

# RESOURCES

## RESOURCE BOOTHS:

### **Barnes and Noble**

[www.barnesandnoble.com](http://www.barnesandnoble.com)

### **Birds + Bees + Kids**

[www.birdsandbeesandkids.com](http://www.birdsandbeesandkids.com)

Birds + Bees + Kids provides parents with tips, tricks and tools for talking to kids about sexuality, love and relationships through books, workshops, lectures and consultations.

### **Committee for Children**

[www.cfchildren.org](http://www.cfchildren.org)

Committee for Children helps protect millions of kids across the world from violence and abuse. We create educational programs that teach children to respect themselves and others, succeed in school today, and build a better world tomorrow.

### **Forest Ridge School of the Sacred Heart**

[www.forestridge.org](http://www.forestridge.org)

Our Goal? Helping young women achieve their goals. Forest Ridge School of the Sacred Heart provides a diverse and rigorous college preparatory environment that inspires young women to become confident, compassionate leaders. Since 1907, Forest Ridge has been educating young women in grades 5-12 as part of a global network of more than 150 Sacred Heart schools. For a personal tour please call or visit our website for more information.

### **Great Conversations**

[www.greatconversations.com](http://www.greatconversations.com)

Julie Metzger RN, MN and Dr. Rob Lehman, co-founders of Great Conversations, have been teaching their popular programs for pre-teens, teens, and their families in the Seattle community for over 20 years. Their classes For Girls Only and For Boys Only on puberty, sexuality, and topics of growing up are shared at Seattle Children's Hospital and Lucile Packard Hospital at Stanford Medical Center. Beginning this summer, they will also be sharing their classes at Overlake Hospital in Bellevue. Great Conversations also offers programs for older teens on decision making and middle school students on friendships. Rob and Julie are favorite presenters bringing a wealth expertise to parent and professional groups on topics important in parenting and caring for adolescents.

### **LuluLemon**

[www.lululemon.com](http://www.lululemon.com)

### **Olympic Park Institute – a campus of NatureBridge**

[www.OlympicParkInstitute.org](http://www.OlympicParkInstitute.org)

In partnership with Olympic National Park, we work toward educating the next generation of environmental stewards by providing residential field science programs for school groups, programs for families, and a venue for board retreats and weddings.

### **Passages Northwest**

[www.passagesnw.org](http://www.passagesnw.org)

Passages Northwest is dedicated to inspiring courage and leadership in girls and women through the integrated exploration of the arts and the natural environment.

### **PEACE of Mind**

[www.pomwa.org](http://www.pomwa.org)

PEACE of Mind promotes and teaches abduction and childhood sexual abuse prevention skills to adults. Using easy, non scary, non graphic tips and tools that give parents the confidence they need to start talking about personal safety and keeping their kids safer!

### **Priceless Parenting**

[www.pricelessparenting.com](http://www.pricelessparenting.com)

Priceless Parenting offers online parenting classes, parenting presentations and parent coaching. Learn to effectively handle misbehavior while building loving relationships.

### **Rite of Passage Journeys**

[www.riteofpassagejourneys.org](http://www.riteofpassagejourneys.org)

Our summer youth programs, for ages 8 – 18, help young people navigate the journey from childhood to adulthood in a supported, mentored way. Led by experienced wilderness mentors, participants will safely experience the physical challenges backpacking, as well as the interpersonal themes of self reliance, responsibility to self and others, group dynamics and conflict resolution.

### **Seattle Children's Theatre**

[www.sct.org](http://www.sct.org)

### **Three Cedars Waldorf**

[www.threecedars.org/programs/we.htm](http://www.threecedars.org/programs/we.htm)

Students at Three Cedars Waldorf School develop capacities to think clearly, feel deeply, and impart meaningful purpose to their own lives. A key to this goal is an approach which preserves the human being's natural love for learning. By honoring and supporting the whole child — head, heart, hands and spirit — our students are supported in growing up to be confident, capable and well-grounded individuals. We encourage introspection and self-knowledge with the belief that deep learning and independent thinking occur when a child's motivation is intrinsic.

