



Being a Teen: Everything Teen Girls and Boys Should Know About Relationships, Sex, Love, Health, Identity and More (Paperback)

By Jane Fonda

Random House USA Inc, United States, 2014. Paperback. Book Condition: New. 208 x 137 mm. Language: English . Brand New Book. NEW YORK TIMES BESTSELLER AN ALL-ENCOMPASSING GUIDE THAT PARENTS WILL WANT FOR THEIR TEENS This thorough, concise guide offers straight talk about: The male and female body as it changes and matures. Teen relationships: what it takes to create happy, supportive, positive, and meaningful connections with family, friends, and others. Identity empowerment: how to be authentic and thrive in today's world. Sex and sexuality for boys and girls: how teens should take care of their bodies, embrace their experiences, and strengthen self-esteem. Strategies for working through the toughest challenges, including bullying, sexual abuse, eating disorders, pregnancy, and more. Praise for Being a Teen A frank and candid resource for adolescents. People Fonda's warmth and love for the teen community is evident. Publishers Weekly Clear, practical, and riveting, Being a Teen cuts away at myth, enhances teens self-esteem, and arms them with a trove of useful information. Beautifully organized . . . Any parent, teacher, coach, or doctor needs to read this authoritative guide. What a lifesaver for our boys and girls! William S. Pollack, PhD, author of...



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