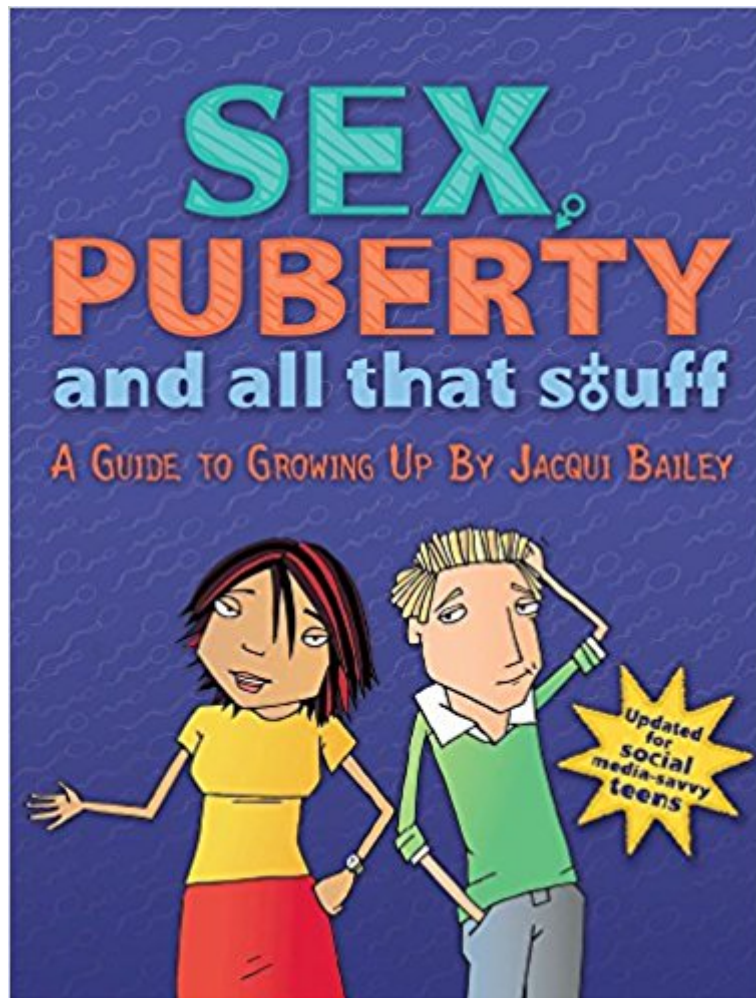


The book was found

Sex, Puberty, And All That Stuff: A Guide To Growing Up



Synopsis

This friendly book talks to teens in their own language, with emphasis on the subject that is first and foremost in the minds of adolescent boys and girls: Sex. Separate chapters titled Boy Stuff and Girl Stuff describe body changes that occur during puberty, with frank and open discussions about male and female genitals, how they feel, and how they function. Chapters that follow discuss typical teen problems, as well as those entirely new feelings that come with sexual development, and offer tips on making it through those sometimes exciting, sometimes crazy teen years. Learn how to deal with crushes, controlling parents, pimples, kissing, dating, hormones, menstruation, sexual activity, condoms, contraception, pregnancy, STDs, sexual impulses, and more. New to this edition is information on social networks, protecting yourself online, maintaining a positive body image, mental health, sexual orientation, gender identity, and more. Includes line drawings on most pages.

Book Information

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Customer Reviews

“A witty guide that gets straight to what most teens are thinking about, including ways to say no.”
—Real Simple, realsimple.com
“I believe this is the most complete book for parents to use with their children that I have ever encountered. It is filled with basic facts that are presented in a nonthreatening way, like a conversation. Growing up from a child to an adult can be confusing and maybe frightening at times. The physical, emotional, and even mental changes the child/adult is going through need some type of explanation. I believe this particular book does a very good job in providing some guidance for parents with the discussions that need to happen to assist their child into a healthy puberty change.”
—Dad of Divas
<http://dadofdivas-reviews.blogspot.com>

I bought this to be one part of the "library" of materials we have at home to read and discuss with our kids. I don't feel the school does a good job with growing up, puberty, sex, and relationships, so my aim was to supplement that. We are a family of introverted readers, so for us, the best way is to have books we can share together. It has opened a lot of discussion. That's one thing I will say in this book's favor--just skimming it led to some great conversations. I feel that this is the job of any decent book on the subject, whether kids talk to each other, their parents, or another trusted adult.

Now for the not so good. This book is not terrible. There is some decent material. I disagree that it's too mature for my kids--I have a 10yo and a 12yo, and it seems age-appropriate to me in terms of the type of content. However, I disagree with a lot of the way this is presented. I think the writers have an extremely heteronormative view of relationships. A lot of it plays into common stereotypes about gender, such as boys fixating on sex and girls on emotions. A good example is in the section on "homosexuality." It talks about boys exploring sex together while girls might want to "cuddle." I can assure you that girls do indeed explore with each other sexually, even if they are not gay or bisexual.

