651) 644-1447

Fax: (651) 644-1417

www.cyfc.umn.edu/moapp/

- *Where do you start?* This pamphlet provides “do’s” and “don’ts” in communicating with a child about issues of sexuality. Emphasizes the need for communication between parents and their children. Available in Hmong and English.

Native American Resources

1. The National Native American AIDS Prevention Center

134 Linden Street
Oakland, CA 94607
Phone: (510) 444-2051
Fax: (510) 444-1593
www.nnaapc.org

- *Understanding AIDS and HIV, Understanding STD's*. These twenty-five cartoon illustrations and text include a facilitator's guide.
- *We Owe it to Ourselves and to Our Children*. This video discusses causes, symptoms, treatment, and prevention of HIV/STDs.

2. Leech Lake Reservation Health Division

R.R. 3, Box 100
Cass Lake, MN 56633
Phone: (218) 335-8820

- *Circle of Life* (Tape One = 43 minutes, Tape Two = 32 minutes), 1989. These two videos discuss the effects of alcohol and drugs, abusive relationships, and teen pregnancy and parenting. For Native American audiences.

3. Native American Women's Health Education Resource Center

PO Box 572
Lake Andes, SD 57356-0572
Phone: (605) 487-7072
Fax: (605) 487-7964
www.nativeshop.org

- *Mom and Son*. These three pamphlets illustrate a discussion between Native American mother and son about HIV/AIDS. The first pamphlet is for children in grades K-5, the second for children in grades 4-7, and the third for students in grades 6-12. Single copies are free, plus \$2.00 shipping.

Latino Resources

1. American Association for Health Education

1900 Association Drive
Reston, VA 20191-1599
Phone: (703) 476-3437
Fax: (703) 476-6638
www.aahperd.org/aahe/

- *Cultural Awareness and Sensitivity: Guidelines for Health Educators*, 1994. This guidebook is designed to assist educators in developing and implementing health education programs that recognize the cultural frameworks of the students they serve. Suggests strategies for making health education relevant to all youth and increases educators' abilities to integrate cultural sensitivity into the health education messages they deliver.

2. Greenwood Publishing Group, Inc.

88 Post Road West, Box 5007
Westport, CT 06881-5007
Phone: (203) 226-3571
Fax: (203) 222-1502
www.mcreview.com

- *MultiCultural Review*. This quarterly journal features reviews of new print and non-print resources on multicultural topics, and articles that explore current issues. In addition, columns and departments provide up-to-date information curriculum materials, online resources, and bibliographies on various subjects.

3. National Coalition of Hispanic Health and Human Services Organizations

1501 Sixteenth Street
Washington, DC 20036
Phone: (202) 387-5000
Fax: (202) 797-4353
www.cossmho.org

- The *Families, Adolescents, and Children Training (FACT) Resource Kit*. The materials in this kit form a comprehensive approach to addressing sociocultural barriers to health care at the individual, family, provider, institutional, and community levels. The complete package includes:
 - *About Adolescence: Changes and Choices* – curriculum and award-winning video *Coming of Age* for teens and parents about self-care during adolescence. Curriculum is bilingual, Spanish and English; video is in English.
 - *Strengthening Families* – skill-building curriculum to improve Hispanic family communication and parenting skills.
 - *Structural Family Therapy* – guide for counselors working with Hispanic youth and families.
 - *Delivering Preventative Health Care to Hispanics* – guide for health professionals serving Hispanic clients.
 - *Hispanic Health Needs Assessment* – instrument for conducting a community-based assessment of health care needs and priorities. English with Spanish survey forms.
- *La Tardeada – Educating Youth About HIV/AIDS*. This video and discussion guide package is designed for community educators working with Hispanic youth. The video, conceived and developed by Hispanic youth, depicts real-life situations and options for negotiating the avoidance of risky behavior in order to prevent HIV transmission. The discussion guide provides the community educator with necessary background information.
- *El Fortalecimiento de las Familias: Programa para Padres Hispanos*. This curriculum focuses on strengthening Hispanic parents' skills (within a context of cultural and societal transition) in leading the family; understanding children's physiological development; and communicating values to children about postponing sex and promoting

behaviors which support their health and well-being. English version of curriculum is available in the FACT Resources Kit.

