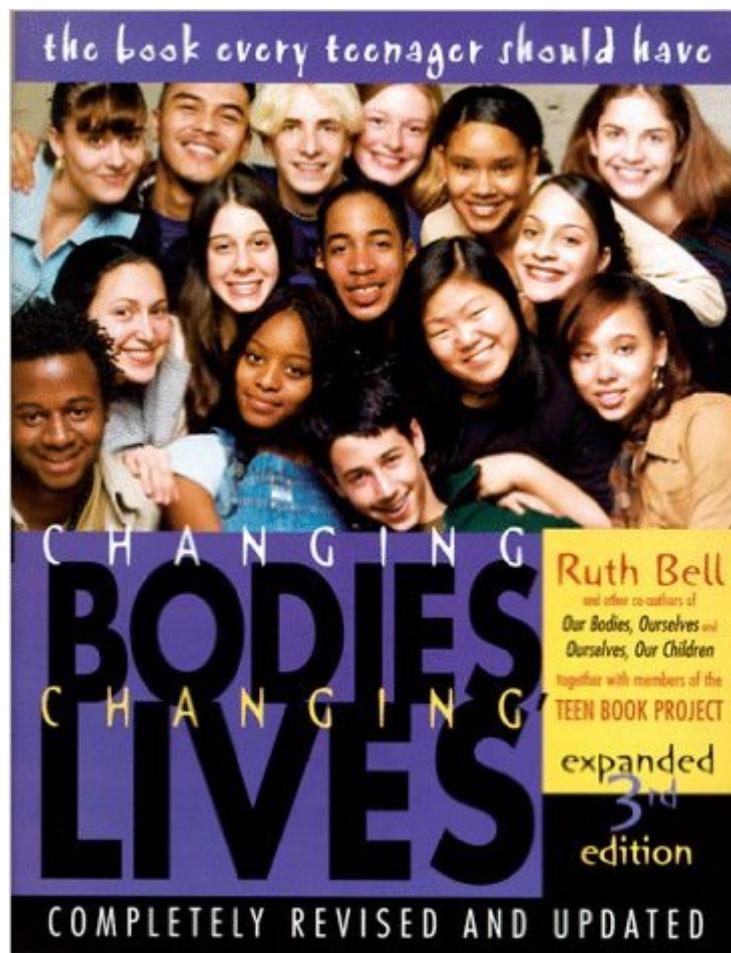


The book was found

Changing Bodies, Changing Lives: Expanded Third Edition: A Book For Teens On Sex And Relationships



Synopsis

"It seems like everyone else has the script. Everyone else knows what's happening and I look around and say, Duh."Of course, the truth is that no one has the script because there is no script to follow. Chances are you'd find that almost everyone else has questions and worries a lot like yours, if you could get them to admit it. This brand-new, completely updated and revised edition of *Changing Bodies, Changing Lives* is full of honest, accurate, nonjudgmental information on everything teenagers need to know about today. Am I the only one who can't get up the nerve to ask someone out? got my period so early? doesn't even know the right way to kiss? feels pressured to use drugs? still hasn't hit puberty yet? wants to avoid the gang scene? worries when my mom doesn't come home at night? is scared that I might have AIDS? can't decide what form of birth control to use? has no idea how to tell my friends I'm gay? goes on eating binges? has never had an orgasm? is shut out of the popular crowd? *Changing Bodies, Changing Lives* has helped hundreds of thousands of teenagers make informed decisions about their lives, from questions about sex, love, friendship, and how your body works to dealing with problems at school and home and figuring out who you are. It's packed with illustrations, checklists, and resources for the answers you really need. Best of all, it's filled with the voices, poems, and cartoons from hundreds of other teenagers, who tell you what makes them feel worried, angry, confused, sexy, happy, and, yes, even excited and hopeful about their lives. (Check out the first two pages for a sample of the quotes you'll find inside.) Being a teenager is tough. With the information and the ideas inside this book, you'll have what you need to make these years the best they can be.

