

## Birds do it, Bees do it, and You Know You Get Questions About It Quality Resources on Sexual Health

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### **General:**

**MedlinePlus** <http://www.medlineplus.gov>

Sexual Health Issues: <http://www.nlm.nih.gov/medlineplus/sexualhealthissues.html>

MedlinePlus brings together authoritative information from the National Library of Medicine, the National Institutes of Health (NIH), and other government agencies and health-related organizations. You can search by health topics and drugs and supplements. MedlinePlus also has an encyclopedia with pictures, online tutorials, a medical dictionary, and surgical videos.

**Family Doctor** <http://familydoctor.org>

This Web site is operated by the American Academy of Family Physicians (AAFP), a national medical organization. All of the information on this site has been written and reviewed by physicians and patient education professionals. You can search health information for women, men, seniors, parents, and children.

**NIHSeniorHealth** <http://nihseniorhealth.gov/>

Created by the National Institute on Aging and the National Library of Medicine, NIHSeniorHealth is a website for older adults. It contains aging-related health information that is easily accessible for family members and friends seeking reliable, easy to understand health information. Online videos are also available here.

**Centers for Disease Control (CDC)** [www.cdc.gov](http://www.cdc.gov)

Teens: <http://www.cdc.gov/HealthyYouth/az/index.htm>

Young Adults: <http://www.cdc.gov/lifestages/youngAdults.html>

Women: <http://www.cdc.gov/women/>

Pregnancy: [http://www.cdc.gov/ncbddd/pregnancy\\_gateway/default.htm](http://www.cdc.gov/ncbddd/pregnancy_gateway/default.htm)

Older Adults: <http://www.cdc.gov/aging/>

CDC's Mission is "To promote health and quality of life by preventing and controlling disease, injury, and disability". CDC, as the sentinel for the health of people in the United States and throughout the world, strives to protect people's health and safety, provide reliable health information, and improve health through strong partnerships.

### **Teen Health:**

**TeensHealth** [www.teenshealth.org](http://www.teenshealth.org)

Created by The Nemours Foundation's Center for Children's Health Media, TeensHealth and KidsHealth provide teens and families with accurate, up-to-date, and jargon-free health information they can use. It has sections called Your Body and Sexual Health, and it includes information for parents.

**Go Ask Alice:** <http://www.goaskalice.columbia.edu/>

*Go Ask Alice!* is the health question and answer Internet resource produced by the Alice!, Health Promotion Program at Columbia University— a division of Health Services at Columbia. Information is given in a Question and Answer format. Includes information not found anywhere else.

**Girls Health:** <http://www.girlshealth.gov>

Developed by the Office on Women's Health in the Department of Health and Human Services (DHHS), this site was created to help girls (ages 10-16) learn about health, growing up, and issues they may face.

**4parents.gov:** <http://www.4parents.gov/>

Sponsored by the Office of Public Health and Science, Office of Population Affairs, and the Public Health Service, this site encourages parents to talk with their kids about waiting to have sex. Although the site limited information about sexual development, the main message of the site is abstinence.

**Planned Parenthood Info for Teens** <http://www.plannedparenthood.org/info-for-teens/>

Planned Parenthood is a leading sexual and reproductive health care provider and advocate. This website allows people to ask experts about their sexual health questions.

**Advocates for Youth:** <http://www.advocatesforyouth.org/>

Advocates for Youth is the only organization that works both in the United States and in developing countries with a sole focus on adolescent reproductive and sexual health. The website includes information on sexual health, well being, and violence, for both teens and parents.

**I wanna know:** [www.lwannaknow.org](http://www.lwannaknow.org)

Developed by the American Social Health Association, the site's goal is to provide a safe, educational and fun place for teenagers to learn about sexually transmitted diseases (STDs) and their sexual health.

**It's Your (Sex) Life: Your Guide to Safe & Responsible Sex:**

[http://www.kff.org/youthhivstds/upload/MTV\\_Think\\_IYSL\\_Booklet.pdf](http://www.kff.org/youthhivstds/upload/MTV_Think_IYSL_Booklet.pdf)

Booklet on preventing unintended pregnancies, HIV and AIDS and other STDs. This brochure was produced by the Henry J. Kaiser Family Foundation as a project of the Foundation and MTV.

**Sex, etc.:** <http://www.sexetc.org>

A web site on sexual health that is written by teens, for teens. It contains videos, quizzes and a blog. Includes information on girls' health, boys' health, sex, love, GLBT health, and pregnancy

**Scarleteen:** [www.scarleteen.com](http://www.scarleteen.com)

Subtitled "Sex Ed for the Real World" this site committed to inclusive, healthy and sex-positive sex education for teenagers. The content is written by sex educators and teen writers. It includes information on sexual consent.

**Youth Risk Behavior Surveillance System (YRBSS):** <http://www.cdc.gov/HealthyYouth/yrbs/>

Conducted by the Centers for Disease Control and Prevention (CDC) the Youth Risk Behavior Surveillance System (YRBSS) provides statistics on six categories of priority health-risk behaviors among youth and young adults including sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) infection.

## **Lesbian, Gay, Bisexual, Transgendered Health:**

**Sex, etc.** <http://www.sexetc.org/topic/lgbtq>

A web site on sexual health that is written by teens, for teens. It contains videos, quizzes and a blog. This section is specifically for lesbian, gay, bisexual, transgender, or questioning youth.

**SAGE (Services & Advocacy for GLBT Elders)** <http://www.sageusa.org/>

SAGE is the country's largest and oldest organization dedicated to improving the lives of lesbian, gay, bisexual and transgender (LGBT) older adults.

