

LINKS AND RESOURCES ⓘ

[sexuality](#) ➔

[sexual education](#) ➔

[sex educator](#) ➔

[sexual orientation](#) ➔

Nicola Döring:

["Online-Sexualaufklärung auf YouTube"](#) ➔

YouTube is the most popular search engine on the web. In fact, there are 30+ million active users using the platform on a daily basis.

Some of them – especially teenagers – are searching for answers regarding sexuality. Most likely they will stumble upon a few channels that teach sexual education – just as we do.

We took some effort to browse through all of these channels and we would like to present a short and diverse overview that may be beneficial to parents, educators, adults, teens and everyone who is interested :-).

We discovered:

- ▶ *Successful YouTubers who do sexual education on their channels*
- ▶ *Professional sexual educators that provide information for*
 - › Teenagers and young adults
 - › Adult audience
 - › Educators
 - › Parents

What else ...

You may believe it or not: There are even more people and organizations providing sex education on YouTube. If you find a very important resource that has to be shared, please let us know immediately!

If you are interested in learning more about sexual education on YouTube in a scientific manner, researcher **Nicola Döring** published a paper on “*Online Sexuality Education on YouTube: Analysis of Status Quo and Practical Recommendations for Sexual Pedagogy*” in the German magazine for sexual research.

THE "BY ACCIDENT" SEX EDUCATORS

HANNAH WITTON

British channel

[Hannah Witton on YouTube](#) ➔

["Paper on modern sex and how to manage it"](#) ➔

["Doing it"](#) ➔

["Doing it" Dutch version](#) ➔

["Doing it" German version](#) ➔

CHUSITA FASHION FEVER

Spanish channel

[Chusita fashion fever on YouTube](#) ➔

["Esto no es und libro de sexo" on YouTube](#) ➔

["Esto no es und libro de sexo"](#) ➔

[English version](#) ➔

[Italian version](#) ➔

[German version](#) ➔

LACI GREEN

American channel

[Laci Green on YouTube](#) ➔

["HYMEN 101"](#) ➔

["Sex Plus: Learning, Loving,..."](#) ➔

Some teenagers and young people use YouTube as a communication platform to reach out to their equally young audience. It's common that the audience – also called "followers" – is sending questions to their YouTube-star to answer them.

This has led into a recent surge in published books about sexual education written by YouTubers.

Hannah Witton is a well-known Vlogger in the UK who publishes videos about sex and relationships. She studied history and wrote her thesis about the early sexologists. In 2016, she won the Cosmopolitan Influencer award.

In 2017, she published the sexual education book "*Doing it*", that won an award for "Book of the Year" and has since been translated into Dutch and German. Her second book, "*The Hormone Diaries*", is to be published in summer 2019 and is all about periods and contraception.

Chusita is a Spanish Vlogger, who talks not only about fashion, but also answers her followers' questions in her series "*Yo que tú*".

In 2016, her sexual education book "*Esto no es und libro de sexo*" was published. Since then it has been translated into English, Italian and German. The book is for teenagers who are soon to experience their "first time." It also debunks a lot of myths and urban legends about sex. – Chusita is also singer whose music you can find online.

Laci Green started as a YouTuber discussing various topics, but got more and more engaged in the field of sexual education and also started to work for Planned Parenthood. She studied law and education and is very well known for her explanatory videos.

In 2018, she published a book called "*Sex Plus: Learning, Loving, and Enjoying your Body*."

THE PROFESSIONAL SEX EDUCATORS

RESOURCES FOR TEENAGERS AND YOUNG ADULTS

JUSTIN HANCOCK

British channel with visual content

www.bishuk.com ➔

[Justin Hancock, "Bish" on YouTube](#) ➔

Example: "[How to be good at sex](#)" ➔

"[Bish Activity Book](#)" ➔

bishtraining ➔

On YouTube you will also find professionals who are working in the field of sexual education.

Some of them offer further information on their websites or even teacher training.

Justin Hancock doesn't like to personally appear on screen, but he is fun and very good at producing accessible videos about various topics. Additionally, he set up *bishuk.com* for teenagers – "*a guide for sex, love and you*" – with great content and even manuals to download.

For training courses and more teaching tools you can visit *bishtraining*.

#SEXEDPL

Polish channel by Influencer *Anja Rubik*

[sexedPL on YouTube](#) ➔

[sexedPL Trailer](#) ➔

www.sexed.pl ➔

When it comes to Poland, a lot of people might think, that sexual education must be rather conservative. The Polish model *Anja Rubik* just launched a campaign with celebrities and published a sex ed book with sexual education experts to get the population of Poland to talk about love. Some of the videos are also subtitled in English.

BEN

Sexual Education for Boys in German

"[jungsfragen](#)", Ben on YouTube ➔

"[Penis zu klein? | jungsfragen.de](#)" ➔

www.jungsfragen.de ➔

In German speaking countries, sex educator *Ben* is well known by young boys for talking openly about masturbation, sexual orientation and many more topics. Usually his followers send him questions which he tries to answer in an informative but also entertaining way. On his website *jungsfragen.de* boys have the possibility to compare themselves with one another to answer one of the most frequent questions: Is my body normal?

