

Appendix A— Further Reading

The list below is not comprehensive, but includes resources I have come across during the research period for this book. I have divided the list by topic.

Body Image

Resources about boys and body image are few and far between, although the few I have listed here are very helpful.

Books

Pope, Harrison et al. *The Adonis Complex: How to Identify, Treat, and Prevent Body Obsession in Men and Boys*. New York: Touchstone, 2000.

The Adonis Complex offers a detailed look at body image issues among boys and men, with a focus on how body dissatisfaction has increased among males since the 1980s. There is a chapter dedicated to boys that talks about the extent of body image problems and the use of steroids and supplements. Although a little older than some of the resources I've listed here, this book is still an excellent resource for parents.

Warhaft-Nadler, Marci. *The Body Image Survival Guide for Parents: Helping Toddlers, Tweens, and Teens Thrive*. Lemont, PA: Eifrig Publishing, 2013.

I have known the author of *The Body Image Survival Guide* for a number of years. I recommend her book not because of a personal connection but because she offers solid, usable advice on body image issues. She also includes a chapter on boys' concerns with body image, a topic that is becoming better known but is still not discussed enough. Ms. Warhaft-Nadler also maintains a very active presence on social media where she highlights current news and information about body image.

Websites

National Eating Disorders Association

<https://www.nationaleatingdisorders.org/males-and-eating-disorders> (US)

This URL leads to a page about males and eating disorders. It has several links to additional information, including research into disordered eating among boys and young men.

Gender Stereotypes

I recommended some of the older titles in my first book. They have stood the test of time, so I have included them here along with some newer resources.

Brown, Lyn Mikel et al. *Packaging Boyhood: Saving Our Sons from Superheroes, Slackers, and Other Media Stereotypes*. New York: St. Martins Press, 2009.

Packaging Boyhood offers a comprehensive look at male stereotypes in various media, including music, books, TV and film, and toy advertising. My copy of the book has at least 30 sticky notes protruding from the edges, marking all the valuable passages I have found through repeated readings.

Fine, Cordelia. *Delusions of Gender*. New York: W.W. Norton & Company, 2010.

Delusions of Gender debunks the myth that men's and women's brains are wired differently, instead naming culture as the primary agent in creating gender differences. Well researched and written with a sense of humour, this book is both informative and engaging. Note: Dr. Fine used an image I created in a 2014 presentation but my recommendation is not a quid pro quo. Her book is truly an excellent resource for anyone looking to understand how social forces shape ideas about gender.

Kindlon, Dan and Michael Thompson. *Raising Cain: Protecting the Emotional Life of Boys*. New York: Random House, 2000.

This book cautions parents not to fall into the trap of stunting their sons' emotional growth by toughening them with harsh discipline and lack of affection. It also advises parents not to accept an outmoded definition of manhood that focuses on physical strength, aggression, stoicism, and emotional distance.

Wiseman, Rosalind. *Masterminds and Wingmen: Helping Our Boys Cope with Schoolyard Power, Locker-Room Tests, Girlfriends, and the New Rules of Boy World*. New York: Harmony Books, 2014.

Ms. Wiseman discusses the social hierarchies that boys face in their daily lives and shows parents how to communicate effectively with their sons during their teenage years. Her book provides an excellent overview of boy culture and the challenges boys face growing up within that culture.

Media Literacy

There are dozens of media literacy resources available in print and online. I have highlighted only a few here but these provide a very good introduction to the topic as well as discussion of specific issues.

Books

As an aside, I'll note that I would also include *Packaging Boyhood*, from my Gender Stereotypes section, on this Media Literacy list. Many recent books I have come across deal specifically with girls and media literacy. The title I have included here deals with childhood in general.

Shewmaker, Jennifer. *Sexualized Media Messages and Our Children: Teaching Kids to be Smart Critics and Consumers*. Santa Barbara: Praeger, 2015.

Dr. Jennifer Shewmaker is a professor of psychology who has been writing for several years about media and gender. I know her personally and am a regular visitor to her blog. She offers an excellent discussion of how media affect children and provides advice to parents about how to help their children evaluate and critique media messages. Her chapter “The Family Matters,” in particular, shows parents how much influence they have in their children’s sexual socialization.