Which brings me to my beef with their explanation of bisexuality. For starters, there is nothing--not a word--about gender identity and how that interacts with puberty. So it's no wonder that they perpetuate a limited definition of bisexuality (attraction to "both" boys and girls, vs. the correct definition of "more than one gender"). They seem wholly unaware that puberty has unique challenges for people who are under the transgender umbrella. That aside, they also encourage a stereotype that bisexual people are "confused." There is a cartoon of three kids--one saying "I'm gay," one saying "I'm straight," and one saying "I'm...um...confused." The accompanying text is about figuring out if one is "gay." The explanation next to the picture rightly suggests same-sex feelings are not necessarily indications of being gay, but it fails to mention they might indeed be a sign of being bisexual or other multisexual (pansexual, fluid, etc.). It even suggests not labeling oneself until being sure. This is bad because many bisexual people have been told they are confused and will eventually "pick a side." They are also constantly given the message that they shouldn't label themselves. It's totally reasonable to be confused, and it's fine not to label. However, in an open discussion about sexuality, it should be acknowledged and affirmed that those feelings can indeed be how a person knows they are bisexual.

Which leads me to another concern. There is absolutely no mention at all about people who are asexual. The book incorrectly identifies crushes as primarily driven by sex rather than emotions, which is not true for everyone and is entirely untrue for asexual people. As a parent of children entering puberty, I can again assure you that kids their age form strong emotional bonds that are a large part of their crushes. The assumption that

everyone is highly sexual during puberty because of hormones is faulty and potentially could lead to kids thinking there is something wrong with them if they are not having those feelings or if their feelings are different from what the book suggests. I have indeed seen worse books, but the failure to address gender and the limited perspective on sexuality is really off-putting and not appropriate for our family. I will be removing this one from our book shelf.

Super informative and detailed. The book is age appropriate... I would say probably 12-15. If you are looking for a very high level book for younger kids, then I would either read the appropriate parts to them or get a different book. I read it to my 11 year old and skipped parts, but didn't mind if he read/saw other parts... just thought it was a lot of information to absorb for a 10-11 year old. The book is useful for years to come...

I asked for my teenage son's input on several books for an upcoming sex ed class for jr. high and early high school aged kids. This book was his favorite out of all the books I bought. When it arrived along with several other books, he flipped through them all then promptly sat down and read this one straight through. We've talked openly about sex since he was little so most of the information was not totally new to him, but he kept saying, "Hey, Mom! Listen to this..." and "Did you know...?" I even heard him laugh out loud several times. When I finally got it away from him long enough to look at it myself, I was impressed by how much it covered and by how positive the tone was. I'll definitely be recommending this book in my class and saving my copy for when my 10 year old is ready for more in depth books. If I can get it away from my son.

My wife and I read several books on this subject before providing one to our child. This book is the one we would like to have written. Practical information. No squeamishness. Relatively little philosophy/opinion. (Which is great because it left the field open for us talk about those issues ourselves, according to our own beliefs.) This book is a navigation manual for the teen years that points out the hazards of the sea and explains how to keep your ship afloat. When and why you should put to sea, and what course you should chart -- that is left for parents and their children to determine together. From a format, presentation, and organization perspective, this book was consumed very easily by our child. Or, so I infer from the very good questions I had to field afterward. Q: "Dad, do people really . . . ? Why?" A: "Yes, yes they do, and that's because . . ."

This book covers A LOT of stuff. I got this for my 12 year-old-daughter based on the many reviews

I've seen. I am not a prude, but I am practical about what is appropriate. I am also aware that kids are exposed to a lot more than when I was a kid, but this seems more geared towards 14-16 year olds. Among everything that you would expect them to teach in this book, they also teach you how to put on condoms and talks about the possibility of unwanted pregnancy. Good topics for older kids to be thinking about, but not so much for a 12 year old.

great book for tweens, my 12 yr old has read cover to cover and is now using the correct terms with less embarrassment. Love the honest approach that is in language that she can understand and relate to but is still scientifically accurate. Also, does not push any agendas other than safety and knowledge.

This book is loaded with very helpful information presented in an easy and digestible manner for young people with a matter of fact attitude. Not many rocks are left unturned. In addition to anatomy, this book includes information on birth control, sexual abuse, sexual orientation and sexual responsibility. I bought this book when my twins were in 5th grade and, after reading it, waited until they started 7th grade to give it to them. Everyone develops at a different time - physically and emotionally. For some kids, earlier would have been appropriate, I.e. Puberty started earlier.

I purchased this book for my 11 year old son when his body started to change. I was having a hard time dealing with his mood changes and new behavior. This book was a huge help for both of us. He read it in private very frequently. It was a lifesaver for us all. Puberty is a scary, awkward time for kids. This book gives a lot of answers. I highly recommend for any tween parent!

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