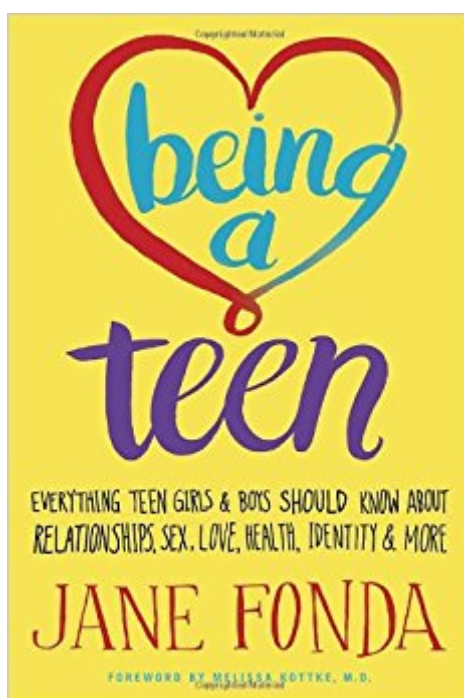


The book was found

# Being A Teen: Everything Teen Girls & Boys Should Know About Relationships, Sex, Love, Health, Identity & More



## Synopsis

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 the international bestseller *Real Boys* and Associate Clinical Professor, Department of Psychiatry at Harvard Medical School

“*Being a Teen* should be in the hands of every teen in the world. It is a myth-busting, fact-filled treasure full of life information all teens want and need to know.” — *Christiane Northrup, M.D.*, New York Times bestselling author of *Women's Bodies*, *Women's Wisdom*

“Clear, unflinching, and nonjudgmental . . . a reliable guide to the turbulent physical and social transitions of adolescence.” — *Michael Kimmel*, Distinguished Professor of Sociology and Gender Studies, Stony Brook University, and author of *Guyland*

“A comprehensive, honest, fun-to-read book for today's teenagers. This delightful book will be used again and again.” — *The Reverend Debra W. Haffner*, president, Religious Institute, and author of *From Diapers to Dating*

“Detailed, accurate and practical . . . an excellent resource.” — *Paul Kivel*, author of *Boys Will Be Men*

## Book Information

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Age Range: 12 - 17 years

Grade Level: 7 and up

## Customer Reviews

“A frank and candid resource for adolescents. People’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 the international bestseller *Real Boys* and Associate Clinical Professor, Department of Psychiatry at Harvard Medical School “Being a Teen should be in the hands of every teen in the world. It is a myth-busting, fact-filled treasure full of life information all teens want and need to know.” Christiane Northrup, M.D., New York Times bestselling author of *Women’s Bodies, Women’s Wisdom* “Clear, unflinching, and nonjudgmental . . . a reliable guide to the turbulent physical and social transitions of adolescence.” Michael Kimmel, Distinguished Professor of Sociology and Gender Studies, Stony Brook University, and author of *Guyland* “A comprehensive, honest, fun-to-read book for today’s teenagers. This delightful book will be used again and again.” The Reverend Debra W. Haffner, president, Religious Institute, and author of *From Diapers to Dating* “Detailed, accurate and practical . . . an excellent resource.” Paul Kivel, author of *Boys Will Be Men*

Jane Fonda, the Oscar- and Emmy-award winning actor, is the founder of the Georgia Campaign for Adolescent Power & Potential and the Jane Fonda Center for Adolescent Reproductive Health at the Emory University School of Medicine. Though she is also a highly successful producer and #1

New York Times bestselling author, Fonda's passion lies in advocating for young people's health. Fonda also sits on the boards of Women and Foreign Policy at the Council on Foreign Relations, the Women's Media Center (which she co-founded in 2004), and V-Day. A former UN Goodwill Ambassador, she is a frequent speaker on youth development, child sexual abuse, eating disorders, adolescent reproductive health, and more. She lives in Los Angeles.

I love this book. It has great info on everything I want my teen to know and some I hadn't thought of. The topics don't drag on, they are specific and concise. Loved the resources for teens at the end. Highly recommend this book

This book has some good content, but I am disappointed that it doesn't have more pictures or visuals to draw kids in. The pictures are hand drawn, and not very engaging.

Educative when it comes to sexuality. However her book Prime Time promotes both mental and physical health explanations and is more complete.

My wife asked me to purchase this particular book for our teenage grand daughter. She read the book before we gave our grand daughter the book. The book was really about what everything teen girls and boys should know starting with puberty through their teen years. The book was well written and age appropriate. We gave the book to her on her 13th birthday and she loved the book.

Jane Fonda is someone that has done her homework on teens. I bought this book for my daughter to help understanding my Granddaughter who is 12 years old. I read it first and now I can intelligently discuss our mutual teenager.

Excellent book. No nonsense. Tells it like it is and easy to read. Able to have my teen read it and then we discuss the topic. Good reference book for parents as well.

I bought it for my grandson who is 13. He says it was a good book. He would not go into details... enough said!

great book highly recommend

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