



RMCA

Parent Resource List Sex & Drug Education

Parents: The following is a list of suggested resources for you and your family. You should always review ANY materials prior to giving them to your child to insure their appropriateness for your child's unique age and developmental stage.

Total Health: Talking About Life's Changes. By Susan Boe. River's Edge Publishing Company, West Linn, Oregon, 1999.

This text is the principal health text in RMCA's sixth grade curriculum. Total Health was written by a high school health specialist and Christian educator for middle school and high school. It is biblically-based and scientifically sound.

The Parent Connection (2nd Edition). By Susan Boe. River's Edge Publishing Company, West Linn, Oregon, 2000.

This book is the accompanying parent guide to Total Health (above). Written in a journal format including conversation-starters for parents, this book builds relationships with relevant growth and development issues, including drugs, tobacco, alcohol, eating disorders, and accurate anatomical information about puberty. This book is available for \$12.50 at www.riversedgepublishing.net or by calling 1-888-337-1850.

Almost 12: The Story of Sex. By Kenneth N. Taylor. Sonlight Curriculum, 1968.

Ken Taylor, "translator" of The Living Bible, explains the mystery and marvel of human sexuality from a Christian perspective. Tastefully done. Sonlight Curriculum still prints the old version. They do not recommend the current version available from the publisher.

God's Design for Sex Series Books 1-4 By Carolyn Nystrom. NavPress Publishing Group, Colorado Springs, Colorado, 1995.

This four book series is designed to help you answer difficult or embarrassing questions about sex comfortably and truthfully, in age appropriate terms, and encourage healthy communication between your child and you through the challenging years ahead. The books range in age appropriateness from 3-14 years old.

Love is a Feeling to Be Learned. By Walter Trobisch. InterVarsity Press, Madison, Wisconsin, 1971. (Suggested ages 12+) *Honest and foundational.*

Passport to Purity: Guide Your Child on an Adventure to Maturity. By Dennis & Barbara Rainey. Family Life, Little Rock, Arkansas, 1999. (Suggested ages 10-15)

This guided weekend get-away will provide you and your preteen with an adventure of a lifetime! Designed for a father and son, or a mother and daughter, this material guides you and your child to biblical principles for life's most difficult issues and challenges. Your child will enjoy the fast-paced, creative approach to topics like peer pressure, purity, dating, and more! An unforgettable way to teach your preteen to make wise choices through the teen years. Available for check-out from Rocky Mountain Christian Church's resource library or for purchase at www.familylife.com.

Sex: More than a Plumbing Lesson. By Amy Scheuring. Christian Publications Inc., Camp Hill, Pennsylvania, 2003. (Suggested for adolescents)

This practical, engaging, tell-it-like-it-is book will equip you to present your children with timeless truths about sex. Amy gives helpful tips, like seven great things your kids should know about sex, top twelve Scriptures to keep you pure, and guidelines for setting reasonable rules. There is no good substitute for an ongoing parenting process that steadily reveals the wonder and mystery of sexual relationships.

Sexuality and the Young Christian. By Joanne DeJonge. Baker Book House, Grand Rapids, Michigan, 1996. (Suggested for 11-12 year olds)

This upbeat and frank book is written directly to 5th and 6th graders using correct terms and realistic illustrations. Sexual intercourse is dealt with openly, but is placed within godly limits.

Just for Girls

Beautiful Girlhood: A Timeless Guide for Christian Adolescence. By Mabel Hale. Barbour Publishing, Inc., Uhrichsville, Ohio, 2001. (Suggested for adolescent girls)

This 100 year old gem reminds us of what it means to carve a season between childhood and adulthood that is fun, sweet, innocent, and purposeful all at the same time. If nothing else, read Chapter 19 "A Conversation on Dress" on modesty.

The Body Book: It's a God thing! By Nancy Rue. Zonderkidz, Grand Rapids, Michigan, 2000. (Suggested for girls aged 8-12)

Hip, factual, to the point, and godly.

The Cinderella Syndrome: Discovering God's Plan When Your Dreams Don't Come True. By Lee Ezell. Harvest House Publishers, Eugene, Oregon, 1985.

