

## **Websites with Sex Education Information for Parents, Teens and ‘Tweens**

### **Kids Health**

[http://kidshealth.org/teen/sexual\\_health/](http://kidshealth.org/teen/sexual_health/)

<https://kidshealth.org/en/teens/female-repro.html>

<https://kidshealth.org/en/teens/male-repro.html>

### **Ideas for Preparing for Your Tween for Her First Period**

#### **The Best Period Kits for Tweens**

<https://girlstweenfashion.com/the-best-period-kits-for-tweens/>

#### **Lola’s Personal Honest Real-Life Guide to Your First Period**

[https://cdn.shopify.com/s/files/1/2568/9396/files/lola\\_fpk\\_ebook.pdf?13961314856686158403](https://cdn.shopify.com/s/files/1/2568/9396/files/lola_fpk_ebook.pdf?13961314856686158403)

### **Amaze Videos**

<https://amaze.org/what-is-amaze/>

<https://amaze.org/parents/>

### **Growth and Development, Ages Nine to 12—What Parents Need to Know**

<https://advocatesforyouth.org/wp-content/uploads/storage//advfy/documents/3rs/growth-and-development-ages-nine-to-twelve-v2.pdf>

### **California Family Health Council**

<https://www.talkwithyourkids.org/>

<https://www.talkwithyourkids.org/talk-with-your-kids-timeline>

**American Social Health Association**

<http://www.iwannaknow.org/parents.html>

<http://www.iwannaknow.org/teens/sexualhealth.html>

**Planned Parenthood**

<https://www.plannedparenthood.org/learn/parents>