Websites

Common Sense Media

www.common sense media.org (US)

Perhaps one of the better known media literacy sites, Common Sense Media is my go-to resource for reviews of films, TV shows, and video/online games. I would like to see more focus on gender representations in their reviews, but the site is comprehensive and easy to use: a green light on a certain age means the film, TV show, or game is appropriate for that age. A recent article highlighted films with “incredible role models for boys.” The site is a good overall resource about current popular culture, and includes research into a wide range of topics of interest to parents, including a section on Parent Concerns that covers Sex, Gender, and Body Image.

CyberWise™

www.cyberwise.org (US)

CyberWise offers “online safety and education for parents and teachers.” The site offers news, research and courses about digital and media literacy. It includes daily news updates and lots of articles in “learning hubs” like Cyberbullying, Digital Diet, Online Games, and various social media channels. CyberWise also provides online courses in new media, protecting privacy, and online reputation management, among others. Always current and very comprehensive, this site is a great resource for parents.

Jennifer Shewmaker

www.jennifershewmaker.com (US)

I included Dr. Shewmaker's book earlier in this section. Her blog is also a valuable resource and often includes series of posts about a particular topic, like building sexual self-efficacy, which she discussed in November and December of 2015.

Media Education Foundation

<http://www.mediaed.org/> (US)

The Media Education Foundation is widely recognized for its excellent documentaries produced to “inspire critical thinking about the social, political, and cultural impact of American mass media.” They have a robust section on gender, including several films that deal with representations of sexuality and masculinity. My research for this book includes a few of their films. Films are available for a small fee, but transcripts are provided for free. An excellent collection of thought-provoking materials.

MediaSmarts

www.mediasmarts.ca/ (Canada)

MediaSmarts is a Canadian non-profit organization that was established to promote digital and media literacy. Their website is designed for adults seeking to help children and teens develop strong digital and media literacy skills. The site's Research & Policy section includes a series of reports called *Young Canadians in a Wired World* which presents the results of the organization's 2013 survey of students in grades 4 to 11. MediaSmarts also offers some good introductory information on issues like gender representation and body image, both of which include sections on boys specifically. E-tutorials and workshops are also available, along with teacher resources searchable by grade. Like CyberWise, this site also includes a Daily News section.

Shaping Youth

www.shapingyouth.org (US)

Shaping Youth is a non-profit organization dedicated to promoting media literacy and advocating for change among industry producers. I have known founder Amy Jussel for several years. Her blog posts offer in-depth discussion of many issues, including gender stereotypes, sexualization, and body image. Along with insightful commentary, Amy always includes valuable links to other resources in her posts.

Sexual Education for Teens

There are many books and websites available about puberty and sexual education for teens. I have listed a small sample below.

Books

The titles I have included here resonated with me personally, mainly because of their open and frank approach. You may want to read these before giving them to your teen, to be sure you are comfortable with the approach of each author.

Madaras, Lynda. *The “What’s Happening to my Body?” Book for Boys*. 3rd revised ed. New York: William Morrow, 2012.

This book had me at the introduction, with its acknowledgement that “culture poses some rather tricky problems for young boys trying to find their way into manhood,” followed by a description of the contrast between the tender side many boys have and the “conquering, tough-guy male sexuality” that dominates our culture. The author, a teacher of puberty and health education, covers male puberty in great detail and jumps right in with both feet—page 2 features images of four naked males, from early adolescence to adulthood, to demonstrate the physical changes that occur as the male body matures. Madaras aims for an audience of boys aged 9 to 15, but also suggests that parents read this book with their sons.

Madaras speaks from experience and shares many of the typical questions she hears in her classes. This book is comprehensive and includes very accurate diagrams to introduce readers to the male and female sex organs. It covers topics like: what is “normal” in the male sex organs; growth spurts and body types; physical changes outside of the sex organs; erections, ejaculation, and masturbation; and romantic and sexual feelings. There is also considerable emphasis on two very important messages: first, boys develop at different rates, and second, curiosity about sex is normal and healthy. Because the focus is on puberty, little is said about STIs and safe sex.