Every mother's must-read before your daughter reaches adolescence. This book will help you hone your expectations before you help your daughter form her own ideas about what is needed from dating.

Dear Elsie: Answers to Questions Girls Ask. By Beverly Elliott. Mission City Press, Franklin, Tennessee, 2001. (Suggested for girls aged 8-17)

This is one of three companion books that go with the "Elsie" books. These are abridged rewrites of books that were contemporaries of Little Women by Louisa May Alcott. They are set in the South and span Elsie's life from age 8 through the marriage of her oldest child. They are full of many good life lessons, but how Elsie handles courtship and marriage are among them.

Secret Keeper Girl: 8 Great Dates for You and Your Daughter. By Dannah Gresh. Family Life, Little Rock, Arkansas, 2003. (Suggested for girls aged 8-12)

When your daughter looks in the mirror, what does she see? Face it...your "little girl" is growing up and will soon become a woman. You've probably already talked about drugs, alcohol, and the birds and the bees. But have you discussed the power of true beauty and modesty? This is a resource designed to pamper you and your 8-12 year old daughter with eight easy-to-plan dates focused on genuine beauty. Some of the dates include a facial, an art show, a beauty salon visit and a shopping spree. Available for purchase at www.familylife.com.

Just for Boys

Bringing Up Boys: Practical Advice and Encouragement for Those Shaping the Next Generation of Men. By James Dobson. Tyndale House Publishers, 2001.

With so much confusion about the role of men in our society, it's no wonder so many parents and teachers are at a loss about how to bring up boys. Our culture has vilified masculinity and, as a result, boys are suffering. Parents, teachers, and others involved in shaping the character of boys have many questions. In Bringing Up Boys, Dobson tackles these questions and offers advice and encouragement based on a firm foundation of biblical principles. Bringing Up Boys--a must-read book for parents, teachers, social workers, youth leaders, and counselors--anyone involved in the challenge of turning boys into good men.

Every Young Man's Battle : Strategies for Victory in the Real World of Sexual Temptation.

by Stephen Arterburn & Fred Stoeker. WaterBrook Press, 2002. (Suggested for adolescent boys)

In this world you're surrounded by sexual images that open the door to temptation. They're everywhere--on TV, billboards, magazines, music, the internet--and so easy to access that it sometimes feels impossible to escape their clutches. Yet God expects his children to be sexually pure. So how can you survive the relentless battle against temptation? Here's powerful ammunition.

Raising a Modern-Day Knight. By Robert Lewis. Focus on the Family Publishing, Colorado Springs, Colorado, 1999.

What does it mean to be a man? Moreover, how does a father instill these qualities in his son? By raising a modern-day knight. Beginning with a biblical perspective of manhood, author-pastor Robert Lewis shares a unique approach to shaping a boy into a man by equipping him with three essential elements: a vision, a code of conduct, and a cause (Christianity) in which to invest his life. Complete with ceremony ideas to celebrate accomplishments and ingrain them in his mind, this book is as insightful as it is practical in raising a boy to be a chivalrous, godly man.

The Young Man in the Mirror: A Rite of Passage into Manhood. By Patrick Morley. Broadman & Holman Publishers, 2003. (Suggested for high school boys)

The Young Man in the Mirror is a door for young men in high school, a rite of passage, that will teach what it means to be a man, how to get along with their family members, how to treat young women, how to handle sexual temptation, and how to find God's will for their lives.

Additional Resources

Jones, Stanton L. and Brenna B. (1993). How & When to Tell Your Kids About Sex. Colorado Springs: NavPress Publishing Group.

Rue, Nancy (2000). The Beauty Book it's a God thing! Grand Rapids: Zondervan.

Jacobson, Matt and Lisa. (1996). How Did God Make Me? Sisters: Questar Publishers, Inc.

Trollinger, Sara. (2001). Unglued & Tattooed. Washington: LifeLine Press.

White, Joe & Smalley, Gary. (1998). What Kids Wish Parents Knew About Parenting. Howard Publishing.

Ludy, Eric & Leslie. (1999). When God Writes Your Love Story. Sisters: Loyal Publishing, Inc. (Various other resources at www.ericandleslie.com.)