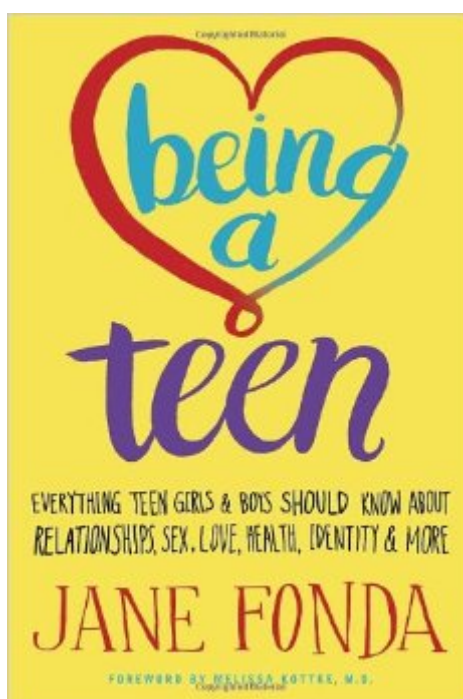


The book was found

# 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's Magazine

• "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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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (122 customer reviews)

Best Sellers Rank: #26,618 in Books (See Top 100 in Books) #4 in [Books > Teens > Personal Health > Sexuality & Pregnancy](#) #4 in [Books > Teens > Education & Reference > Science & Technology > Anatomy & Physiology](#) #6 in [Books > Teens > Personal Health > Maturing](#)

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

Just as we women in the 1970's needed *Our Bodies Our Selves*, today's teens will find answers to questions in *Being a Teen*, they can not ask about or don't trust others to answer.

Just finished reading this before I passed on to my 8th grader. Boy, the time has come for this book! It is VERY graphic, so depending on your "comfort zone," you should look at first. This is such an educational book for teens in this generation of instant gratification and social networking.

This book by Jane Fonda covers a lot of current topics without preaching. I think most teens will find it very helpful and thought provoking. Jane has done a lot of good for teens through the years, especially in Georgia - good for her!

I really pay close attention to what my granddaughter reads and I wish I'd had this book myself. It really describes how peer pressure can force you into bad decisions for the fear of being alone, or not liked. Excellent in explaining body parts what they do as some parents have issues or get embarrassed by these personal questions that I feel linger in teen's minds. This book lets them read before they act..that to me is worth every word. I do agree that drugs, smoking those issues should of been addressed but again..peer pressure, self esteem..is usually key in those issues as well. Jane might of made mistakes, but haven't well all. I don't agree with the negative review on here, and yes, she's been married 3 times..this book isn't about marriage and maybe had she had someone to talk to as her mother died when she was 12, just think how different her life could of been. Her dad was gone alot. Personally, if your a parent, grandparent, I highly recommend this book..my granddaughter is 14 and appreciates the fact that this Grandma is paying attention!

I love this book. It is 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

Cant ever have too much information and I don't want my kid being clueless or misinformed. I asked her what she learned from reading this and she said "a lot" basically don't ask for more information. Roger that.

This book is great for teens who think their parents have no idea what they're talking about and they can read the stories about things they are struggling with which helps them feel more at ease with being a teenager today. I would recommend.

I bought it for my 15 yr old son. First thing he said, "Mom we talked about this, I know all the is STUFF." Well, he read it anyway. He even read it at school. He learned a few more things. He liked it even though he won't admit it. I know this because, we had a situation arise (months later) and he referred back to the book where he learned it from. Thanks Jane, He had confidence to speak about something uncomfortable.

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Being a Teen: Everything Teen Girls & Boys Should Know About Relationships, Sex, Love, Health, Identity & More Sex Pictures: Sex Positions: How to Improve Your Sex Life with Creative Sex Positions and Techniques! (Sex Positions, Sex Pictures, Sex, Kama Sutra) Erotic Adult Sex Picture Book 5 (Uncensored Hot Sex Pics of Sexy & Horny Girls, 300+ College Sex Photos): full nudity adult sex. Sweet Tits.: Photography ... of Full Nudity Adult Sex Pics Series) Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls Uncensored Sex Pictures: Sex Photos of College Girls & College Sex Pictures (Full nudity sex entertainment pictures book for adults only 2) 13 Modern Artists Children Should Know (Children Should Know) Stuff Every Man Should Know (Stuff You Should Know) What Every Student Should Know About Citing Sources with APA Documentation (What Every Student Should Know About...) The 5 Things Every Teen Should Know About Sex Full Nudity Uncensored Sex Pictures of Horny Girls with small tits & hot pussy. Full nudity private striptease pics: Uncensored adult sex photo book of ... models). (Jubilee Sex Pictures Books 2) Uncensored Adult Sex Pictures (300 pics, Photo Book 2) of Hot Sexy Girls, Nude & Horny, College Sex Pick-ups: full nudity! Big Boobs!: Photography of Amateur ... Adult Sex Pictures Collection Series) Uncensored Adult Sex Pictures - Photo Book 3 - Hot Erotic Photography of Sexy Girls and Women with not so Big Boobs: Adult Sex Pictures Vol. 3 (Wayne's ... Collection Album Series of

Sex Pics) Uncensored Adult Sex Pictures (300 pics, Photo Book 6) of Hot Sexy Girls, Nude & Horny, College Sex Pick-ups: full nudity! Sweet Tits!: Photography of ... Adult Sex Pictures Collection Series) Uncensored Adult Sex Pictures (300 pics, Photo Book 1) of Hot Sexy Girls, Nude & Horny, College Sex Pick-ups: full nudity! Big Boobs!: Photography of Amateur ... Adult Sex Pictures Collection Series) Uncensored Adult Sex Pictures (300 pics, Photo Book 3) of Hot Sexy Girls, Nude & Horny, College Sex Pick-ups: full nudity! Small Tits!: Photography of ... Adult Sex Pictures Collection Series) Sex Photos of College Girls: Uncensored Sex Pictures & Full nudity sex entertainment pictures book for adults only (Erotic Photography 7) Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Toms and Dees: Transgender Identity and Female Same-Sex Relationships in Thailand (Southeast Asia: Politics, Meaning, Memory) Bible For Teen Girls: Great Bible Stories For Teen Girls Boys Should Be Boys: 7 Secrets to Raising Healthy Sons

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