

You, your life, your dreams : a book for adolescents

New York: Family Care International, 2000. 198 p.

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Description:

The book was written for adolescents aged 14 to 19, to help them cope with challenges and decisions they may face during the transition period from childhood to adulthood. The book presents factual information about the changes that occur during this time of life, and about a range of other issues such as: how to stay physically and emotionally healthy, how to avoid sexually transmitted infections and unwanted pregnancy, how to handle pressure to have sex, and how to avoid drug and alcohol abuse. The book also offers advice on getting along with your parents and friends, handling romantic friendships, setting goals, doing well in school and out, coping with setbacks that you may encounter along the road to adulthood.

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