4. Journeyworks Publishing

PO Box 8466
Santa Cruz, CA 95061-8466
Phone: (800) 775-1998
Fax: (800) 775-5853
www.journeyworks.com

- *Encouraging Abstinence, Ten Tips for Parents.* This pamphlet is available in English and Spanish.

5. Planned Parenthood Golden Gate

815 Eddy Street
San Francisco, CA 94109
Phone: (415) 441-7858

- *Between Us: Games for Parents and Kids.* This short workbook is designed to build communication between parents and their children through shared activities. Strengthening basic communication skills can ease sexuality communication between parents and their children. Available in English and Spanish.

6. Planned Parenthood Association of the Greater Miami Valley

224 N. Wilkinson Street
Dayton, OH 45402
Phone: (937) 226-0780
Fax: (937) 226-0328

- *A Sex Education Guide for Parents.* This pamphlet talks about parents' role in sex education. Available in English and Spanish.

7. Planned Parenthood of Southeastern Pennsylvania

1144 Locust Street
Philadelphia PA 19107
Phone: (215) 351-5500
www.ppsp.org

- *Sexuality Education Begins at Home.* This pamphlet is a family guide to talking about sexuality. Available in English and Spanish.

8. Planned Parenthood: Shasta-Diablo

2185 Pacheco Street

Concord, CA 94520

Phone: (925) 676-0505

Fax: (925) 676-2814

- *Growing up Girls*. This pamphlet discusses what girls need to know about their changing bodies. Available in English and Spanish.
- *Child Development from 9-12 Years of Age*. This pamphlet is designed to show the changes preadolescents go through between the ages of nine and 12. Both boys' and girls' issues are addressed. Parents are given tips on how and what to communicate to their children. Available in English and Spanish.
- *Growing up Boys*. This pamphlet discusses what boys need to know about their changing bodies. Available in English and Spanish.
- *My Brother*, 1991, 31 minutes. This award winning video of a Hispanic family dealing with the AIDS-related death of the eldest son includes the following topics: health of mother and child, death, blame, living with HIV, and family communication. The American Red Cross. Available in Spanish with English subtitles.
- *The Last Train*, 25 minutes. This video deals with difficulties a teen girl faces at the beginning of her sexual life. Discusses pressures, myths, and the contradictions she finds in her home, school, and social environment. Available in English and Spanish.
- *The Blue Pigeon*, 11 minutes. This cartoon video explains physical changes and sexual impulses that accompany puberty as well as the emotional and reproductive risks that adolescents face. Available in English and Spanish.
- *Saxophone*, 18 minutes. This video looks at masculine identity problems and social assertiveness as well as different life perspectives that can cause difficulty in communication. Designed to assist families in recovering the emotional closeness between parents and children. Available in English and Spanish.
- *Growing Up – An Educators Bilingual Guide to Teaching Puberty*, 1992. This eight-lesson curricula, with instructors' guide, offers activities on self-awareness, decision making, communication, sexuality, HIV/AIDS, and abuse. Available in English and Spanish.
- *Between Us*, 1988, 88 pages. This training manual presents programs that emphasize the importance of family communication and values. Available in English and Spanish.
- *New Vision: A Culturally Sensitive Life Planning Curriculum*. This English curriculum, which includes a 110-page Spanish section, encourages students to discuss life planning and sexuality with their families and to become familiar with their family's values and traditions.
- *Let's Talk About Sex*, 1985. Foster L, Gitchel S. This book, for parents and children, is about puberty. Available in English and Spanish.

