

**Austin Independent School District  
Human Sexuality & Responsibility  
Parent and Family Resources**

AISD believes parents and families are the most important people that should talk to their children regarding human sexuality. As stated in [EHAA \(Local\) Policy](#), *“The District shall serve as a resource for parents and families for sexuality education. The District may offer seminars for parents or guardians that support and encourage their active involvement in the sexuality education of their children.”* Therefore, the district has partnered with [Cardea Services](#) to create this non-exhaustive list of parent and family resources.

These community and web-based resources cover a variety of content related to sexual health, including “having the talk,” puberty, periods, pornography, sexual assault, and gender and sexual diversity. There are videos, blogs, podcasts, YouTube channels, therapists, parents, clinicians, and sex educators. All are in alignment with the National Sexuality Education Standards and are considered the best practices for when and how to talk with kids about sex, sexuality, sexual health, and more. AISD does not endorse or advocate one resource over another, therefore parents and families are encouraged to explore this list and decide what aligns with their own values.

The services below may contain links to third-party websites or services that are not owned or controlled by the Austin Independent School District. AISD has no control over and assumes no responsibility for the content, privacy policies, or practices of any third-party websites or services. AISD shall not be responsible or liable, directly or indirectly, for any damage or loss caused or alleged to be caused by or in connection with the use of or reliance on any such content, goods, or services available on or through any such web sites or services.

- [Kidshealth.org](#) is a fun website with sections for parents, for young children and for teens with frequently asked Q and A, pictures and movies about all kinds of health issues.
- [Oh.My.Word](#) empowers parents to have comprehensive, comfortable, and casual conversations with their child using the three key principles of readiness, facts, and honesty, so that parents can become the go-to expert for their child.
- [Amaze For Parents](#): videos that are here to help you break the ice and start these critical conversations so that your kids get the accurate information they need.
- [Make The Sex Talk Easier!](#): The Sex Talk Parent Edition webinar gives you the extra confidence you need to have “The Talk” by uncovering the source of that unease. The webinar provides a guide to navigate and process how *you* want to have the conversation with the kid(s) in *your* life. (\$97, includes a workbook)
- [Kathleen Hema](#): Kathleen Hema, a sex educator with over a decade of working in public and private schools and lecturing about human sexuality at Hawaii Pacific University, hosts a YouTube Channel in which she provides weekly

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videos that provide parents and guardians with guidance in talking about different aspects of sexuality and sexual health with their children.

- [Sex Ed Rescue: A better way to talk to kids about sex](#) Nurse and sex educator, Cath Hakanson, provides so much: A guide to answer kids' age-specific questions, a blog including topics such as when kids are ready to talk about sex, resources on puberty and pornography, and age-appropriate books
- [Powered Up Education](#) provides age-specific resources and practical tools to start conversations about sexual health that help keep kids safe from sexual harm.
- [Amy Lang's Birds and Bees and Kids](#) offers a variety of resources on topics including abuse prevention, porn, and general parenting and a blog with topics including discussing sexual attraction and dating
- [Anya Manes](#) wants parents to have communication about sexuality early and often. Her blog addresses establishing boundaries, preventing sexual assault, sex in the media and more
- [Consent for Kids](#) is a video for younger kids to demonstrate their right to bodily autonomy
- [Consent is Like a Cup of Tea](#) is a video for older kids/teens using analogy to teach about consent
- [The Family Acceptance Project®](#) is a research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBTQ) children and youth, including suicide, homelessness, drug use and HIV – in the context of their families, cultures and faith communities.
- [Gender Spectrum](#) offers resources for parents including understanding gender and raising non-binary kids
- [How to Talk to Your Kids About Porn with Elizabeth Schroeder, EdD, MSW:](#) Young people don't stop having sexual feelings, relationships and questions. In this sexology podcast episode, Elizabeth speaks about sex education, the importance of good communication with your children about sex, and ways in which parents can learn more to help their children.
- [BYU Radio – The Lisa Show: Teaching Consent:](#) Even though consent is an important idea, it's often missing from many "birds and the bees" talks. This is an uncomfortable conversation to have with our kids, but making sure to include consent in the discussion about sex is important. It might even help prevent future sexual assault cases. So how can we approach this important conversation with our kids? Listen to find out.
- [Dr. Megan Maas](#) writes about sexuality, gender, sexual media, and social media by integrating information from academic and mainstream sources.
- [Jo Langford](#), sex educator, therapist, dad, offers resources for online safety and pornography and focuses on parents helping their kids make healthy choices
- [Mad Hatter Wellness](#) provides resources for parents to address sexuality with children with disabilities
- [Texas School for the Blind and Visually Impaired](#) has provided an online guide for supporting the sexuality education of students with visual impairments.