

# LET'S TALK ABOUT SEX

Changing Bodies, Growing Up, Sex and Sexual Health

by ROBIE H. HARRIS and MICHAEL EMBERLEY

MORE  
THAN ONE  
MILLION  
COPIES  
SOLD!

## OVERCOMING THE AWKWARD

For some parents, talking with their children and answering children's questions about sex is comfortable. For other parents, because of personal, cultural or religious reasons, or because nobody talked to them about sexuality when they were growing up, sex can be one of the most difficult topics of all to discuss with their kids – kids of any age. *Let's Talk About Sex* gives children the information they want to know and need to know in order to stay physically and emotionally healthy. This book also gives adults the language they need to be able to talk with children, even young children, about these simple but complicated topics. Discussing the new information in *Let's Talk About Sex* about staying safe on the internet can help children make healthy and useful decisions about internet use.

Robie H. Harris, the author of *Let's Talk About Sex* says, "If we are not honest when we talk with or create books for children, our words and pictures will not ring true to a child, and we will have no credibility with our audience. Michael's and my mantra has always been if a fact or piece of information is 'in the best interests of the child,' we will include it in our nonfiction book(s), as long as it is age-appropriate, psychologically appropriate and scientifically accurate."

"*Let's Talk About Sex* is very much the star of the show. The cartoons are non-threatening... This unselfconscious approach, rippling with gentle humour, eases readers into what could have been potentially embarrassing situations."

*Books for Keeps*

## FOR PARENTS

Before you give this book to your child, first read the book. Chances are you will learn something new — some recent scientific information or something you'd never thought about or weren't quite sure about. Then you can say to your child, "You might like this book. I read it and think you'll find it interesting. It might help answer some questions you may have. It answered some of mine." Try leaving the book next to the TV or on the kitchen table. Usually kids pick it up in a few minutes, or within a day or two, and start reading it.

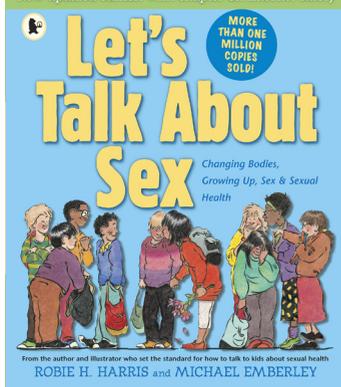
## FOR EDUCATORS

No matter what the age of your students, before you start teaching about puberty reproduction and sexuality, send a letter to parents, telling them what you will be doing, why this is part of the curriculum, and to contact you if they have any questions. This will help parents to ready themselves to answer their kids' inevitable questions while the teaching about the topics is going on at school.

## FOR CAREGIVERS

When librarians have the book on an open shelf rather than a restricted shelf, children and teens often find the book on their own because they are looking for it. Or they may come across it by accident and find that it provides them with information they had wondered about. When health professionals have the book on their desk or on a shelf or in the waiting room, it's an opportunity to talk about sexual health and ask if they have any questions. Some health professionals recommend the book and then discuss it with the child on the next visit. Some let children borrow their copy.

New updated edition with chapter on internet safety



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Up, Sex & Sexual Health**

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Michael Emberley

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anniversary edition with a  
chapter on internet safety!

published by  
**WALKER BOOKS**

# FACT SHEET

Since its publication in 1994, millions of young people have turned to *Let's Talk About Sex* for honest, reliable and accessible information to answer their questions and concerns about puberty, changing bodies, reproduction, sex, sexual health, pregnancy, birth and families! Updated with the latest information about birth control, the HPV vaccine and sexually transmitted diseases including HIV/AIDS, and with a new chapter on safe and responsible internet use, *Let's Talk About Sex* gives kids the information they need to stay healthy and safe as they go through puberty and adolescence.

"This refreshingly candid tour of the facts of life is just the ticket for jittery parents when it's time to explain the birds and the bees to their curious kids." *People Magazine*

"A child will no doubt find this book very readable... the style is matter-of-fact, informative and responsible. It does not preach or talk down to the young reader." *The School Librarian*

"A wonderful guide for young adolescents setting sail on the stormy seas of puberty." *School Library Journal*

"Outstanding." *Junior Education*

## SOME QUESTIONS YOU CAN ANSWER FROM *LET'S TALK ABOUT SEX*

- What is sex?
- What changes do boys go through during puberty?
- How does puberty change girls?
- What are genes made of?
- How are identical twins made?
- How can you protect yourself from getting infections?
- What is postponement, abstinence and contraception?
- What is a zygote?
- How are babies born?
- What is an STD?
- What should you think about before using the internet?
- What are responsible choices?
- What is heterosexuality and homosexuality?
- How should you take care of your body?
- How do feelings and emotions change?