NORWEGIAN SERIES ABOUT PUBERTY

The national TV station *NRK* offers sexual education

[Pubertet: Hvordan starter det?](#) ➔

The Norwegian national TV station *NRK* published a series in 2015 about puberty on their program *Newton*. Due to its straight-forward nature, some newspapers from abroad have also talked about it. Now the videos can be found online and subtitled in English. Be aware that you may see actual people naked.

AMAZE

Animated Videos in various Languages

[Amaze on YouTube](#) ➔

amaze.org ➔

AMAZE is a collaboration between experts in the field of sex education like Advocates for Youth and Answer and Youth Tech Health that tries to create an engaging, age-appropriate, online sex education resource for 10-to 14-year-olds. As there is a network of different organizations working together, you will find even more videos on their website in South African English, Afrikaans, Xhosa, Korean and Spanish. They offer videos and material for teens, educators and parents.

RESOURCES FOR ADULTS

DR. LINDSEY DOE

Sexplanations from the US

[Sexplanations on YouTube](#) ➔

[Lindsay Doe introducing herself](#) ➔

[Sexplanations Podcast](#) ➔

Dr. Lindsey Doe is a sexologist and sex educator from the United States. She has been a Vlogger on YouTube with her channel “Sexplanations” since 2013 and offers more than 200 videos. All are structured into playlists. There is even one especially for professionals. Furthermore she offers a podcast.

ALYAA GAD

Health Care for the Arab World

[Alyaa Gad on YouTube](#) ➔

["iUnderstand.tv" on YouTube](#) ➔

Alyaa Gad is an Egyptian medical doctor who studied and worked in the Netherlands until she moved to Switzerland. She works in a general medical clinic and uploads videos in Arabic or English about Sexual Health. You can find them also on her website *iUnderstand.tv*.

ANN-MARLENE HENNING

German Insights into Sexology

["Heisskalt informiert" on YouTube](#) ➔

["DochNochBlog" on YouTube](#) ➔

www.make-love.de ➔

Ann-Marlene Henning is a German sexologist who works as a couples' – and sex therapist. She is well known for her sexual education book for (young) adults “*Make Love*”. There is also a TV series that was nominated best infotainment with the same title. You can watch “*Make Love*” on Netflix. On YouTube you can find her own channel “*Doch noch*” with a rather personal touch and in a cooperation with **EIS** on the channel “*Heisskalt informiert*.”

RESOURCES FOR EDUCATORS

AL VERNACCHIO

*TED Talks about
the general approach
to Sexual Education*

- [TED Talks: Al Vernacchio](#) ➔
- [Al Vernacchio on YouTube](#) ➔
- [www.alvernacchio.com](#) ➔
- ["for goodness sex"](#) ➔

NADINE THORNHILL

*Canadian channel about
the sex ed curriculum*

- [Nadine Thornhill on YouTube](#) ➔
- [www.nadinethornhill.com](#) ➔

PLANNED PARENTHOOD

Parenting Tips

- [Planned Parenthood on YouTube](#) ➔
- [Spanish playlist on YouTube](#) ➔
- [www.plannedparenthood.org](#) ➔
- [Digital Tools](#) ➔
- [For Teens](#) ➔

CATH HAKANSON

Sex Ed Rescue from Australia

- [Sex Ed Rescue on YouTube](#) ➔
- [YouTube Playlists](#) ➔
- [www.sexedrescue.com](#) ➔

Al Vernacchio has been a human sexuality educator and consultant for 25 years and is actually not famous for sex education on YouTube. But as his Ted Talks are very special and worth to see, you shouldn't miss him.

He has published various articles about youth and sexuality in magazines as well as the book *"For goodness sex Changing the Way We Talk to Teens About Sexuality, Values, and Health"*. On his website you can easily find all his Ted Talks about this topic.

Nadine Thornhill is a Canadian Sex Educator who focuses on child and adolescent sexuality and works as parenting and education consultant. She calls herself a *"friendly neighborhood sex educator"* and that is absolutely right. Her audience is mostly made up of parents, teachers and multipliers and she puts a lot of effort into offering age-adequate advice. You will even find playlists on YouTube that are sorted by school grade/age and curriculum.

Planned Parenthood is a non profit organization that offers sexual health care in the USA. On their website they offer tools for educators to approach various topics. Furthermore they provide a lot of tips and resources for parents about how and what to talk about with their kids regarding sexual education. All the information is available in English and Spanish. On YouTube they provide a playlist with parenting tips in English and Spanish.

Planned Parenthood is also a good resource for sex educators as they can find digital tools on their website and videos to use in workshop settings. Even teens will find answers to their questions on *Planned Parenthood's* website.

Cath Hakanson is an Australian sexual educator who has been working in sexual health for more than 25 years. She has been a nurse, clinician, educator, therapist, author and much more. On her YouTube channel she provides a well-structured playlist that covers book reviews as well as kid's questions and sex ed for different age groups and teachable moments. You will find more resources on her website.