Asking About Sex & Growing Up

By Joanna Cole

Genre: Health

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More Recommended Books

ASL Rápido

By: Adrean Clark
Este importante manual provee 25 señas esenciales con las que los niños pueden empezar a aprender American Sign Language (Lenguaje de Señas Americano). Su formato ha sido diseñado especialmente para teléfonos móvil, así que siempre podrá tener esta guía a su alcance! A todo color, 32 páginas.

Eating Right

By: Dona Herweck Rice
Early readers learn how to make healthy choices in this nonfiction introduction to nutrition and eating right. Featuring vivid, colorful photos and simple, informational text, this book teaches children the benefits of healthy eating and encouraged to make healthy decisions.

ADHD Medication Abuse

By: Rosa Waters
People with ADHD—attention-deficit/hyperactivity disorder—can be helped by medications such as Ritalin™ and Adderall™. Alternatively, other young adults are abusing these same drugs to their own detriment. Discover the true consequences of ADHD medication abuse, including the many health risks of taking these drugs. Learn how abusing ADHD medication can change your life for the worse. Discover the downside of ADHD medication abuse!
Alcohol Addiction: Not Worth the Buzz

By: Ida Walker

What's wrong with a beer now and then? Or a glass of wine with dinner? For most people—of legal age—there's absolutely nothing wrong with having an occasional drink. But for others, those with drinking problems, there's no such thing as an occasional drink. For them, one drink leads to another and another and another. . . . Alcohol Addiction: Not Worth the Buzz provides you with important information about alcohol addiction (alcoholism) and other drinking problems. You will learn about the history of alcohol use and early attempts to curb drinking, how alcohol affects the brain, and the effects it has on the body in the long and short term. This book also provides information on how individuals with alcohol problems can get help. Through first-person stories, you will learn how alcohol personally affected the lives of young people, and how they did not let alcohol addiction defeat them.

American Medical Association Girl's Guide to Becoming a Teen

By: Amy B. Middleman & Kate Gruenwald

Becoming a teen is an important milestone in every girl’s life. It’s even more important to get answers and advice to the most common health issues girls face from a trusted source. The American Medical Association Girl’s Guide to Becoming a Teen is filled with invaluable advice to get you ready for the changes you will experience during puberty. Learn about these important topics and more: Puberty and what kinds of physical and emotional changes you can expect—from your developing body to your feelings about boysThe importance of eating the right foods and taking care of your bodyYour reproductive system inside and outStarting your period—what it means and how to handle itThinking about relationships and dealing with new feelings

The GlamTwinz Guide to Longer, Healthier Hair

By: Kelsey Murrell & Kendra Murrell

#1 Amazon Best Seller! – How to get healthy hair Healthy hair tips from the GlamTwinz: Get the long, healthy hair you’ve always wanted. YouTube superstars Kelsey and Kendra Murrell – The GlamTwinz – share their secrets to growing long, healthy and natural hair, without having to rely on chemical relaxers. How to have healthy hair: Textured hair requires special care and The GlamTwinz have been delivering their best since their viral video: “Top 10 Tips to Grow out Long HEALTHY Hair” hit YouTube. Now, The GlamTwinz build on that to reveal even more secrets and answers to fans’ questions, while revealing their own personal hair struggles and triumphs. In The GlamTwinz Guide To Longer, Healthier Hair, you’ll learn secrets to: Growing your hair longerGenerating natural shineTaming the frizzinessReducing hair breakageGetting the best look without the chemicalsBe confident and love the way you look!

This Moment Is Your Life (and So Is This One)

By: Mariam Gates

This lively, hands-on guide to meditation, mindfulness, and yoga is a perfect introduction for tweens and teens. Don't just do something, be here. The key to happiness is being able to find comfort in this moment, here and now. When you are completely present and not distracted by regrets, worries, and plans, even for a little while, you begin to feel more confident and can deal more easily with everything you experience. This is mindfulness: paying attention to this very moment, on purpose and without judgment—simply being present with curiosity. This engaging guide, packed with simple exercises and endearing full-color artwork, provides a handy starting point for bringing mindfulness into your daily life. Chapters on meditation, yoga, and mindful breathing explain the benefits of these practices, and you are free to pick and choose what to try. There are quick exercises
throughout, and a more extensive tool kit at the end of each chapter. The final chapter offers satisfying five-day challenges that map out ways to pull all of the book's mindfulness techniques together in your day-to-day life. With the appeal of a workbook or guided journal, and full of examples relevant to tweens and teens today, this book will be your trusted companion as you begin the valuable, stress-relieving work of being still with skill.

