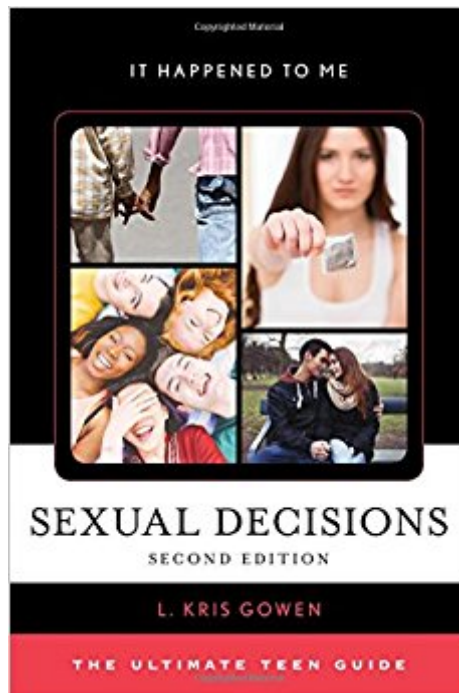




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# Sexual Decisions: The Ultimate Teen Guide (It Happened To Me)



## Synopsis

When it comes to sex and relationships, it is often difficult to find reliable information. Yet everyone has questions and needs information on these important topics. Young people should have access to facts in order to make their own decisions about their sexuality and sexual health. In this significantly revised edition of *Sexual Decisions: The Ultimate Teen Guide*, L. Kris Gowen discusses the choices teens can make regarding sexual activityâfrom practicing safe sex to abstainingâand how to decide what is right for each individual. Many factors are at work in the decision-making process, but this book helps readers make a decision based on both logic and practicality. Updated topics covered in this book include an overview of human anatomy, abstinence vs. safe sex, STDs, contraceptives, communicating with one's partner, intimate partner violence, sexual orientation and gender identity, social media and sex. For teens seeking answers for themselves, this book is a vital resource that includes an additional section for further research. Written without judgment, *Sexual Decisions* empowers teens to take charge of their bodies, their identities, and their lives.

## Book Information

Series: It Happened to Me (Book 53)

Hardcover: 244 pages

Publisher: Rowman & Littlefield Publishers; 2 edition (March 6, 2017)

Language: English

ISBN-10: 1442277831

ISBN-13: 978-1442277830

Product Dimensions: 7.2 x 0.8 x 10.4 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,400,355 in Books (See Top 100 in Books) #41 in Books > Teens > Social Issues > Peer Pressure #96 in Books > Teens > Personal Health > Maturing #347 in Books > Teens > Social Issues > Dating & Intimacy

## Customer Reviews

L. Kris Gowen, PhD, EdM, is a sexuality educator and researcher. She is the coauthor of *Image and Identity: Becoming the Person You Are* (Scarecrow Press, 2005), part of the *It Happened to Me* series.

I bought this for my pre teen. I got it because it's hefty and thoughtful. It's like a text book, and is

information-dense. I could see this in libraries and used in schools with comprehensive sex education programs. It discusses some anatomy, but it's really about what you are feeling and thinking about when you are approaching sexual activity (or in so many cases, engaged in it already.) It's a book written to explore the feelings that you are having (not just the sexual gratification/horny feelings, but the decisions responsible people think about in the day and age of mindfulness.) For example, there is a chapter on relationships (how to determine whether you're in one, how to deal with conflict and problem solving) and a whole entire chapter on LISTENING to your partner and being fully engaged. But there is also sex (not just emotional) information, like a drawing of a condom and explicit instructions on how to put it on properly (if you've ever had a condom rip the first time, this is good info) and other birth control options, as well as honest and open info about STDs and how to prevent them. There's even a chapter on deciding not to have sex and another on analyzing external influences (like tv, movies, magazines, and ultimately, self perception.) Your kid is not going to turn into a harlot. I wish I'd had this book when I was 18.

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