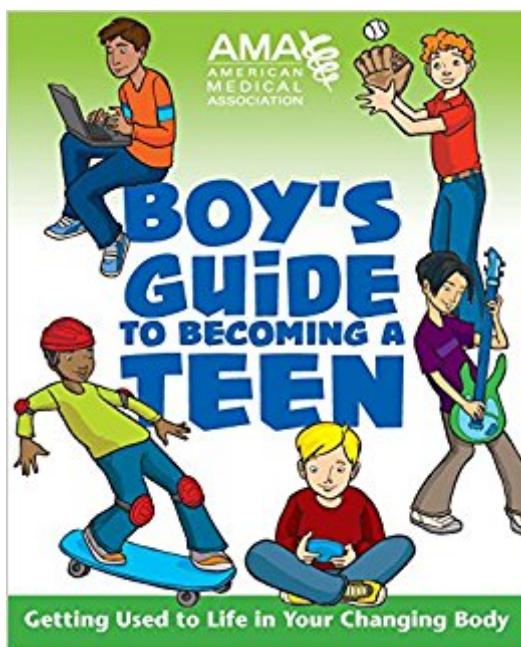


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# American Medical Association Boy's Guide To Becoming A Teen



## **Synopsis**

Becoming a teen is an important milestone in every boy's life. It's even more important to get answers and advice to the most common health issues boys face from a trusted source. The American Medical Association Boy's Guide to Becoming a Teen is filled with invaluable advice to get you ready for the changes you will experience during puberty. Learn about these important topics and more: Puberty and what kinds of physical and emotional changes you can expect from your developing body to your feelings about girls The importance of eating the right foods and taking care of your body Pimples, acne, and how to properly care for your skin Your reproductive system inside and out Thinking about relationships and dealing with new feelings

## **Book Information**

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## **Customer Reviews**

Grade 5-8  
These accessible guides are nearly identical in the treatment of several subjects, such as healthy eating, exercise, and skin care, and the chapters on feelings, relationships, and sex. The information is presented in a straightforward manner without judgment, which may be comforting to preteens who are finding the road to adulthood a somewhat frightening path. The focus is on physical changes and some of the accompanying feelings. Sexual activity is mentioned, but readers are encouraged to wait until they are older, and contraception is not discussed in detail. Good, sound primers.  
Elaine Baran Black, Gwinnett County Public Library, Lawrenceville, GA Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Gr. 4-7. Published in conjunction with the American Medical Association, this guide addresses puberty's changes clearly, and many of the seemingly male-oriented topics covered here could also interest girls: weight-lifting, for example, and handling arguments that escalate into physical fights. Cartoon drawings of too-perfect teens illustrate, but as in Girl's Guide to Becoming a Teen (2006) by the same author, the text's approach is straightforward, accessible, and nonjudgmental, whether the topic is same-sex attraction or divorcing parents. The volume closes with an extensive resource section, including hotlines. Gillian EngbergCopyright © American Library Association. All rights reserved

Exactly what I needed for my 11yo right now, we are reading it together. I purchased a more detailed book with pictures of the human body as well but this is the first we are reading.

### Good Book for Boys

My son is a pre teen but very interested as we had the boys body book and he read it at least 10 times. He's read this one several times already and has learned a ton. Great!

I was looking for a book that was not so detailed that it read like a text book, but had enough substance to answer the questions a preteen may have. As a mom I read through it myself first for appropriateness and then gave it to my 9 year old. Initially he skimmed through it and read only the parts he wanted. However, I find that he does go back to it periodically as a reference when needed. Sometimes the book provided him the answers he was looking for and other times it was just the starting grounds for a talk. Either way it is serving its purpose.

### Very good quality!

I bought this book for my son because I had no way of really knowing how to start a conversation about sex with him. After he read it, I sat down with him and ask him questions in regard to his opinion of the book. Eventually, the talk led to a conversation on sex and the preventive measure he must take to be safe, both emotionally and physically.

### Excellent book

This is a VERY bare bones manual for boys who have questions about puberty. The information is all accurate, but incomplete and only useful up to about age 10. If your child has serious questions about puberty or sexual development, look elsewhere.

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