9. Advocates for Youth

2000 M Street NW, Suite 750
Washington, DC 20036
Phone: (202) 419-3420
Fax: (202) 419-1448
www.advocatesforyouth.org

- *Make A Life for Yourself*, 1988. These workbooks contain fun, thought-provoking activities. Topics include planning for the future and making good choices about school, career, and parenthood. For teachers, parents, teens, and youth professionals. Includes information on HIV/AIDS. Available in English and Spanish.
- *Life Planning Education*, 1995. This family life education program has chapters on sexuality, relationships, health, violence prevention, community responsibility, skills building, values, self-esteem, parenthood, employment preparation, and reducing sexual risk. Packed with interactive exercises, supplemental leaders' resources, participant handouts, and a complete guide to implementation. This resource is appropriate for pregnancy prevention, HIV prevention, and sexuality/life skills education for youth ages 13-18. Available in English and Spanish.
- *Transitions*. This quarterly newsletter for professionals and advocates updates a variety of health and sexuality issues facing adolescents today: legislative issues, evaluated programs, services, and new initiatives. Each edition highlights and summarizes current research on adolescent reproductive and sexual health and includes the *Sexuality Educator Connector* – a four-page pull-out with lesson plans and more for classroom educators.

10. Human Relations Media

41 Kensico Drive
Mount Kisco, NY 10549
Phone: (800) 431-2050
Fax: (914) 747-1744
www.absurdmath.inter.net

- *Feeling Good about Growing Up*. This video presents important information to help preteens feel more comfortable with the process of puberty. Information is provided about growth spurts, acne, hormonal changes, masturbation, ejaculation, menstruation, Toxic Shock Syndrome, and common STDs. Available in English and Spanish.

11. SIECUS

130 West 42nd Street, Suite 2500
New York, NY 10036
Phone: (212) 819-9770
Fax: (212) 819-9776
www.siecus.org

- *How to Talk to your Children about AIDS*, 1994. This booklet offers parents help on talking to children about sexuality. Includes information for parents of preschoolers, young children, preteens, and teens. Available in English and Spanish.
- *Oh No! What Do I Do Now?* 1996. This booklet includes eight hypothetical situations to help parents of preschool children analyze their feelings about sexuality, formulate responses to questions, and relax when talking with their children.
- *Talk About Sex*, 1992. This booklet helps teenagers communicate openly and effectively about sexuality and HIV/AIDS. Available in English and Spanish.

- *Right from the Start: Guidelines for Sexuality Issues, Birth to Five Years*, 1995. This booklet helps child care centers and preschools design sexuality programs for young children.
- *Sexuality Education for the 21st Century*, 1996, 16 minutes. This video discusses parent-child communication and the importance of sexuality education in schools.

12. Girls Incorporated National Resource Center

441 West Michigan Street
 Indianapolis, IN 46202-3287
 Phone: (317) 634-7546
 Fax: (317) 634-3024
www.girlsinc.org

- *Growing Together Second Edition: A Sexuality Education Program for Girls Ages 9-11 and Their Parents*, 1996. This program includes five workshops designed to aid parents and daughters in learning information and developing skills they need to talk about sexuality issues. Workshops address changes during puberty, adolescent sexual development and feelings, and values and expectations for teen sexual behavior. Available in English and Spanish.
- *Sexual Cultures and the Construction of Adolescent Identities*, 1994. This book “describes the diverse worlds in which teenagers negotiate sexual pleasure and adventure, sexual danger and confusion. It encourages a close examination of the varied sexual cultures of adolescents so that we may more effectively plan programs, policies, and everyday conversations with them.” It’s operating premise is that “we want more than for some adolescents merely to survive an epidemic.” Discusses issues that include, but are not limited to, Asian-American and Latino populations.

13. SVE & Churchill Media

6677 North Northwest Highway
 Chicago, IL 60631-1304
 Phone: (800) 829-1900
 Fax: (800) 624-1678
www.svemediacom.com

- *A Family Talks About Sex*, 1988, 30 minutes. This video, aimed at parents, illustrates the need for parent-child communication. Dramatizations by African-American, Hispanic, Asian, and white families show the importance of communication through different stages in life. Topics include reproduction, menstruation, nocturnal emissions, contraception, masturbation, and teenage sexual relationships.

