



YOU DO YOU

FIGURING OUT YOUR BODY, DATING, AND SEXUALITY

Description

Teen sex. STIs. Sexting. Rape. Sexual harassment. #MeToo and #YesAllWomen. Today's teens launch into their sexual lives facing challenging issues but with little if any formalized learning about sex and human reproduction. Many of them get their sex ed from online porn. Through this authoritative, inclusive, and teen-friendly overview, readers learn the basics about sex, sexuality, human reproduction and development, birth control, gender identity, healthy communication, dating, relationships and break ups, the importance of consent, safety, body positivity and healthy lifestyles, media myths, and more. Advice-column-style Q&As and real-life stories add human drama and authenticity.

Critical Acclaim

"Mirk provides a relevant guide for today's teens who need help figuring out their anatomy and their relationships."—***School Library Journal***

"An affirming, up-to-date book for teens that encourages smart, informed decision-making about their own bodies."—**starred, *Kirkus Reviews***

"In this book, Mirk discusses the topics that have been stigmatized to the point that those going through changes (or are years past it) are afraid to even ask questions like "what is normal for my body?" and "how much intimacy do I have to give in a relationship?" However, Mirk tells her readers that their first questions need to be "what are my values?" and "what am I comfortable with?" Years past puberty myself, I still felt empowered by the knowledge and encouragement Mirk gives readers. Mirk does a good job of giving all the facts without opinion or judgement, simply giving readers the knowledge they need to make choices that are best for them."—**Kiss the Book**

"This title provides a much needed guide on the subject of a teen's changing body and developing sexuality. Young readers will have all of their questions answered in this comprehensive work, which delves into the physical, psychological, and philosophical aspects of human sexuality. Author Sarah Mirk presents pertinent, straightforward, factual, and non-judgmental information that teens desperately need and want to know. . . She is also very frank about how teens can protect themselves physically, socially, and mentally while navigating this minefield. While some may be wary of explicit descriptions and details, Mirk wisely begins the guide with a chapter dedicated to staying true to one's values and an in-depth explanation regarding the concept of consent." — ***School Library Connection***

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