

Puberty and Sex Education Websites for Parents

Organization	Grade	Web Address
Amaze.org (Short Videos on all topics)	Elementary Middle School High School	www.amaze.org
Kids Health (From Nemours)	Elementary Middle School High School	www.kidshealth.org Click on “for Parents” “Growth & Development.” “Growing Up” Click on “for Kids” “Puberty & Growing Up” https://kidshealth.org/en/parents/talk-about-puberty.html
Power to Decide. This link had complete information about all birth control methods, including abstinence.	Middle School High School	https://powertodecide.org/what-we-do/access/birth-control-access
Power to Decide. Teen Talk is an excellent resource on “Sex, Love, Relationships & More” in the area of adolescent growth and development.	Middle School High School	https://powertodecide.org/teen-talk
Always (Proctor & Gamble) Puberty Talk: Materials for Parents	Elementary	https://always.com/en-us/puberty-talk-materials-for-parents
Teaching Sexual Health (Canada)	Elementary Middle School High School	https://teachingsexualhealth.ca/parents/
Centers for Disease Control — HIV & STD Fact Sheets	Middle School High School	https://www.cdc.gov/std/healthcomm/fact_sheets.htm
Centers for Disease Control — Birth Control Methods	Middle School High School	https://www.cdc.gov/contraception/
Books New York Times Magazine, March 2019. These are all excellent books. The description and price are included.	Elementary Middle School High School	https://nymag.com/strategist/article/best-books-adolescence.html

Note: This page is intended to be a resource for parents, not students. Websites are provided for informational purposes only and do not represent an endorsement of specific organizations or materials.