14. Universidad de Carabobo, Venezuela

Estado de Carabobo, Venezuela
 Phone: 011 (58-41) 674-639
 Fax: 011 (58-41) 421-245

- *Proyecto Regional de Educación sobre Orientación Sexual para la Prevención de SIDA y ETS*. This set of four information sheets covers objectives, training, and curricula for family life studies, sexuality education, and HIV/AIDS awareness. Available in Spanish only.

15. Channing L. Bete Co., Inc.

200 State Road
 South Deerfield, MA 01373-0200
 Phone: (800) 628-7733
 Fax: (800) 499-6464
www.channing-bete.com

- *Talking With Your Child about HIV and AIDS-From Preschool through High School*. This booklet shows parents how to diminish fear while clearly communicating facts about transmission and protection measures. Includes suggestions on how and when to initiate discussions. Available in English and Spanish.

16. Plain Talk

Neighborhood House
10041 6th Avenue SW
Seattle, WA 98146
Phone: (206) 767-9244
Fax: (206) 767-7671
www.speakeasy.org/plaintalk/

- *Plain Talk*, 1997. This resource aids in teaching children about boundaries, decision making, and sexuality. Includes a 179-page manual, promotional kit, trainer's guide, and animated video. Available in English, Spanish, Cambodian, and Vietnamese.

17. *Latina*

PO Box 58761
Boulder, CO 80323-8761

- *Let's talk about ...¿que? Finding the Words to Discuss Sex with your Kids. Latina*, July 1998, p. 85-87. This article addresses Latinos' reluctance to teach sexual issues to their children. Stresses the importance of getting over embarrassment and gives tips to what information should be presented and at what age level.

18. Mothers' Voices

165 West 46th Street, Suite 701
New York, NY 10036
Phone: (212) 730-2777 or (800) 686-4237
Fax: (212) 730- 4378
www.mvoices.org

- *Finding our Voices: Talking with our Children about Sexuality and AIDS*, 1998. This booklet provides parent with support and suggestions for conducting sexuality education in the home. Available in English and Spanish.

19. The Bureau for At-Risk Youth

135 Dupont Circle
PO Box 760
Plainview, NY 11803-0760
Phone: (800) 999-6884
Fax: (516) 349-5521
www.at-risk.com

- *Self-Esteem, Communication, and Discipline*. This set of three videos gives parents practical suggestions skills, and alternatives for teaching responsible behavior. Available in English and Spanish.

20. ETR Associates

PO Box 1830

Santa Cruz, CA 95061-1830

Phone: (800) 321-4407

Fax: (800) 435-8433

www.etr.org

- *Growing Up: An Educators Bilingual Guide to Teaching Puberty*. This 168-page curriculum was field tested with Spanish-speaking, English-speaking, and bilingual students. Eight 50-minute lessons provide activities related to subjects of self-awareness, self-esteem, decision making, communication, sexuality, HIV/AIDS, and abuse. Available in English and Spanish.

21. Instituto Mexicano de Investigación de Familia y Población, A.C. (IMIFAP)

Málaga Norte No. 25

Col. Insurgentes Mixcoac

03920 México D.F., México

Phone: 011 (52-5) 615-0995 or 611-3575

Fax: 011 (52-5) 682-3569

E-mail: congreso@datasys.com.mx

- *Deja Volar a tu Adolescente y Sera un Gran Adulto*, 1998. This 224-page handbook is designed to aid parents in recognizing their important role as teachers and promotes better communication between parents and their children. Divided into nine sections that focus on helping parents understand who they are, their needs and aspirations as partners and parents, changes in the partner relationship when one becomes a parent, accepting adolescents and their needs, gender roles, and negotiating and establishing limits with children. Included in each section are discussion materials, time needed for activities, outline, teaching suggestions, and exercises for parents.

Two VHS videos (*Platicame de Eso* and *3 Historias de la Misma Historia*) are recommended as aids for facilitators. The videos can be ordered from IMIFAP. Available in Spanish only.

