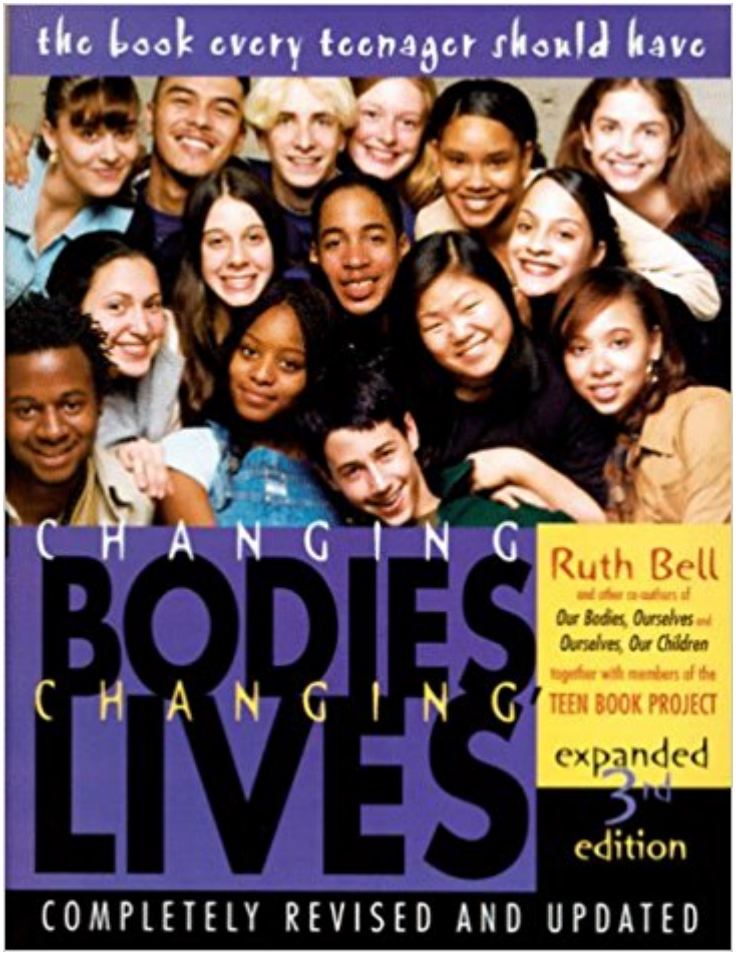
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Changing Bodies, Changing Lives: Expanded Third Edition: A Book For Teens On Sex And Relationships



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Synopsis

"It seems like everyone else has the script. Everyone else knows what's happening and I look around and say, Duh."Of course, the truth is that no one has the script because there is no script to follow. Chances are you'd find that almost everyone else has questions and worries a lot like yours, if you could get them to admit it. This brand-new, completely updated and revised edition of Changing Bodies, Changing Lives is full of honest, accurate, nonjudgmental information on everything teenagers need to know about today.Am I the only one whocan't get up the nerve to ask someone out?got my period so early?doesn't even know the right way to kiss?feels pressured to use drugs?still hasn't hit puberty yet?wants to avoid the gang scene?worries when my mom doesn't come home at night?is scared that I might have AIDS?can't decide what form of birth control to use?has no idea how to tell my friends I'm gay?goes on eating binges?has never had an orgasm?is shut out of the popular crowd?Changing Bodies, Changing Lives has helped hundreds of thousands of teenagers make informed decisions about their lives, from questions about sex, love, friendship, and how your body works to dealing with problems at school and home and figuring out who you are. It's packed with illustrations, checklists, and resources for the answers you really need. Best of all, it's filled with the voices, poems, and cartoons from hundreds of other teenagers, who tell you what makes them feel worried, angry, confused, sexy, happy, and, yes, even excited and hopeful about their lives. (Check out the first two pages for a sample of the quotes you'll find inside.)Being a teenager is tough. With the information and the ideas inside this book, you'll have what you need to make these years the best they can be.

Book Information

Paperback: 432 pages

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Product Dimensions: 8.4 x 1 x 10.9 inches

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Average Customer Review: 4.4 out of 5 stars 65 customer reviews

Best Sellers Rank: #92,480 in Books (See Top 100 in Books) #9 inÃ Â Books > Teens > Personal Health > Sexuality & Pregnancy #14 inÃ Â Books > Teens > Personal Health > Maturing #20 inÃ Â Books > Children's Books > Growing Up & Facts of Life > Health > Sexuality

Age Range: 12 - 17 years

Grade Level: 7 - 12

Customer Reviews

Grade 8 Up A monumental, encyclopedic discussion of sexual and emotional change during the teen years, this book is a revision of an earlier edition which did not discuss the AIDS epidemic. Clearly written by the authors of Our Bodies, Ourselves (S. & S., 1976), it is illustrated with relevant cartoons, photographs, diagrams, and line drawings. Dozens of teenagers themselves were interviewed and are quoted in this book. This comprehensive book includes discussion of sexual technique, STDs and the danger of promiscuous sex, gay sex and sexual identity, and teenage pregnancy and its alternatives. (Although the section on AIDS notes the risk of the virus' transmission through oral sex, the earlier discussion of oral sex discusses individual preferences only, without mentioning the health risks.) A book that deserves a place in collections serving teenagers. Ann Scarpellino, Ramsey Public Library, N.J.Copyright 1988 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Written by members of the Teen Book Project and inspired by the classic Our Bodies, Ourselves, this third edition of a book first published in 1981 provides information about health and sexuality for teenagers. Presented here is the latest information on the physical and emotional aspects of puberty, sexuality, healthcare, sexually transmitted diseases, safer sex and birth control, living with violence, mental health, and eating disorders. Artwork by and quotations from teenagers about their experiences in these areas bring the content to life and set the book apart from more standard works such as Richard Walker's The Family Guide to Sex and Relationships (LJ 2/15/97). Each chapter has a list of associations and print and nonprint resources. An excellent, extremely useful source for young adults and educators; highly recommended for all collections.?Barbara M. Bibel, Oakland P.L., CACopyright 1998 Reed Business Information, Inc.

I bought this for my adopted teen boys. I've used this for years in the comprehensive sexuality course, Our Whole Lives, that I taught for my Unitarian Universalist Fellowship's youth. It's very readable and although it's completeness might put some adults off, it's just what teens need today. We give it to each teen who completes the OWL course.

This book is very important. I recommend it to all my friends who are parents. I suggest they read it

than pass it on to their pubescent/ adolescent children. It can open an important dialogue between them. The more accurate information about sexuality and life changes parents and their children have the better.

I love books like these; I think they are great resources for students and young adults to learn about their bodies and their sexuality. I highly recommend all books like these, as long as they are diverse and discuss all kinds of topics :)

This book is very helpful for my 10yo daughter. She has always been curious and asks many questions. Having this book around allows her to pick it up freely and read about what other pre-teens/teens feel about a particular topic, about their own bodies, about issues that are still remain important and relevant to pre-teens/teens' lives. She is learning to love her body in a healthy, holistic way. Kudos.

An excellent book for the pre-teen, young adolescent to answer questions about their changing bodies.

My daughter, at age 11, had a ton of questions and curiosity about things she was hearing at school. After reading this book she felt more informed and rarely even has any more questions. This book is very detailed, so beware! It talks about EVERYTHING!!! This book may be offensive for some.....

Great book! Every teen should have it. I bought it for my son many years ago and now for my grandaughter. Highly recommend!

Great information for teens, covers all those awkward topics and teaches children to be comfortable and responsible with their bodies. Plan on giving it to my daughter on her 12th birthday.

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