Book Information

Paperback: 432 pages

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Product Dimensions: 8.4 x 1 x 10.9 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (60 customer reviews)

Best Sellers Rank: #43,957 in Books (See Top 100 in Books) #5 in Books > Teens > Personal Health > Sexuality & Pregnancy #8 in Books > Teens > Personal Health > Maturing #11 in Books > Teens > Social Issues > Dating & Intimacy

Age Range: 12 - 17 years

Grade Level: 7 - 12

Customer Reviews

This is the best book on being a teenager that I have ever read! And this should mean a lot to you coming from a teen (I'm a 15 year old male). It's different from other books in that it encourages teens to make their own decisions in life. It doesn't come out and say, "No! Sex is bad! You will rot in hell if you have sex before you are married!" Instead, it gives equal reasons of why to have sex and why not to and then describes all the means of birth control. But it doesn't just deal with sex, it also touches on emotions that you might have through adolescence, masturbation, what you can do if you do become pregnant, and even drugs.

Changing Bodies, Changing Lives is a wonderfully open-minded book filled with diagrams, interviews, comics, and poems which focus on puberty, sexuality, relationships, family, and life in general presented in an appealing manner. Pre-teens will benefit from being able to prepare themselves for the important changes that await them. Teens will enjoy reading about other kids with the same concerns and worries. Parents who read this book will be better equipped to answer the inevitable "QUESTION". Ruth Bell and the Teen Book Project present a plethora of valuable information in an easy to understand format. Some may be put off by the explicit descriptions, but keep in mind that these scenarios are taken from real interviews with teens. The guide covers emotional and physical changes which accompany puberty as well as such important matters as gynecological exams, marriage, rape, sexually transmitted diseases, and self-esteem. If there is any one book that should be on every adolescent's bookshelf (and their parents' bookshelf for that matter) it is Changing Bodies, Changing Lives.

I bought this for my 15 year old son for reference and for his information. His father won't talk to him about sex and he is too embarrassed to talk with me. In fact, I had to leave it in his room and he swore he wouldn't look at it. That he had learned everything he needed to know in 1 week of sex ed at school (!) 2 weeks later he thanked me for buying it. Still trying to keep the lines of communication open but at least now I know he is armed with knowledge.

I am 14, and these are some of the most difficult years of my life. After reading this book, I felt better about what is going on with me and others. I refer to the book usually on a daily basis when I feel

confused, or just want to know that there are other people that have feelings about the things I have feelings about. I love how the author made nothing in the book seem "wrong" to do. She was so open, when most other books think that some things shouldnt be talked about. I would like it if the book had more about Interatial Relationships. To me that is a strong topic. Otherwise I loved the book, and would refer it to anyone

I am 20 years old and recieived this book at the age of 12. It was an amazing resource for me throughout my preteen year, and teen years. I was able to get non biased information, just the facts, whenever I was too embarased to ask someone. I am now looking at buying one for my 11 year old brother, so that he can learn from it the way I have.

There are so many positive reviews , as a parent I wanted to share some negatives- I was looking for a book to promote discussion with my fairly naive innocent young teen. I feel like this book would be overwhelming at this point and doesn't promote the message I want her to hear. Specifically-1. Although it does discuss male/female stereotypes it also does reinforces them with statements like (not a direct quote) if teens get negative messages about sex boys may not be able to control themselves and girls may not enjoy lovemaking.2. I think it may be overwhelming for young teens. There are so many quotes referring to sexual activity at very young ages. And ALOT of slang terms I had never even heard of.3. There is so much convincing teens that sex and sexual exploration (generally with a partner) at young ages is normal I think a kid who is taking it slower could feel abnormal.4. I think the text does a poor job of putting sex in context of other goals, healthy activities the kids enjoy. As of now, my child is not interested in dating at all because she thinks it will be distracting to her athletic goals. Lots of other kids don't want to date until later simply out of lack of interest or because of other goals. Seems to be very little support for this kind if kid.5. I feel like a good amount of the quotes come from pretty rough kids - I don't think my child can relate to former gang members at just turned 13...6. Overall I feel like it needs updating.

I was given this book in late middle/early high school years ago and see it now as I am looking for a such a book to give to a younger someone else. Here is what I remember about this book:1. It had great personal narratives from a wide variety of teens on a bunch of topics that were very helpful and affirming and just exactly the right thing. It was queer-friendly (a la 1998 - can't remember if it covers gender identity). It got into a lot of questions young people have about what does sex feel like, etc.2. This book was published in 1998. A lot has changed since then and even I year ago

noticed the disconnect between it and my health class at school. For instance, the concern over AIDS as death sentence. This is why this book cannot be gifted without a careful read through and additional updated information. For this reason, I am not purchasing this book now as a gift but rather opting for S.E.X. by Heather Corinna. Give it a new edition for the 2010s and it would be great.

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