22. Servicios Integrales para la Mujer (SI MUJER)

Apartado Postal 2109, Correo Central

Managua, Nicaragua

Phone: 011 (505-2) 603-567

Fax: 011 (505-2) 680-038

E-mail: simujer@ns.tmx.com.ni

- *Para Vivir el Amor sin Enfermedades de Transmisión Sexual*. This 102-page manual containing useful information for facilitators on preparing and conducting activities around adolescent sexual health. Four chapters contain information on STDs, HIV/AIDS, overcoming obstacles, and safe sex. Each chapter contains training steps, background information, discussion questions, and participatory activities. Unfortunately, this otherwise useful resource lacks of a table of contents or index. Available in Spanish only.

23. Georgetown University, Institute of Reproductive Health

2115 Wisconsin Avenue NW, Georgetown Center, 6th Floor

Washington, DC 20007

Phone: (202) 687-1392

Fax: (202) 687-6846

- *Fertility and Sexuality Awareness for Adolescents: Manual for the Facilitator*, 1997. This 280-page manual is for use by professors, parents, and health professionals who want to guide adolescents towards healthy sexuality. The manual is divided into eight areas: learning about one's fertility, avoiding pregnancy, responsibility of being a

father or mother, importance of family planning, caring for oneself, how to create a healthy sexuality, how to say no and alternatives to sex, and human sexual responses. This manual is designed to increase adolescent skills and knowledge around issues of sexuality. The facilitator's manual is equipped with a teacher's outline for each session, evaluation materials, activities for use in a classroom, and materials to reinforce fertility and sexuality messages for adolescents (supported by scientific data). Available in English and Spanish.

24. Universal Health Communications, Inc.

The Colonial Center, Suite 202

1200 S. Federal Highway

Boynton Beach, FL 33435

Phone: (407) 731-5881 or (800) 229-1842

Fax: (407) 731-5877

- *Una Conversación Sobre el SIDA*, 18 minutes. This video explains the different ways of contracting and transmitting HIV infection. A family explains how parents cope with talking with their children about HIV/AIDS. Available in Spanish only.
- *Thumbs Up For Kids: AIDS Education*, 23 minutes. This video teaches children about HIV/AIDS and disease prevention. Through song, dance, rap tunes, and visual effects, the children learn that it's safe to play, share toys and attend class with someone who is HIV infected. Recommended for age levels primary through intermediate. Available in English and Spanish.
- *AIDS: Everything You Should Know*, 20 minutes. This video, hosted by Whoopi Goldberg, helps teenagers to take HIV/AIDS seriously and answers basic questions. Recommended for school students and adults. Available in English and Spanish.
- *Beginnings: You Won't Get AIDS*. This video provides information about HIV/AIDS through colorful animation and action song. Recommended for age levels junior high school through adults. Available in English and Spanish.

25. University of Washington: Novela Health Education

Campus Box 359932

Seattle, WA 98195

Phone: (800) 677-4799

Fax: (206) 221-4945

- *Canta a la Vida*. This music compact disk expresses compassion and hope about the HIV/AIDS epidemic and the Latino community. Facilitates awareness for adolescents. Includes such artists as Edward James Olmos, Rick Orozco, Joe Lopez/Mazz, Jay Perez, Hugo Guerro, Fandango USA, Noemy, David Lee Garza, Emilio, Joe Jama, Elida Reyna, Amber Rose, Stefani, Nydia, Rojas, Little Joe, Ram Herrera, and Elas Garcia. Available in Spanish only.

26. National Clearinghouse on Families and Youth

PO Box 13505

Silver Spring, MD 20911-3505

Phone: (301) 608-8098

Fax: (301) 608-8721

- *Supporting Your Adolescent: Tips for Parents*, 1997. This document is also available on audio cassette and in the form of camera-ready art. Available in English and Spanish.

