



## **Tackling the Tougher Issues with Kids:**

*A Parenting Resource for Addressing Puberty, Sex Education, Drugs/Alcohol and Violence*

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### **MAKE TIME to CONNECT**

Remember, you need to have some information and time to chat. Be open and really listen to kids when you want to teach and coach on these topics. A great guide if you are not confident or would like great pointers in talking with your child is this classic parenting book:

- [How to Talk So Kids Will Listen & Listen So Kids Will Talk](#) by Adele Faber and Elaine Mazlish

### **PUBERTY Resources:**

- It's SO Amazing - by Robie H. Harris and Michael Emberley
- It's Perfectly Normal - by Robie H. Harris and Michael Emberley
- It's Not the Stork - by Robie H. Harris and Michael Emberley
- Growing Up for Girls - <http://www.usborne.com/catalogue/book/1~S~SH~7179/growing-up-for-girls.aspx>
- Growing Up - <http://www.usborne.com/catalogue/book/1~S~SH~62/growing-up.aspx>
- Growing up for Boys - <http://www.usborne.com/catalogue/book/1~S~SH~7607/growing-up-for-boys.aspx>
- How to Talk about Puberty with Kids – under 3 minute video:  
<http://www.parents.com/videos/v/101787145/how-to-talk-to-kids-about-puberty.htm>
- “Growing Up,” Marsh Media Puberty Collection: Every school should own these DVDs, they are great resource for parents to check-out and for teachers/counselors to show in the classroom. Don't let the disability description throw you off - these are really well done, simple and helpful short videos for 4th and 5th graders (or maybe 3rd and 4th graders) at your school. The new updated versions are as great as the classics. They are pricey, but worth the investment. <http://marshmedia.com/collections/puberty-dvds>

### **DRUGS, ALCOHOL ABUSE and VIOLENCE PREVENTION Resources:**

- In San Francisco Unified School District, where I worked for a decade, we used TWO curriculums: "Too Good for Drugs" & "Too Good for Violence." Drug, alcohol abuse and violence prevention starts with building children's ability to make positive choices and by learning to make short and long term goals. These are research-based curriculums by the Mendez Foundation. You can learn more at: <https://www.toogoodprograms.org>
- Drug Free.org – <http://www.drugfree.org>

### **BULLYING and CHARACTER EDUCATION Resources**

- For Teachers or Parents to show to a school for addressing and preventing bullying:
  - Kimochis Education: <http://www.kimochis.com/learn/the-basics/>
  - Restorative Practices <http://www.healthiersf.org/RestorativePractices/>
  - Stop Bullying Now - For Parents: <http://stopbullyingnow.com/advice-for-parents-and-guardians/> & For Kids: <http://stopbullyingnow.com/advice-for-parents-and-guardians/>
    - For 4<sup>th</sup>/5<sup>th</sup> graders (10/11 year olds), I recommend the "Stop Bullying Now" website. You can watch the webisodes with them and there are discussion questions. Click on "webisodes" on the left hand side of this page. I usually watch one every week with my 5th graders and we discuss at length - talk about feelings, their reactions, intentions of kids/parents, etc.  
<http://www.stopbullying.gov/kids/index.html>