

## Sex Positive Approaches with Adolescents

Using sex positive approaches when communicating with adolescents about sexual health supports the ability of people to make healthy personal choices and can reduce stigma and shame. When we view sexuality as developmentally normal, avoid moralistic value statements, and promote diversity in sexuality, we contribute to a climate of respect, where young people feel more comfortable disclosing their concerns and behaviors. In a culture where there are many mixed messages about sexuality, it can require ongoing learning to reflect on our biases and adopt strengths-based practices. Here are some resources for providers, parents, and youth to help us shift the paradigm and empower young people to make healthy decisions.

### Publications and Session References

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### Resources for Parents and Professionals

- **Radiolab** podcast series on consent. *In the No*, Parts 1-3 <https://www.wnycstudios.org/shows/radiolab/podcasts>
- **Compendium of Sexual & Reproductive Health Resources for Healthcare Providers** was created by The National Coalition for Sexual Health to help primary care providers and others improve their clinical skills by compiling existing resources on sexual and reproductive health topics across the lifespan. Practical, high quality resources found in this compendium include:
  - Webinars, videos, and other online trainings, many of which grant continuing education units
  - Toolkits, implementation guides, and curricula
  - Skill-building tools, such as checklists, screeners, and self-assessments

<https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/compendium-of-sexual-reproductive-health-resources-for-healthcare-providers>

## Sex Positive Approaches with Adolescents

- **Minority Sex Report:** “The Minority Sex Report™ is a space for people of color to have conversations about sexuality. “As Black and Native women, we understand the lack of comprehensive sexuality education in communities of color. Thus our mission is to provide representation in sexuality education. We address barriers to achieving optimal sexual health for communities of color as well as intersectional inequalities faced by our communities. We hope to increase sexual knowledge and awareness through education, community collaborations, national presentations, and advocacy.” <https://theminoritysexreport.com/>
- **Raising Sexually Healthy Children - Strategies and Resources for Every Stage:** Raising sexually healthy children is made easier with the strategies and resources to support sexual health in childhood, from birth to beyond, in this 26-page full-color guide covering body awareness, consent, safety, gender, sexual orientation, puberty, relationships, sex, media literacy (including porn), and age-appropriate sexual behavior. This guide is packed with reflective exercises, conversation starters and over 20 resources to build your skills and confidence, so no sexual health topic is taboo. <https://www.amazon.com/Raising-Sexually-Healthy-Children-Care-Givers/dp/0380708574>
- **Sex Positive Families:** raising sexually healthy children one talk at a time - website that includes articles, podcasts, videos, links, and blog posts, including: talking to teenagers about romantic relationships, shaking STI stigma, and supporting trans and queer youth. <http://sexpositivefamilies.com/>
- **Sex-Positive Reads:** Reading list of over 100 books on body awareness, safety, sexuality, gender diversity, and sex education for all ages (organized by age groups and includes books for parents). <http://sexpositivefamilies.com/sex-positive-families-reading-list/>
- [Fiveactionsteps.org](http://Fiveactionsteps.org) The National Coalition for Sexual Health launched the Five Action Steps to Good Sexual Health website in May 2018, which features practical tips and advice, conversation starters, and real-life scenarios for adolescents and adults.

## Resources for Young People

- [Amaze.org](http://Amaze.org) “AMAZE takes the awkward out of sex ed. Real info in fun, animated videos that give you all the answers you actually want to know about sex, your body and relationships.” Aimed at grades 5-8.
- [Scarleteen.com](http://Scarleteen.com) “Sex ed for the real world – inclusive, comprehensive, supportive sexuality and relationships info for teens and emerging adults.”
- [SexEtc.org](http://SexEtc.org) is created by teens, for teens, with guidance from Rutgers University. The website and Q & A forum helps teens with info about relationships, STIs, birth control, sexual orientation, and more.
- [S.E.X.: The All-You-Need-To-Know Progressive Sexuality Guide to Get You Through High School and College](http://S.E.X.: The All-You-Need-To-Know Progressive Sexuality Guide to Get You Through High School and College) is an in-depth book by Heather Corinna, founder of Scarleteen.
- [www.O.school](http://www.O.school) is a website that “helps people build sexual confidence through medically-accurate videos, articles and live streams. [They] work with a community of Pleasure Professionals that includes gynecologists, dating coaches, sex educators and therapists who cover a wide range of topics including health, consent, gender, sexuality, dating, sex after trauma, sex and disability, and more.”

*Reviewing resources before recommending them helps determine the best fit for a patient’s developmental and cognitive levels, as well as what content will be most useful for their needs.*