



Sex Education and Recovery Resources

Human Sexuality		
Ages	Book Title	Author
3-5 years	How Did God Make Me?	Jacobson
	The Amazing Beginning of You	Jacobson
	Why Boys and Girls are Different	Greene
6-8 years	Where do Babies Come From?	Hummel
8-11 years	How you are Changing	Graver
11-14 years	Sex and the New You	Bimler
14+ years	Love, Sex and God	Ameiss & Grover
Parents	How to Talk Confidentially with your Child About Sex	Buth

Note: All of the above books are part of a series for the Christian Family

Human Sexuality (cont'd)		
Groups	Book Title	Author
Parents	Talking to your Kids about Sex	Laaser
	How to Have a Lifetime of Age-Appropriate Conversations with Your Children about Healthy Sexuality	Laaser
Couples/Families	Seven Desires of the Heart	Laaser
	Authentic Human Sexuality: An Integrated Christian Approach	Balswick
	Sex Facts for the Family	Penner
	Intimate Issues (Woman to Woman)	Dillow-Pentus

Recovery Resources	
Book Title	Author
Seven Desires of the Heart	Laaser
Healing the Wounds of Sexual Addiction	Laaser
Shattered Vows	Laaser, Debra
Faithful and True Workbook	Laaser
The Pornography Trap	Earle & Laaser
Torn Asunder (book and workbook)	Carder
Breaking Free: Understanding Sexual Addiction & the Healing Power of Jesus	Willingham
Porn Nation - (Student Edition)	Leahy
Desires in Conflict: Answering the Question for Sexual Identity	Dallas
No Stones (Female Sexual/Relational Addiction)	Ferree
The Game Plan	Dallas
The L.I.F.E. Guide for Men	http://FreedomEveryDay.org
The L.I.F.E. Guide for Wives	http://FreedomEveryDay.org



Sex Education and Recovery Resources (cont'd)

Sexual Abuse	
Book Title	Author
The Wounded Heart (Book and Workbook)	Allender
Shelter from the Storm	Littlefield/Mallory

Helpful Websites for Recovery
http://FaithfulandTrueMinistries.com
http://FreedomEveryDay.org
http://FreedomBeginsHere.org
http://PureLifeAlliance.org

Counseling: Individual, Couples, Families	
Spanish River Counseling Center	561-241-9014
Focus on the Family	800-232-6459
American Association of Christian Counselors	800.526.8673

Software for: Web Site Blockers and/or Accountability
Covenant Eyes (<i>Internet accountability and filtering</i>)
Freedom Begins Here (<i>confronting sexual addiction</i>)
Bsecure Family Protection (<i>Internet filtering/antivirus</i>)
Safe Eyes (<i>Internet parental control</i>)
Safe Eyes Mobile (<i>iPhones and iPod Touch internet filtering</i>)
You Diligence (<i>MySpace and Facebook monitoring</i>)
Clear Play (<i>DVD filtering</i>)
TiVo Kid Zone (<i>safe TV viewing</i>)

Recovery/Support Groups/Intensives/Treatment Centers	
Spanish River Counseling Center	561-241-9014
Faithful and True Ministries	952-746-3882
Celebrate Recovery	949-581-0548
Smalley Online	800-848-6329
Smally Relationship Center	800-848-6329

Women and Couples	
Spanish River Counseling Center	561-241-9014
Bethesda Workshops.org	866-464-HEAL