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Birds, bees, and health

By Nicole Sunkes

It's not always easy for parents to talk to their kids about sex. But they may find the right words with a new book by medical journalist Jeanne Blake, titled "Words Can Work: When Talking With Kids About Sexual Health," (Blake Works; \$12.99). Blake, an affiliated faculty member of the Division of Addictions at Harvard Medical School, offers helpful advice to parents who may be too embarrassed to broach the subject.

The book's chapters are divided into categories that many parents - and teenagers - may have questions about, including "What is a period?," "At what age is it OK to have sex?" and "Building trust with your child." --