Harris, Robie H. *It’s Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health*. 3rd ed. Somerville, MA: Candlewick Press, 2009.

It’s Perfectly Normal uses a picture book format to discuss puberty with kids. Bird and bee characters appear throughout the book with sidebar comments. I found the approach a little juvenile, especially the animation, but it might work with some children. The book is not aimed at boys specifically but is very informative and contains a good deal of information about STIs and condoms. It also broaches the subject of abortion. Because it relies on animation, the illustrations are less accurate than the Madaras book listed above, but overall the information is presented clearly. (A new 20th anniversary edition was released in late 2014.)

Hasler, Nikol. *Sex: A Book for Teens*. San Francisco: Zest Books, 2010.

Have you heard of the online comedy series *The Midwest Teen Sex Show*? I hadn't but I did see this book, written by its host, on a list of recommended sex ed books. It might be a tad shocking for parents but it approaches the topic of sex in a manner that many teens might like. Written for readers aged 15 and up, the book answers some very tricky but legitimate questions in forthright language while keeping the tone light—even when talking about anal sex. On that topic, Hasler offers very clear advice: don't do it if you feel pressured, it is more complicated and requires more preparation than oral or vaginal, and always use condoms and a lubricant. After a full discussion of the preparation side of things, she uses her typical frank language to describe why people like anal: "Our bodies have different hot spots, and for some that hot spot is in the butt." Hasler also includes very detailed sections on STIs, birth control, and pregnancy.

I quite liked this book as a guide for teens but please know that it is not for everyone. The cover illustration may even be too much, as it features, in the author's words, "two cows humping." Hasler is very open about anal sex and stimulation, kinks, and fetishes (acknowledging that BDSM is not appropriate for teens). She also offers tips for masturbation and even advice on how a teen can buy a vibrator. Her final chapter on communication is a good one, and gives a few tips on what a teen should do if he can't talk to his parents about sex.

If you are considering this book for your teen, read it first to ensure it suits your values and vision for sexual education. (As of the time of writing, *Sex: A Book for Teens* was only available in electronic format, although I was able to borrow a paperback version from my local library.)

Websites

The list I've included here is far from exhaustive. For websites I have focused mainly on North American sources, but have not included the many organizations that operate at state and provincial levels. To find more, search "sex ed for teens" in your preferred search engine, and add a geographic locator to narrow the search if necessary. The sites below are comprehensive and written for teens in language that is clear, non-judgmental, and accessible.

Go Ask Alice

<http://goaskalice.columbia.edu/> (US)

Go Ask Alice is a health promotion website affiliated with Columbia University. The Q&A Library includes a "Sexual and Reproductive Health" section. Go Ask Alice offers "reliable, accurate, accessible, culturally competent information." The answers are well-written, occasionally witty, and always informative, often including links to additional resources. Nothing seems to be off-limits: there are categories for sexual variety, sexual secretions, erotica and pornography, and fetishes and phobias. The site is visited by people of all ages, including college and high school students.

It's Your Sex Life

<http://www.itsyoursexlife.com/> (US)

Although a product of MTV, this site is supported by reputable organizations like Planned Parenthood, The National Coalition for Sexual Health, and the Kaiser Family Foundation. Designed to appeal to teens, the site includes celebrities and several links to MTV programming but also many online and social media resources about pregnancy prevention, STIs, relationships, and LGBTQ. The “Hotlines and Resources” list is quite extensive and a parallel campaign called “GYT (Get Yourself Tested)” aims to raise awareness of STIs and position testing as “an act of pride, not shame.”

PlanetAhead

<http://www.planetahead.ca/> (Canada)

The animated characters Condom Man and Lucy Lubricant add little to this site, but the site itself is a good resource for teens. Unlike other sites I've listed here, PlanetAhead comes not from a large national organization but from the Vancouver Coastal Health Authority. There are no bells and whistles, but concise bits of information—quick and dirty, if you will. The “Under Pressure” menu is especially strong, covering sexual orientation, relationships, how to know when you are ready for sex, and consent. This site also includes great FAQs in its resources section, featuring several questions from readers of the site.