## **Women Health:**

### **Womenshealth** [www.Womenshealth.gov](http://www.Womenshealth.gov)

A service of the Office on Women's Health (OWH) in the US Department of Health and Human Services (HHS). Its mission is to "provide leadership to promote health equity for women and girls through sex/gender-specific approaches." The website has fact sheets on over 100 women's health topics, and additional information on body image, breastfeeding, minority women's health, etc.

### **HealthyWomen** [www.healthywomen.org](http://www.healthywomen.org)

Developed by the not-for-profit National Women's Health Resource Center (NWHRC). Dr. Oz says "For one-stop women's health advice, I recommend HealthyWomen.org." (O, the Oprah Magazine)

### **FDA Women's Health** <http://www.fda.gov/womens/>

Women use many products that are regulated by the FDA including medicines, cosmetics, pregnancy kits, microwaves, pet foods, and vaccines. Look them up here to see if they're safe.

### **National Center for Complementary and Alternative Medicine (NCCAM)** <http://nccam.nih.gov/health/atoz.htm>

The NCCAM is the Federal Government's lead agency for scientific research on complementary and Alternative Medicines. It has information on specific health topics, such as Menopause and Sexual Enhancement Products

## **Men Health:**

### **Family Doctor – Men's Health** <http://familydoctor.org/online/famdocen/home/men.html>

This Web site is operated by the American Academy of Family Physicians (AAFP), a national medical association. All of the information on this site has been written and reviewed by physicians and patient education professionals. Men's health page includes information on erectile dysfunction, male infertility, birth control, and more.

### **CDC Men's Health** <http://www.cdc.gov/men/>

The Centers for Disease Control and Prevention (CDC) provide statistical information on research into men's health issues.

### **Womenshealth.gov – Men's Sexual Health** <http://www.womenshealth.gov/mens/sexual/>

Womenshealth.gov has a great website about men's health, including sexual concerns.

## **Aging and Health:**

### **National Institute on Aging** <http://www.nia.nih.gov>

The National Institute on Aging is the NIH agency that funds research on aging. Their easy to use website includes lots of free publications on men's health and women's health. There is a specific publication called Sexuality in Later Life. Publications are free on the web as well as in print format.

### **NIHSeniorHealth** <http://nihseniorhealth.gov>

NIHSeniorHealth is a health resource from the National Institutes of Health designed specifically for older adults. It includes information in issues that affect sexual health as you age, including: depression, diabetes, eating well, exercise, heart health, and sleep.

### **UrologyHealth.org** <http://www.urologyhealth.org/>

This is the website of the American Urological Association Foundation. It includes patient information on urologic diseases and conditions, such as sexual function and infertility.

Developed by NN/LM staff. This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Contract No. N01-LM-6-3505 with the Houston Academy of Medicine-Texas Medical Center Library.

**National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)** <http://www.niddk.nih.gov/>

Diabetes is a major cause of sexual and urologic problems. This NIH Agency is the main government resource on Diabetes. The website includes the National Diabetes Information Clearinghouse, and the National Kidney and Urologic Diseases Clearinghouse.

**AARP** <http://www.aarp.org/health/>

The Association for the Advancement of Retired Persons (AARP) has a large news site just for health information. In it is specific information on conditions and diseases but also health information in the news. There are often articles on sexual health, safe sex and sexual dysfunction.

**Menopause.** The Journal of the North American Menopause Society. <http://www.menopausejournal.com/> (not free)

## ***Specific Topics***

### **Rape and Domestic Violence:**

Rape, Abuse, and Incest National Network <http://www.rainn.org/>

National Coalition Against Domestic Violence <http://www.ncadv.org/>

The Network / La Red (English and Spanish) GLBT and domestic violence <http://www.thenetworklared.org/eindex.htm>

American College of Obstetrics and Gynecology Resources – includes check lists for DV and Sexual Assault

[http://www.acog.org/departments/dept\\_web.cfm?recno=17](http://www.acog.org/departments/dept_web.cfm?recno=17)

Texas Association Against Sexual Assault <http://www.taasa.org/>

### **Pregnancy:**

American Pregnancy Association <http://www.americanpregnancy.org/>

March of Dimes <http://www.marchofdimes.com/>

Lactmed, database of drugs to which breastfeeding mothers may be exposed <http://lactmed.nlm.nih.gov>

Resources about Pregnancy for Women and Health Professionals <http://www.childbirthconnection.org>

### **Cancer:**

Centers for Disease Control and Prevention (CDC) pamphlets for gynecologic cancers

<http://www.cdc.gov/cancer/gynecologic/>

National Cancer Institute, Women's Cancers: <http://www.cancer.gov/cancertopics/types/womenscancers>

### **AIDS/HIV**

AidsInfo (NIH) <http://www.aidsinfo.nih.gov/>

The Body (The Complete HIV/AIDS Resource) <http://www.thebody.com/>

National Minority AIDS Council <http://www.nmac.org/>

### **Sex Therapy**

American Association of Sexuality Educators, Counselors, and Therapists <http://www.aasect.org/>

The American Association of Sexuality Educators, Counselors and Therapists (AASECT) is a not-for-profit, interdisciplinary professional organization. In addition to sexuality educators, sexuality counselors and sex therapists, AASECT members include physicians, nurses, social workers, psychologists, allied health professionals, clergy members, lawyers, sociologists, marriage and family counselors and therapists, family planning specialists and researchers.

Society for Sex Therapy and Research <http://www.sstarnet.org/>

The Society for Sex Therapy and Research is composed of a broad range of professionals who have clinical or research interests in human sexual concerns. SSTAR's goals are to facilitate communications among clinicians who treat problems of sexual function, sexual identity, and reproductive life, and to provide a forum for exchange of ideas between those interested in research in human sexuality and those whose primary activities are patient care.