

Parent and Youth Resource List for Older Teens

Phone Resources:

Planned Parenthood Counseling and Referral Line

www.pplm.org

English/Spanish 617-616-1616: Toll free 800-258-4448, press option #3

Mon., Tues., Thurs 9am-8pm, Wed., Fri., 9am-6pm

Our trained health center staff and volunteers are available to discuss a wide range of issues related to birth control, pregnancy options, sexually transmitted infections, including HIV/AIDS, and other aspects of reproductive health.

AIDS Hotline (AIDS Action Committee)

www.aac.org

English (translation services available) 800-235-2331 TTY 617-437-1672

Mon. – Thurs., 9am-8pm, Fri., 9am-5pm

This hotline provides general information on HIV/AIDS, support for callers, answers around transmission of HIV, and types of testing methods. They also provide referrals for HIV testing sites as well as other social services.

Boston Area Rape Crisis Center

www.barcc.org

617-492-RAPE or 800-841-8371:

TTY 617-492-6434

24 hours a day, 7 days a week

Phone counselors speak English, Spanish, Haitian Creole and French. They counsel men and women by phone about recent assaults, medical and legal options, and they can accompany victims to the hospital and court-hearings. They offer assistance to friends of victims and information on how to help. They also have in-house groups for male and female survivors, adolescents, and bi-lingual groups, led by licensed counselors and clinical psychology interns.

National Domestic Violence Hotline

www.ndvh.org

English/Spanish 800-799-SAFE

TTY 800-787-3224

24 hours a day, 7 days a week

Provides information and education around domestic abuse, signs of a batterer, and safety planning. Offers legal referrals, provides emotional and mental support and referrals, and has a database of shelters nationwide.

Maria Talks

www.mariatalks.com

English 877-623-3933

MA Sexual Health Helpline and website designed for teens to ask questions and get information about sex, birth control, and STI prevention.

Websites:

- **Planned Parenthood League of Massachusetts (PPLM):**

www.pplm.org

This website contains information on contraception, pregnancy testing, emergency contraception, abortion, STD and HIV testing and treatments, and pregnancy options counseling, as well as a pro-choice action network and sex education programs we at PPLM.

- **Planned Parenthood Federation of America (PPFA):**

www.ppfa.org

This website contains information on sex, contraception, advocacy and current events, sex education, news and article archives and has many resources available in Spanish (recursos en Espanol).

- **Advocates for Youth**

www.advocatesforyouth.org/parents/index.htm

This organization is dedicated to creating programs and advocating for policies that help young people make informed and responsible decisions about their reproductive and sexual health.

- **AmberMadisonTV**

www.ambermadisontv.org

A web-based video channel featuring straight, informative talk about sex with Amber Madison, a 23-year old Tufts graduate. Taped in LA, the programming on AmberMadison.TV deals with everything from body image to contraception.

- **The Date Safe Project**

www.thedatesafeproject.org

Featuring information on sexual assault, safe dating, consent issues, strategies for communication, self-esteem and mutual respect in healthy relationships.

- **Go Ask Alice! Columbia University's Health Question and Answer Internet Service**

www.goaskalice.columbia.edu

Answers to questions on many health related topics, including sexuality.

- **Parents, Families and Friends of Lesbians and Gays (PFLAG)**

www.pflag.org/

PFLAG's Mission is to promote the health and well-being of gay, lesbian, bisexual and transgendered persons, their families and friends. PFLAG provides support in coping with a hostile society, education, and advocacy.

- **SIECUS: Sexuality Information and Education Council of the United States**

www.siecus.org

SIECUS provides medically accurate information around sex, and sexually transmitted diseases. They also provide many guides to talking with children about these topics.

- **Speaking of Sex Podcast**

www.speakingofsexpodcast.org

Produced by Planned Parenthood of Western Washington, a show that features two young adult co-hosts who bring a bit of edge and enjoyment to these sometimes hard to talk about subjects.

Books for Parents and Young Adults:

The Go Ask Alice Book of Answers: A Guide to Good Physical, Sexual and Emotional Health. Columbia University Health Education Program, 1998..

Hooking Up: A Girl's All-Out Guide to Sex & Sexuality. Amber Madison, 2007

Letting Go: A Parents' Guide to Understanding the College Years, Karen Coburn, Madge Lawrence Treger, 2003.

The Launching Years: Strategies for Parenting from Senior Year to College Life. Laura Kastner and Jennifer Wyatt.

The New Our Bodies, Ourselves. The Boston Women's Health Book Collective.

Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex. Deborah Roffman, 2001

Third Base Ain't What it Used To Be. Logan Levkoff, 2007.