Planned Parenthood

<http://www.plannedparenthood.org/teens> (This site is American but the organization has global reach and local chapters in major cities.)

Planned Parenthood is a well known global organization. Through their website and reports they offer detailed sexual education. Planned Parenthood also provides direct care through various health centres. The website highlighted above is directed at teens and covers a wide range of sexual health issues in its Learn menu.

Scarleteen

<http://www.scarleteen.com/> (US-based but with a global audience)

Scarleteen is perhaps the best known online sexual health resource for teens. Operating since 1998, the site offers articles, guides and fact sheets written by adults and teens. Scarleteen also provides direct services to answer teens' questions, including message boards, text services, live chat, and

advice columns.

Sex, etc.

<http://sexetc.org/> (US)

Billed as “by teens” and “for teens,” this site is very easy to navigate. It includes videos, FAQs, and a forum for teens to ask questions. The Action Center is another interesting addition, offering a clinic finder, a tool for starting communication about sex with a parent or partner, and options for teens to get active on sexual health issues. An interactive map of the United States outlines how states handle sexual health issues like sexual education, LGBTQ rights, and emergency contraception. The site is published by Answer (<http://answer.rutgers.edu/>), a “national organization that provides and promotes unfettered access to comprehensive sexuality education” affiliated with Rutgers University. There is also a print magazine available.

SexualityandU.ca

<http://www.sexualityandu.ca/> (Canada)

Created by the Society of Obstetricians and Gynecologists (SOGS), this site is not teen-specific and lacks the teen-friendly aesthetic of Scarleteen and Sex etc., but I have included it because of the depth of topics covered. It includes basic physical health, puberty, sexual assault, masturbation, and sexual diversity. In addition to textual information, the site includes FAQs that might be of value to parents and teens.

Teen Health Source <http://teenhealthsource.com/> (Canada)

Teen Health Source is a sexual health information service run by teens. Created by Planned Parenthood Toronto, the site provides teens with written resources on sexual health topics, as well as a peer education service that puts teens aged 13-19 in touch with trained volunteers of a similar age. Teens can contact volunteers via text, email, phone, and website chat.

Sex Ed Research

For parents in the US who may want to make a case for broader sexual education in their children’s school, this site contains some valuable information.

Future of Sex Education (FoSE)

<http://www.futureofsexed.org/youthhealthrights.html> (US)

The purpose of FoSE is “to create a national dialogue about the future of sex education and to promote the institutionalization of comprehensive sexuality education in public schools.” The organization’s website contains many resources and facts about the current state of sex education in the US.

Sexual Aggression, Harassment, and Consent

It is surprisingly difficult to find books and online resources geared toward teens that deal with sexual aggression and consent. Much of the material I came across discussed the sexual abuse of boys, not peer-on-peer assault or harassment. Although limited in number, the resources below contain valuable information.

Websites

Driver's Ed for the Sexual Super Highway: Navigating Consent

http://www.scarleteen.com/article/abuse_assault/drivers_ed_for_the_sexual_superhighway_navigating_consent (US)

I referenced Scarleteen above, but wanted to highlight this specific article about consent. It is long and well worth printing for teens to read. Along with a clear definition of consent, it lays out the rules of consent, the importance of using words to communicate consent, and accepting and respecting nonconsent.

Kids Help Phone Info Booth

<http://www.kidshelpphone.ca/Teens/InfoBooth.aspx> (Canada)

The Info Booth page from Kids Help Phone provides answers to myriad issues of concern to children and teens. There is a specific section on violence and abuse that covers sexual abuse, harassment, and assault, as well as dating violence. Each topic page defines the issue and offers strategies on how to handle it. Kids Help Phone also provides online forums for teens to discuss the problems they are facing, and a toll-free number to access free, anonymous counselling.

RAINN

<https://rainn.org/get-information/types-of-sexual-assault/male-sexual-assault> (US)

The Rape, Abuse & Incest National Network (RAINN) provides an overview of how sexual assault can affect male victims and also offers confidential online chat services and support for men and boys.