La fiesta del siglo

By: Rodolfo Tercero
Un libro con todo lo que los adolescentes y jóvenes tienen que saber sobre las fiestas, el alcohol y los antros, para pasarla bien y disfrutarlos sin riesgo. Conocer qué es y cómo interactúa el alcohol en su vida, lejos de intimidarlos, los llenará de seguridad para saber qué tanto quieren que forme parte de ellos y les ayudará a tomar decisiones adecuadas cuando se trate de “echar un trago”. En este libro encontrarás: Qué es el alcohol y cómo lo reciben tus órganos; cómo saber qué tomar, cómo administrar el tiempo entre las bebidas, cómo mezclar, cuándo parar; mitos y realidades acerca de las bebidas alcohólicas, los ebrios y las borracheras; información para salvar tu vida o la de otros; tips, soluciones, ideas, trucos, realidades y verdades para que vivas una noche de fiesta con la seguridad de que regresarás a casa a salvo; todo lo que no te animas a preguntarle a tus papás y que los expertos saben sobre el tema. En fin, todo lo que puede pasar, pasa y ha pasado en el reventón cuando se combina éste con el alcohol.

Las tres reglas que cambiaron todo

By: Edméé Pardo
Esta familia se topó con un grave problema: mamá enfermó de cáncer. Pero, gracias a las reglas que propuso, la dinámica familiar se vio transformada, así como la actitud de cada integrante frente a la vida y los demás.

From Nothing to All

By: Ka Rose
Ka’Rose had everything she could ask for and was content with her life. Planning, dreaming, and experiencing life at such a young age everything was perfect. She had it all, what could go wrong?
Growing up, with help. Us and Them by David Sedaris. Because they had no TV, the Tomkeys were forced to talk during dinner. We wouldn't have sex, but we would have crushes on each other A Boy's Life by Hanna Rosin. Since he could speak, Brandon, now 8, has insisted that he was meant to be a girl. This summer, his parents decided to let him grow up as one. The Overprotected Kid by Hanna Rosin. A preoccupation with safety has stripped childhood of independence, risk taking, and discovery—without making it safer. The best essays about growing up and articles about growing up -- Great essays on growing up and articles on growing up. Teenagers. The Terrible Teens by Elizabeth Kolbert. What the hell is up with teenagers? The Siege of Fulton Avenue by David Amsden. Joanna Cole provides concise factual information on sex and relationships that will be informative to ten to twelve year old children. Especially interesting is the inclusion of masturbation and homosexuality—chapters that seem safe and conservative to me, but that will probably generate controversy among the religious right.

( ) kivarson | Aug 4, 2009 | Published reviews. Today's children hear about sex all the time-on television, in the movies, and from their friends. But what they hear and see does not always give a healthy or even an accurate view of sexuality. This unique book, the only one of its kind for preteens, uses a question-and-answer format to offer straightforward information on a wide variety of subjects that often concern and mystify young people. Is same sex parenting harmful? How has growing up with a gay parent affected you? She wasn't really my Aunt but that was what I was supposed to say if anyone asked. Aunt Amy was very nice to me and treated me well. As I was close to 10 She said she liked long hair so I was encouraged to let my hair grow. One day I wasn't feeling good so my Mom took me to the Doctors for a check up I was about to turn 13. I had been putting on weight, but had no pain anywhere but something wasn't right. Some of my friends talked about hair on parts of their bodies but I didn't have any. If fact I was smooth everywhere. What is it like growing up with emotionally detached parents? Related Questions. Is same sex parenting harmful? How has growing up with a gay parent affected you?