

## **Let's Talk about Sex: Tools for Addressing Sensitive Topics with Confidence**

Gulf Coast Social Work Conference, January 2023

Resource List

### **Books**

Good Vibrations Guide to Sex by Cathy Winks and Anne Semans. This is a comprehensive reference for all kinds of sexual health questions and topics, written by experts at Good Vibrations, a sex-positive, feminist retail store in Berkeley, CA and one of the first stores of its kind.

Guide to Getting it On by Paul Joannides. Illustrated and often accessibly irreverent, this large book is a straightforward guide to many aspects of sex and sexuality.

Sex is a Funny Word by Cory Silverberg and Fiona Smyth. Created for youth, this book is wonderfully inclusive, frank, and encouraging. Sex is a Funny Word can be helpful for parents navigating conversations with children, and for adults who want to re-teach their inner child.

It's Perfectly Normal by Robie E. Harris. Also illustrated and created for youth, this book covers a wide variety of topics and can be a starting point for many conversations with young people.

Come as You Are: Revised and Updated by Emily Nagasaki. This book is focused on female sexuality and desire. There is an accompanying workbook and Emily speaks eloquently on similar topics on the following podcasts: Unlocking Us with Brene Brown and We Can Do Hard Things with Glennon Doyle.

Sex for One by Betty Dodson. Betty Dodson used to host *BodySex* workshops that taught women how to masturbate. She was featured in episode 3 of "The Goop Lab" on Netflix. (The rest of Goop's sexual health advice is not recommended and often not evidence-based.)

She Comes First by Ian Kerner. She Comes First gives tips about cunnilingus. Gendered language is used but the info is helpful and straightforward.

Passionista by Ian Kerner. Passionista gives tips about fellatio. Gendered language is used but the info is helpful and straightforward.

Better than I Ever Expected by Joan Price. Joan Price has written several helpful books about sex and aging, and this is her most popular.

Healing Sex by Staci Haines. Written for female survivors of sexual assault and trauma, this book is a mind-body guide to healthy sexuality.

### **Online, Educational Resources:**

- American Sexual Health Association: <https://www.ashasexualhealth.org/>

ASHA has a lot of information about STIs, sex and sexuality. They have their own videos and resource lists targeting healthcare providers, teachers, parents, and more. They also have a podcast that covers many topics.

- Women of Color Sexual Health Network: <http://www.wocshn.org/>

WOC SHN was founded by educators and therapists who wanted to center the experiences of people of color in sexual health professions. They are a great referral source and have published their own curriculum *Communication Mixtape*.

- Afrosexology: <http://www.afrosexology.com/>

Afrosexology was founded by two social workers and educators who emphasize the relationship between sex-positivity is liberation. Dalychia and Rafaelle facilitate in-person workshops, publish workbooks, and curate an online space that centers blackness and sex-positivity.

- Sex Positive Families reading list:

<https://sexpositivefamilies.com/sex-positive-families-reading-list/>

Sex Positive Families was founded by Austin, TX social worker Melissa Pintor Carnagey. Sex Positive Families has a robust online and instagram presence, in addition to their book list. Books for kids of all ages are recommended and cover not only sex ed topics but also race, families, class, and more.

- Amaze videos: <https://amaze.org/>

Amaze.org (also on youtube) is run by Advocates for Youth, a sexual health youth advocacy group. Amaze videos are integrated into the 3Rs curriculum, have been evaluated for efficacy, and are free. They cover many topics and are great for the kid in us all.

- O.School: <https://o.school/>

A free, online space that hosts sex ed content and conversations on a variety of topics, and from a variety of social viewpoints.

- OMGYes: <https://www.omgyes.com/>

Accessing the full library of content requires a fee, but there is some free info available. OMGYes teaches about and centers female sexuality. Topics include masturbation techniques, how arousal works, and more.

- Bedsider: <https://www.Bedsider.org>

Bedsider offers info about birth control often targeted to a college-aged and young adult audience, but the info is relevant to everyone.

- Esther Perel: <https://www.estherperel.com/>

Esther Perel expertly frames relationships and how they change in a way that is accessible and affirming. Her website has a lot of information and she has a podcast “Where Should We Begin” that features real couples in therapy.

- Melanie Davis: <https://www.melaniemelaniephd.com/>

Dr. Melanie Davis is the creator of the “Our Whole Lives” sexuality education curriculum used by the Unitarian Universalist Association. Her website includes this and other info.

- The Gottman Institute: <https://www.gottman.com/>

John and Jody Gottman are pioneers in relationship therapy and have many online resources and books on the subject. While not always explicitly about sex, their info is helpful to those at all stages in life.

- Scarleteen: <https://www.scarleteen.com/>

Scarleteen is a website of curated information for teenagers about sex and sexuality. Non-teens can learn a lot from the site, too.