# OTHER RESOURCES

## FILMS AND VIDEOS:

**Media Education Foundation or Google these for online viewing:**

- “Killing Us Softly 3: Advertising’s Images of Women”
- “Tough Guise: Violence and the Media”
- “Wrestling with Manhood”
- “Slim Hopes”

### **Dove Campaign for Real Beauty**

- [www.youtube.com/watch?v=Ei6JvK0W60I](http://www.youtube.com/watch?v=Ei6JvK0W60I) Onslaught
- [www.youtube.com/watch?v=gUsKlApTewQ&NR=1](http://www.youtube.com/watch?v=gUsKlApTewQ&NR=1) True Colors
- [www.youtube.com/watch?v=4ytjTNX9cg0](http://www.youtube.com/watch?v=4ytjTNX9cg0) Girls’ self esteem
- [www.youtube.com/watch?v=x8ukDRAuHPk&feature=related](http://www.youtube.com/watch?v=x8ukDRAuHPk&feature=related) Through Her Eyes
- [www.youtube.com/watch?v=UToGBorgDqo](http://www.youtube.com/watch?v=UToGBorgDqo) Fabricating Beauty

## BOOKS FOR KIDS:

- *It’s So Amazing! A book about eggs, sperm, birth, babies and families*, Robie Harris and Michael Emberley
- *The Ask ANYTHING Journal – Because an honest questions deserves an honest answer*, Amy Lang, MA
- *It’s Perfectly Normal! Changing bodies, growing up, sex and sexual health*, Robie Harris and Michael Emberley
- *Body Drama – Real Girls, Real Bodies, Real Issues, Real Answers*, Nancy Redd
- *The Care and Keeping of YOU*, American Girl Library
- *Girls Inc. Presents: You’re Amazing!: A No-Pressure Guide to Being Your Best Self*
- *Real Beauty: 101 Ways to Feel Great About You*, American Girl Library

## BOOKS FOR PARENTS:

- *Birds + Bees + YOUR Kids – A guide to sharing your beliefs about sexuality, love, and relationships*, Amy Lang, MA
- *So Sexy So Soon The New Sexualized Childhood and What Parents Can Do to Protect Their Kids*, Diane Levin and Jean Kilbourne
- *Protecting the Gift, Keeping Children and Teenagers Safe (and Parents Sane)*, Gavin De Becker
- *Pornified*, Pamela Paul
- *Queen Bees and Wannabes*, Rosalind Wiseman
- *You’re Wearing That?: Understanding Mothers and Daughters in Conversation*, Deborah Tannen
- *101 Ways to Help Your Daughter Love Her Body*, Brenda Lane Richardson and Elane Rehr
- *“I’m, Like, SO Fat!”: Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World*, Diane Neumark-Sztainer, Ph.D.

## ORGANIZATIONS AND WEBSITES:

- [www.StopItNow.org](http://www.StopItNow.org) – Sex abuse prevention
- [www.Look-Both-Ways.com](http://www.Look-Both-Ways.com) – Internet safety
- [www.4girls.org](http://www.4girls.org)
- [www.girlsinc.org](http://www.girlsinc.org)
- [www.creative-crossings.com](http://www.creative-crossings.com)
- [www.mediafamily.org](http://www.mediafamily.org)

## RESEARCH:

### **Girl Scout Research Institute**

- Weighing In [www.girlscouts.org/research/pdf/weighing\\_in.pdf](http://www.girlscouts.org/research/pdf/weighing_in.pdf)
- The New Normal? What girls say about healthy living [www.girlscouts.org/research/publications/healthyliving/healthy\\_living.asp](http://www.girlscouts.org/research/publications/healthyliving/healthy_living.asp)
- Beauty Redefined Fact Sheet [www.girlscouts.org/research/pdf/beauty\\_redefined\\_factsheet.pdf](http://www.girlscouts.org/research/pdf/beauty_redefined_factsheet.pdf)

### **Pediatrics – The Official Journal of the Academy of Pediatrics**

- Watching Sex on Television Predicts Adolescent Initiation of Sexual Behavior [pediatrics.aappublications.org/cgi/content/full/114/3/e280](http://pediatrics.aappublications.org/cgi/content/full/114/3/e280)

### **Media Family**

- Media’s Effect on Body Image
- [www.mediafamily.org/facts/facts\\_mediaeffect.shtml](http://www.mediafamily.org/facts/facts_mediaeffect.shtml)

\*This list is far from complete-but a good starting point for those people interested in continuing the dialogue. Feel free to go to [www.blog.parentmap.com](http://www.blog.parentmap.com) and keep the conversation going!