

Puberty's wild ride: the ups and downs, ins and outs, zigs and zags of growing up

Philadelphia, PA: Family Planning Council Inc., 2001. 133 p.

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Edition:

Updated, rev. expanded ed

Description:

A booklet produced for pre-teens and teens is meant to take some of the scariness out of growing up. Through games, illustrations, exercises and text, the booklet explores what's going on with a young person's mind, body and emotions. It explains how puberty's changes can affect the way youth related to family and to boys and girls their own age.

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