27. Family Health Productions, Inc.

PO Box 1799

Gloucester, MA 01931

Phone: (978) 282-9970

Fax: (978) 282-9550

www.family-health.net

- *In Our Own Words: Teens and AIDS*, 1995. This video profiles five teens infected with HIV through unprotected sexual intercourse. The teens address denial, living with HIV, alcohol and its potential link to risky behavior, condoms, and making healthy decisions. Includes educator's discussion guide. Available in English (with closed captions) and Spanish.
- *Risky Times: How to be AIDS-Smart and Stay Healthy*, 1990. This 150-page book for teens profiles young people living with HIV. Chapters cover relevant topics such as denial, the biology of HIV, making healthy decisions, the link between drugs, alcohol & risky behavior, condoms, and HIV treatments & vaccines.

Web Sites

Resources Especially for Parents

American Library Association
Mother's Voices
Parent's Sex Ed Center
Parent Soup
Parents, Families and Friends of Lesbians and Gays
The National Parenting Center
YWCA of the U.S.A

<http://www.ala.org>
<http://www.mvoices.org>
<http://www.parentssexedcenter.org>
<http://www.parentsoup.com>
<http://www.pflag.org>
<http://www.tnpc.com>
<http://www.ywca.org>

Educational Resources

American Medical Association Adolescent Health Online
Center for AIDS Prevention Studies
Dr. Ruth Online
Family Health Productions, Inc.
Johns Hopkins University Center for Communication Programs (JHU/CCP)
Safersex.org: An Online Journal of Safe Sexuality
The Body: An AIDS and HIV Information Resource

<http://www.ama-assn.org/adolhlthl>
<http://www.caps.ucsf.edu>
<http://www.drruth.com>
<http://www.family-health.net>
<http://www.jhuccp.org>

<http://www.safersex.org>
<http://www.thebody.com>

National Resources

Advocates for Youth
AIDS Action
American Association for Health Education
American Association of Sex Educators, Counselors, and Therapists
American College of Obstetricians and Gynecologists
American Psychological Association
American Public Health Association
American School Health Association
American Social Health Association
Association of Reproductive Health Professionals
Association of State and Territorial Health Officials
CDC National Prevention Information Network
CDC Business Responds to AIDS and Labor Responds to AIDS
Child Welfare League of America
Children's Defense Fund
Girls Incorporated
National Association of County and City Health Officials
National Campaign to Prevent Teen Pregnancy
National Council of la Raza
National Education Association Health Information Network
National Family Planning and Reproductive Health Association
National Gay and Lesbian Task Force
National School Boards Association
Planned Parenthood Federation of America
Religious Coalition for Reproductive Choice
Sexuality Information and Education Council of the U.S. (SIECUS)
The Alan Guttmacher Institute
Zero Population Growth

<http://www.advocatesforyouth.org>
<http://www.aidsaction.org>
<http://www.aahperd.org/aaahel>
<http://www.aasect.org>
<http://www.acog.org>
<http://www.apa.org>
<http://www.apha.org>
<http://www.ashaweb.org>
<http://www.ashastd.org>
<http://www.arhp.org>
<http://www.astho.org>
<http://www.cdcnpin.org>
<http://www.brta-lrta.org>
<http://www.cwla.org>
<http://www.childrensdefense.org>
<http://www.girlsinc.org>
<http://www.naccho.org>
<http://www.teenpregnancy.org>
<http://www.nclr.org>
<http://www.nea.org/hinl>
<http://www.nfprha.org>
<http://www.nglrf.org>
<http://www.nsba.org>
<http://www.plannedparenthood.org>
<http://www.rcrc.org>
<http://www.siecus.org>
<http://www.agi-usa.org>
<http://www.zpg.org>

Resources Especially for Teens

Coalition for Positive Sexuality
Go Ask Alice!, Columbia University's Health Education Program
SEX, ETC.
Teenwire, Planned Parenthood Federation of America
YouthHIV.org
Youth Resource

<http://www.positive.org>
<http://www.goaskalice.columbia.edu>
<http://www.sxetc.org>
<http://www.teenwire.com>
<http://www.youthHIV.org>
<http://www.youthresource.com>

